



Splash

THE LAKE PINK

A Lake Sun Publication

Facing the Challenge:

Donna Arnlund's Journey with Breast Cancer

STAY ALERT

Do you know the warning signs of breast cancer

Lake Regional Cancer Center

NATIONALLY ACCREDITED CANCER CARE, CLOSE TO HOME

Get Screened for Breast Cancer

Lake Regional Offers Saturday Mammograms on Nov. 2

KNOW YOUR OPTIONS:

Breast Cancer Surgeries



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HEALTH SYSTEM

STAY ALERT

Do you know the warning signs of breast cancer



Carla Ostronic, MPAS, PA-C

Ask a woman to name a sign or symptom of breast cancer, and chances are she'd say a lump in the breast.

She'd be right, of course. A new lump or mass is the most common symptom of breast cancer. But it's not the only one.

"Other changes may be noticeable before a woman can feel a lump," said Carla Ostronic, MPAS, PA-C, from Lake Regional Cancer Center. "Women need to know all of the signs so they can seek care as early as possible."

If you notice any of the following signs or symptoms, see a doctor right away.

- A lump in the breast or armpit.
- Thickening or swelling of all or part of a breast — or sometimes in the armpit or collarbone area — even if you can't feel a lump.
- Irritated or dimpled breast skin.
- Redness or flaky skin in the nipple area of the breast.
- A nipple that points inward.
- An indented spot on the breast.
- Breast or nipple pain.
- Nipple discharge, which may be bloody or clear.
- Any change in the size or the shape of the breast.

Any of these signs and symptoms, including lumps, can be caused by things other than cancer. But only your health care provider can tell for sure.

What Happens Next?

If you have a lump or breast change, your doctor will examine your breasts. He or she may also order tests to take a closer look. These may include a mammogram, breast MRI or breast ultrasound. You also may need a biopsy, which checks a sample of breast tissue for cancer.

It's important to remember that breast changes are very common, and most are not cancer.

"If you notice something, seek help," Ostronic said. "If it's nothing, you no longer have to worry about it. And if it needs attention, you've taken the first step."

Sources: American Cancer Society; National Cancer Institute

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Lake Regional Cancer Center

NATIONALLY ACCREDITED CANCER CARE, CLOSE TO HOME



At Lake Regional Cancer Center, patients find a team committed to helping them throughout their cancer journey.

“Every day, our team provides comprehensive cancer care to help prevent, diagnose and treat cancer,” said TJ Sweet, Cancer Service Line director at Lake Regional. “We are honored to come alongside patients and their families to help them find hope and healing.”

National Accreditation

Lake Regional Cancer Center has earned national accreditation from the American College of Surgeons Commission on Cancer. Lake Regional’s cancer program meets or exceeds all of the Commission on Cancer’s standards for quality and performance.

Meet Our Cancer Treatment Team

When you come to the Cancer Center for treatment, you will work with a team of professionals, including:

- Physicians specializing in medical oncology, hematology, and radiation oncology
- Nurses certified in oncology and palliative care
- Surgeons
- Pathologists
- Radiologists
- Experts in pulmonology, urology, gastroenterology, gynecology and more
- Registered dietitians
- Social workers

“Our multidisciplinary team works together to provide the medical expertise you need, right here, close to home,” Sweet said.

Physician Consultation

Lake Regional Cancer Center recognizes that the process of cancer diagnosis and staging can be frightening and confusing for patients and their loved ones. To minimize stress and anxiety, Lake Regional has a team dedicated to providing prompt physician consult appointments to ensure swift, accurate diagnoses.

Surgical Services

Surgery is often part of the care plan, and most Lake Regional Cancer Center patients can have their surgeries done at Lake Regional — whether the surgery is for cancer diagnosis, staging or treatment.

Diagnostic Imaging

Lake Regional Imaging Center offers expert care paired with the latest technology to diagnose cancer at its earliest stages. Services include:

- 3-D mammography
- Breast MRI
- Ultrasound-guided biopsy
- Computerized tomography (CT) scans
- Magnetic resonance imaging (MRI)

Tests are read on-site by board-certified radiologists. These experts are part of the Lake Regional multidisciplinary care team that guides testing and evaluation to create a comprehensive treatment plan.

Chemotherapy

Lake Regional Cancer Center offers a range of infusion and chemotherapy services. The center's chemotherapy area includes 10 private treatment areas, each equipped with a television and wireless internet. The chemotherapy nurses provide personal one-on-one care to every patient.

"We understand the importance of patients having open communication and trusting relationships with their health care team," Sweet said.

Radiation Therapy

Lake Regional Cancer Center provides radiation therapy treatment, including intensity modulated radiation therapy (IMRT). Lake Regional has one of the most advanced oncology systems available, featuring a linear accelerator equipped with the latest in software options. Highly trained radiation therapists, physicians, physicists, dosimetrists, nurses and support staff work together to consistently provide a positive treatment experience for patients and their families.

Learn more about Lake Regional Cancer Center and cancer treatments at lakeregional.com/CancerCare.

Clinical Research

Lake Regional Cancer Center patients have the opportunity to enroll in clinical research studies right here at Lake Regional.

"We bring the latest diagnostic tools and treatment options right to our patients, so they have more options for their health care and spend less time traveling for these resources," said Kathy Hirst, ACRP-CP, director of Lake Regional Clinical Research. "Our team carefully selects clinical research studies to fit the cancers most affecting our community."

Learn more at lakeregional.com/ClinicalResearch.

Social Workers

Lake Regional's social workers ensure each patient and family receives needed assistance to cope with the effects of cancer. This support includes assistance with financial needs, as well as resources to help patients manage stress and adjust to life with cancer.

The center also offers cancer support groups.

Nurse Navigators

Lake Regional nurse navigators serve as the go-to person for patients and make sure they stay on the right path from diagnosis to treatment to survivorship.

"At Lake Regional, we're with you in every way during each step in the battle against cancer," Sweet said.

Navigators help patients with cancer always feel connected to the team and track appointments to make sure patients get the right tests and care at the right time.

Support Groups

Lake Regional Cancer Center invites all cancer patients to monthly support groups, one for men and one for women. Participants learn about symptoms to expect during treatment; tips and tricks for managing those symptoms; and how to maintain a positive mindset during and after treatment.

Palliative Care

Palliative care services are available for patients with serious, progressive or life-altering illnesses. The palliative care staff support patients and their families as they cope with the physical, emotional, social and spiritual effects related to their illness. The palliative care nurses communicate with health care providers to ensure that every treatment plan is tailored to enhance quality of life and meet each patient's goals and wishes — helping every patient live life to its fullest.

Nutrition Services

Proper nutrition plays an important role in the care and healing of individuals diagnosed with cancer. To help patients meet nutritional goals, expert dietitians partner with the Lake Regional Cancer Center health care team to support patients throughout their cancer treatment and recovery.

Lymphedema Therapy

Radiation therapy or the removal of lymph nodes during cancer treatment can damage the body's lymphatic system, leading to a type of swelling called lymphedema. With early intervention and proper treatment from Lake Regional certified lymphatic therapists, lymphedema's effects can be diminished, enabling patients to lead full lives.



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KNOW YOUR OPTIONS: *Breast Cancer Surgeries*

In the fight against breast cancer, surgeries are powerful tools to promote healing and recovery. “Surgical treatments range from biopsies at diagnosis to reconstruction for life after cancer,” says Lake Regional General Surgeon John Patton, D.O., FACOS. “Our cancer team develops every breast cancer treatment plan based on the individual patient.”

Following are some of the surgeries available in breast cancer care.

Biopsy

A biopsy is often the first step after imaging reveals a concern. It involves removing fluid or a piece of tissue from the suspicious area. The removed cells are then tested to check for breast cancer.

“A biopsy determines for sure whether cancer is present,” Dr. Patton says.

Most biopsies take just a sample of cells, but some biopsies remove the entire lump of abnormal cells plus a small amount of normal-looking tissue. This kind of biopsy is also called a “lumpectomy.”

Another biopsy often needed in breast cancer care is a sentinel node biopsy. This procedure removes a few lymph nodes for testing.

“If cancer cells spread from their original location, they usually travel first to nearby lymph nodes,” Dr. Patton says. “A sentinel lymph node biopsy allows us to gather crucial information to create an effective treatment plan.”

Mastectomy

Some women with breast cancer will have surgery to remove the entire breast. This surgery is called a “mastectomy.” A “double mastectomy” removes both breasts.

“Whether a woman has a lumpectomy, a mastectomy or a double mastectomy depends on various factors, including cancer type and grade, as well as the woman’s

preferences for her body,” Dr. Patton says. “We have open discussions with our patients to help them weigh their options and make an informed decision.”

Reconstruction

Many women who have a mastectomy will follow up with breast reconstruction surgery. This surgery helps recreate the breast’s shape, so women feel more comfortable in their bodies after cancer.

“Breast reconstruction can be a transformative experience for our patients, offering them a sense of wholeness and confidence,” Dr. Patton says.

Embracing Survivorship

After treatment ends, survivorship care begins. Regular follow-up appointments and screenings monitor a woman’s health and detect any potential signs of cancer recurrence.

“Our dedication to our patients extends well beyond the surgical process,” Dr. Patton says. “We establish long-term care plans that ensure our patients feel supported, informed and empowered. Our care team is here to help women embrace life with hope and resilience.”

Learn more about the Lake Regional surgery team at lakeregional.com/Surgery.



John Patton, D.O., FACOS

Get Screened for Breast Cancer

Lake Regional Offers Saturday Mammograms on Nov. 2



Brandi Kincaid, APRN, MSN, NP-C, AOCNP

Earlier this year, the U.S. Preventive Services Task Force updated its recommendations to encourage all women to get screened for breast cancer every other year, starting at age 40 and continuing through age 74, to reduce their risk of dying from this disease.

“Catching breast cancer early is key to successful treatment, and mammograms are the best tool we have to find breast cancer in its beginning stages,” said Brandi Kincaid, APRN, MSN, NP-C, AOCNP, who cares for patients at Lake Regional Cancer Center, a nationally accredited cancer center in Osage Beach.

“Mammograms use X-ray imaging to detect breast tumors that are even too tiny to feel.”

Previously, the U.S. Preventive Services Task Force recommended women in their 40s make an individual decision with their clinicians on when to start screening, taking into account their health history, preferences, and how they value the different potential benefits and harms.

“In the past, women were encouraged to start screening sometime in their 40s,” Kincaid said. “The new guidelines instead encourage all women to start screening the year they turn 40.”

In addition to getting regular mammograms, women should pay attention to how their breasts look and feel.

“Breast self-exams are not a substitute for a mammogram,” Kincaid said. “But they can alert you to any lumps or changes in your breasts. If you see or feel anything different or unusual, tell your primary care provider.”



Get Screened at 3rd Annual Mammoth

As part of its Pinktober celebration, Lake Regional is making it easy for women to get their annual mammogram with its third annual Mammoth, from 8 to 11 a.m. Saturday, Nov. 2, in two locations: Lake Regional Imaging Center in Osage Beach and Lake Regional Lebanon Campus.

Conveniently scheduled on a Saturday, this opportunity is for you if you are:

- At least 40 years old
- Free of breast lumps and pain
- Due for your annual mammogram

Attendees will receive a pink cosmetic tote with small gifts. Insurance will be accepted, and financial help may be available for those in need. Appointments are limited, and registration is required. Request an appointment by Friday, Oct. 18, at lakeregional.com/Pinktober.

Lake Regional Cancer Center offers state-of-the-art capabilities to find and treat cancer. The compassionate care team brings deep expertise in many types of cancer, including bladder, breast, colon, lung, lymphoma and prostate cancers. Services include chemotherapy, immunotherapy, radiation therapy, genetic testing, social work, nutrition counseling and palliative care. Lake Regional Cancer Center is also an affiliate institution of Cancer Research for the Ozarks NCORP, a member of the National Cancer Institute’s Community Oncology Research Program. This affiliation gives Lake Regional patients access to more than 100 clinical research studies. To learn more, visit lakeregional.com/CancerCare.



Recognizing Kim Ruehter and the brave women whose hard-won battles against breast cancer are an inspiration to all of us and a beacon of hope for cancer patients and their loved ones.




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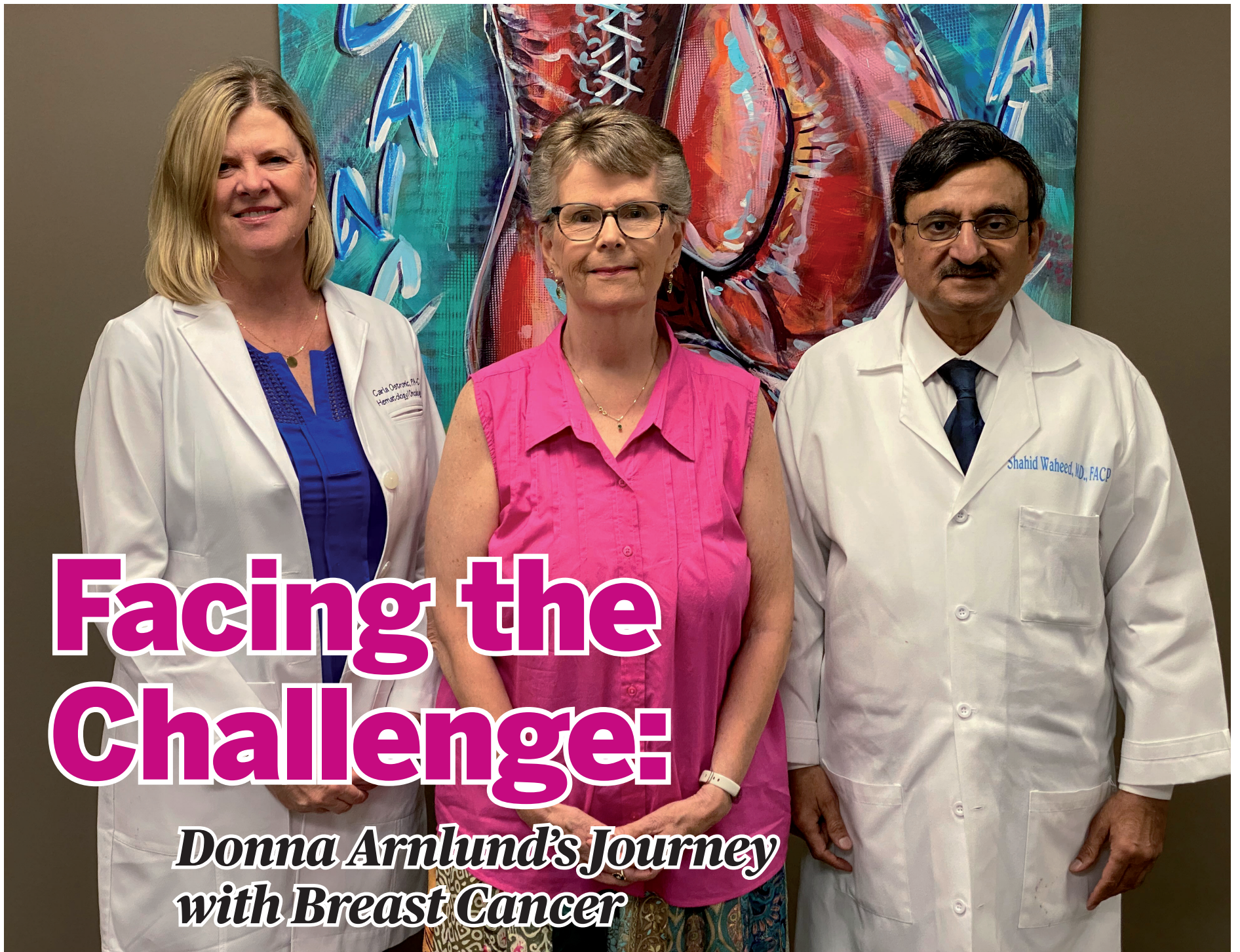
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Donna's care team at Lake Regional Cancer Center included Carla Ostronic, MPAS, PA-C, and Shahid Waheed, M.D., FACP. "The entire team always treated me and the other patients with compassion and respect," Donna said.

By the time Donna Arnlund was diagnosed with breast cancer at 67, she had been thinking about it for 51 years.

"You see, my mother died from breast cancer at the age of 50 when I was only 16," Donna says. "That gave me a lot of time to think about the 'what ifs.' Nonetheless, when I was diagnosed, I tried to deal with it as calmly as I could but being realistic that this was going to be a challenge."

Retirement Plans

Donna and her husband, Ted, moved to the Lake of the Ozarks from Columbia, Missouri, in 2018.

"We wanted to simplify our life," Donna says. "We moved into a small but very comfortable home on the west side of the lake, surrounded by beautiful woods and wildlife, and in December 2020, I officially retired from a 35-year career in the information technology industry."

She had already joined the Lake Area Fiber Artists guild, and she and Ted also play hammered and mountain dulcimers and are members of the Show Me Dulcimer Club in Fulton, Missouri.

"So I stayed pretty busy," Donna says.

Despite her busy schedule, Donna made time for annual well-woman visits and breast cancer screenings. Her diligence paid off.

"My breast cancer was detected at a very early stage," she says.



An unexpected high came the day Donna decided to go bareheaded to a radiation treatment. “The only place I’d felt comfortable not covering my bald head was at home, but that day, I decided I want to go out in public without any head covering,” she said. “A few days later, a lady who was always scheduled before me stopped me on her way out and said that I’d given her the courage to stop wearing her scarves and to let her new hair growth be seen. Wow! Who knew!”

A New Routine

Donna was still using her doctors in Columbia, rarely needing care before her diagnosis and seeing no need to switch. She received her mammogram at Boone Health, followed by a biopsy and lumpectomy.

“I had worked at Boone Health years ago, which brought some comfort in a stressful time,” she says. “But knowing there would be many more doctor appointments, some daily, I asked if the chemotherapy and radiation could be performed at Lake Regional Cancer Center. I’d heard good things about the Cancer Center from friends who either had been patients themselves or had family members who’d received treatment there. I’d also been a patient at Lake Regional Hospital four years earlier when I broke my hip and had to have a full replacement and was very satisfied with my care, so I had confidence that my care would be handled well at the Cancer Center.”

Donna received chemotherapy every other Wednesday, completing eight rounds. “I would pack up my knitting projects and off I’d go for a four- to five-hour day at the Cancer Center,” she says. “The first couple of treatments, my husband came with me for support, but once I got the routine down and we knew how and when the drugs would affect me, I was driving myself to the appointments.”

After her last chemotherapy treatment, Donna began radiation therapy, which she tolerated well. Next, she started a year of oral chemotherapy, finishing in August 2024.

She felt supported by the Lake Regional Cancer Center staff throughout her treatment. “All of my interactions with the staff were wonderful!” she says. “The receptionist, nurse navigator, nurses, radiation technicians, and oncologists — everyone took the time to explain the day’s treatment plan and answer my questions.”



Donna rang the Lake Regional Cancer Center bell on July 5, 2023, to celebrate the end of chemo treatment.



Supported and Focused

Donna also drew support from her faith — “God was in control of this situation, not me,” she says — and from her husband, sister, extended family, and friends.

“I made sure to stay connected with my friends and not isolate myself,” she says. “I tried to do things that brought me joy, like taking a walk in the sunshine or knitting socks to keep my mind sharp. In fact, my motto was I was going to ‘sock it to cancer,’ and I knitted about 30 pairs of socks in six months. It was also important for me to feel empowered, to be an active participant in my treatment and recovery. So I did research using reputable websites, talked with other cancer survivors, and asked my doctors numerous questions so I could be informed about my particular diagnosis.”

That diagnosis, invasive ductal carcinoma, meant that her cancer could not be cured but could be put into remission.

“It would need to be managed, like many other chronic conditions, like diabetes or heart disease,” she says. “That could have been pretty discouraging, but once I decided it wasn’t the worst thing that could happen, I focused on what it was going to take to avoid a recurrence and started planning for life after my treatments.”

As she wrapped up radiation, her blood biopsies showed a steady decline in cancer DNA in her blood, and in March 2024, she received her first result of 0% cancer DNA present, repeated in June.

“My mission is to do everything in my power to keep that record going!” she says, adding she hopes her story encourages other women to be diligent, too.

“Now more than ever, I am a big proponent of everyone getting their annual mammograms, along with other recommended cancer screenings, like colonoscopies,” she says. “I credit the early detection of my breast cancer with my successful outcome. I am one grateful lady, that’s for sure!”

After her diagnosis, Donna joined Knitted Knockers, an organization that makes hand-knit and crocheted breast prostheses for women who have had mastectomies. She also knitted dozens of pairs of socks during treatment.

Donna’s advice to anyone facing cancer or another challenge: “Surround yourself with supportive people who will lift you up when you feel down.”



Connect to Clinical Research Studies Available at Lake Regional Cancer Center



Kathy Hirst, ACRP-CP

Lake Regional Cancer Center patients have the opportunity to enroll in clinical research studies.

“Through our affiliation with the Cancer Research for the Ozarks, Lake Regional Cancer Center has access to more than 100 clinical studies to offer to our patients,” said Kathy Hirst, ACRP-CP, director of Clinical Research. “These studies range from treatment-focused clinical trials to studies focused on cancer prevention.”

Clinical research is medical research that studies people to improve the way doctors treat and prevent illness. Every clinical study is led by a principal investigator, who is often a medical doctor. Clinical studies also have a research team that may include doctors, nurses, social workers and other health care professionals.

What are the types of clinical research?

- Clinical trials are research studies where researchers assign participants to receive one or more treatments or interventions. Because of this, clinical trials are also called “interventional studies.” Often, the treatment/intervention is investigational, which means that it is not approved for doctors to prescribe to people yet. In some clinical trials, participants are assigned to interventions at random. Usually, participants (or their doctors) do not choose which intervention they will get when they join a clinical trial.
- Observational studies are research studies where researchers simply collect information (called data) from participants or look at data that was already collected. The data may be about participants’ health, habits or environments. In observational studies, researchers do not assign participants to receive a treatment or intervention but rather look at the different ways people behave and how it affects their health.

Who might be eligible for a clinical research study?

Clinical studies have standards outlining who can participate, called “eligibility criteria.” Some research studies seek participants who have the illness or condition that will be studied, while other studies invite healthy volunteers to participate. Eligibility criteria are based on characteristics such as:

- People of a certain age or gender
- People who do or do not have a certain illness, disease or health condition
- People with or without a certain health history, such as a prior treatment
- People who are exposed to something that affects their health

Researchers use eligibility criteria to keep participants safe and to enroll the right participants to collect the data they need to answer the research question. There are many kinds of research studies, each with different eligibility criteria.

Why do people participate in clinical research?

People often volunteer to participate in clinical research studies to:

- Help researchers learn about health, illness or treatments
- Be a part of discovering health information that may help others in the future
- Possibly get a drug or medical device that is not yet approved to be used in people with a certain health condition

If I am participating in a clinical study, what can I expect?

You are encouraged to ask the research team questions about the study, the related procedures and any expenses. Typically, participants continue to see their usual health care providers while enrolled in a clinical study. Most clinical studies provide participants with medical products or interventions related to the illness or condition being studied, but most studies do not provide extended or complete health care. By having his or her usual health care provider work with the research team, a participant can make sure that the study protocol will not conflict with other medications or treatments that he or she receives.

Do you have to pay to participate in clinical research?

Many clinical studies pay for the cost of any intervention, research-related tests or visits. Some studies may pay costs for research-related travel and lodging, such as costs for parking or meals. Participants, or their insurance companies, still have to pay the cost of their regular health care. The informed consent form describes the study’s payment and costs. Our team will review the study with you in detail prior to the start of any study-related treatments.

Eventually, Lake Regional plans to expand its clinical research program beyond the Cancer Center to provide all Lake Regional patients with opportunities to participate in clinical research and trials.

“With clinical research opportunities being offered right within the heart of the community, local patients will spend less time traveling for these resources,” Hirst said. “We can give patients treatment options they may have never experienced before.”

Source: www.clinicaltrials.gov





Genetic Testing: Valuable Insights Advance Care at Lake Regional Cancer Center

Genetic testing is becoming an important tool in managing cancer. “These tests let us peer into DNA to understand our patients better and to find the best ways to treat their specific cancers,” said Shahid Waheed, M.D., FACP. “At Lake Regional Cancer Center, we’re proud to have this tool to help us prevent, detect and treat various forms of cancer.”

Here’s how it all works.

Genetic testing comes in two main types.

The first type examines the patient’s DNA to look at inherited genes, or genes passed down from their parents. Some inherited genes have mutations that create a higher risk for certain cancers.

“If a test finds that someone has a genetic mutation that increases their cancer risk, this information is useful for both them and their family,” Dr. Waheed said. “Family members who also might be at risk can start screening early to catch any problems before they become serious.”

The second type of genetic testing looks at the cancer cells themselves to look for markers that might help doctors choose the right treatment.

“If a test finds a mutation in the cancer cells, we may be able to use a targeted drug that works best against that specific cancer mutation,” Dr. Waheed said. “This can make treatment more effective.”

Doctors order genetic testing.

Lake Regional Cancer Center recommends genetic testing to patients who may benefit. When the genetic testing is to examine the person’s inherited genes, the patient first has a telehealth appointment with a genetic counselor to understand what the results may reveal and how those results may be used.

The patient then provides a sample of blood or saliva to go to a lab for analysis.

“Sometimes, people without cancer are interested in genetic testing, usually because they know of cancer in their family,” Dr. Waheed said. “I encourage individuals in this situation to talk to their primary care provider to determine if genetic testing is right for them.”

On the other hand, tests focused on the DNA of cancer cells usually follow a cancer diagnosis. These tests might come early in treatment to reveal the kind of cancer, or they may come later to determine how well the treatment is working. For example, a blood test can check for cancer DNA circulating in the blood after surgery, which can provide either assurance or a red flag before imaging would detect a problem.

“We receive many valuable insights from genetic testing that we use to make treatment more effective,” Dr. Waheed said. “From decisions about screening to choosing the best drugs for a specific cancer, genetic testing provides important information to help us create an individualized treatment plan. It’s one more way we make sure we leave no stone unturned in caring for our patients.”



Shahid Waheed, M.D., FACP

The Role of the Nurse Navigator

Genetic testing is one area of cancer treatment that may be unfamiliar to patients. At Lake Regional Cancer Center, nurse navigators make sure patients get all of their questions answered.

“We support patients, connect them to resources and track their appointments to make sure they receive the right tests and care at the right time,” said Andrea Heimgartner, R.N., who serves as a nurse navigator for breast cancer patients. “We are here to guide our patients so they always feel confident in their treatment plan.”



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Pinktober

GET INVOLVED THIS PINKTOBER—HAVE FUN, SUPPORT LOCAL CANCER CARE, AND MAKE A DIFFERENCE!

More than ever before, the Lake of the Ozarks community is coming together to support local breast cancer patients and advance local cancer care and clinical research.

“Every day in October, there are multiple Pinktober fundraisers and events happening throughout our community,” said Stephanie Dehner, Lake Regional development director. “Whether you want to party with a crowd or simply round up a pharmacy purchase, you have many opportunities to join this community’s fight against breast cancer.”

The best way to connect is lakeregional.com/Pinktober. There, you will find details on Pinktober events, including:

- **Giveback Tuesday at Shawnee Bluff Winery**, 2430 Bagnell Dam Blvd., Lake Ozark, 11 a.m.–7 p.m. Tuesday, Oct. 1. Purchase food, beverages and bottles of wine, and 100% of all sales will benefit Lake Regional Cancer Center.
- **Set the Sun on Breast Cancer at Baxter’s Lakeside Grille**, 2124 Bagnell Dam Blvd., Lake Ozark, 6 p.m. Monday, Oct. 14. Enjoy a five-course wine pairing dinner, and receive a complimentary bottle of wine to take home. Attendees are encouraged to wear pink for this fundraiser for Lake Regional Cancer Center. Reservations are required for this private event. Learn more at SetTheSun.givesmart.com.
- **Pink-Out Party at The Encore Lakeside Grill & Sky Bar**, 3076 Bagnell Dam Blvd., Lake Ozark, 6 p.m. Saturday, Oct. 19. Come celebrate survivorship! The evening will include an auction to support Lake Regional Cancer Center, live music by Midnight Rodeo, and a pink-out contest — the best dressed couple in pink will win a two-night stay and \$200 gift card for The Encore! Entrance is free for breast cancer patients and survivors. Learn more at PinkoutParty.givesmart.com.
- **Trivia Night at Lake of the Ozarks Brewing Co.**, 6192 Osage Beach Pkwy., Osage Beach, 5 p.m. Saturday, Oct. 26. Join us for a fun night of trivia and a 50/50 raffle to support local cancer care at Lake Regional Cancer Center. Visit lozbrewingco.com for more details.

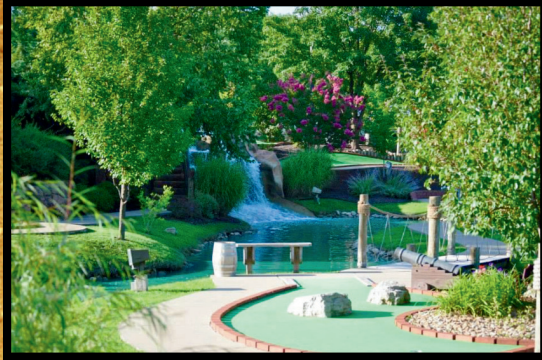
You also will find details on other offerings, including:

- **Food and drink specials.**
 - o Dine at Brick House, Casablanca Pub & Grill, or Casagrotto in Lake Ozark throughout October, and 10% of sales will support local cancer care.
 - o Order from Panera in Osage Beach on Wednesday, Oct. 9, with code FUND4U and Scooters in Camdenton and Osage Beach on Wednesday, Oct. 16, to help raise funds.
 - o Purchase a pink confetti cookie at Covell anytime in October or a pink donut at MO Co & Dough on Sunday, Oct. 13, to participate in their fundraisers for local cancer care.
- **Checkout champions.** Local retailers Dierbergs, Lake Regional Pharmacy, and Nick’s True Value Hardware invite customers to donate at the register to raise funds for local cancer care.
- **Miscellaneous deals.** Driftwood Spa & Salon, Four 2 North Photography, and Platinum Shears Salon are among the many local businesses with October specials to support local cancer care.

“We are grateful to live and work among so many caring, generous business leaders who have joined us as Partners in Pink,” Dehner said. “And we look forward to seeing our community come together to fight cancer this Pinktober.”

Lake Regional Cancer Center offers state-of-the-art capabilities to find and treat cancer. The compassionate care team brings deep expertise in many types of cancer, including bladder, breast, colon, lung, lymphoma and prostate cancers. Services include chemotherapy, immunotherapy, radiation therapy, genetic testing, social work, nutrition counseling and palliative care. Lake Regional Cancer Center is also an affiliate institution of Cancer Research for the Ozarks NCORP, a member of the National Cancer Institute’s Community Oncology Research Program. This affiliation gives Lake Regional patients access to more than 100 clinical research studies. To learn more, visit lakeregional.com/CancerCare.

Entrance is free to breast cancer patients and survivors.



PLAY BEFORE THE SEASON IS OVER!



**PINK OCTOBER
COUPON**
\$2 OFF
**FIRST ROUND
OF GOLF** 

Coupon valid for up to 6 people.
Not valid with other offers.

www.piratescove.com  5850 Osage Beach Pkwy  573-348-4599

Breast cancer is the most commonly occurring cancer in women across the globe...

Early detection provides the best chance of beating breast cancer, and healthy lifestyle habits can help many women reduce their risk of developing the disease. Remember to do monthly breast self-exams, and schedule your mammogram!



Beating
Breast Cancer  **Lake Media**



**THIS IS WHAT
STRENGTH
LOOKS LIKE.
THIS IS
STONEBRIDGE.**

At StoneBridge Lake Ozark, we stand strong in supporting women and all those touched by breast cancer. **That's the StoneBridge way.**

To learn more about our assisted living, rehabilitation and skilled nursing care options, call 573.302.0900 or visit StoneBridgeSeniorLiving.com.



Lake Regional Urologist Encourages Men to Discuss Prostate Cancer Risk

As women take action in October to prevent breast cancer deaths, Lake Regional Urologist Michael Severance, M.D., has a message for men: Get informed about prostate cancer.

“Early prostate cancer typically does not cause symptoms,” Dr. Severance said. “That is why men need to talk with their doctors about screening. A simple blood test can help detect prostate cancer early when it is easier to treat.”

The blood test is the prostate specific antigen (PSA) test. The higher a man’s PSA level, the greater his chance for having prostate cancer. But the test isn’t perfect.

“Men need to talk to their doctors about what a positive test does and does not mean,” Dr. Severance said. “Not every positive test indicates the need for immediate treatment.”

One reason a positive test might not lead to immediate cancer treatment is that other conditions besides cancer can cause a high PSA level. Another reason is screening can find cancers that are growing so slowly, they will never be a real threat.

“If screening finds a high PSA level and further testing confirms prostate cancer, then the treatment plan will depend on the stage of cancer, the man’s age and other factors,” Dr. Severance said. “It’s important for men to understand screening is just the first step.”



Michael Severance, M.D.

Treatment of prostate cancer may include:

- close monitoring and follow-up visits
- radiation
- surgery to remove the prostate

When surgery is needed, Lake Regional patients may benefit from the da Vinci X robotic surgery system. The system, used to treat prostate cancer, provides a magnified view inside the body, so surgeons see in much greater detail. The system also enables surgeons to reach more places. It has tiny instruments that bend and rotate far more than the human hand. Plus, these instruments minimize hand tremors. All of this results in more precise surgeries. Learn more at lakeregional.com/daVinci.

To make an appointment at Lake Regional Urology, call 573-302-3111.

Questions Men Can Ask Their Doctors about Prostate Cancer

- Am I at greater risk for prostate cancer?
- At what age should I start to think about screening for prostate cancer?
- If I get my blood test and it is not normal, what other things could I have besides prostate cancer?
- What are the side effects or risks of close monitoring with follow-up appointments? Of radiation? Of surgery to remove the prostate?

This is **Dial 911** in case of Emergency
Lake West Ambulance
SERVING THE WEST SIDE OF LAKE OF THE OZARKS



Our service to the community is the heart of who we are.



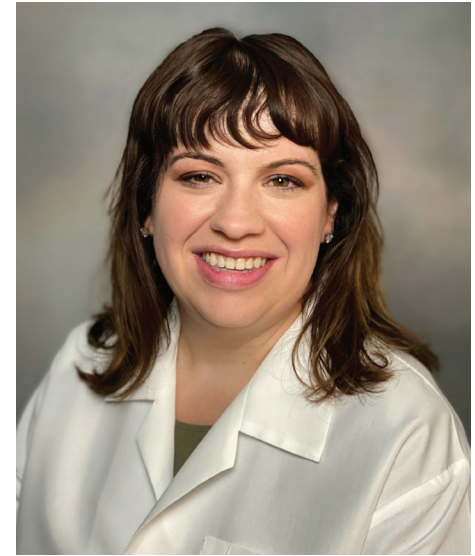
Lake West Ambulance is an ALS (Advanced Life Support) Ambulance Service.

Women's Health Screenings

This Breast Cancer Awareness Month, Lake Regional encourages women to take action for their full health. One way is to learn more about all recommended screenings, not just those for breast cancer.

"Use your annual visit to ask your primary care provider or women's health care provider which screenings you need now," said Wendy Trimmer, APRN, MSN, FNP-C, from Lake Regional OB-GYN in Osage Beach and Eldon. "You can set up a personalized schedule based on your specific risk factors and health history."

Many insurance plans will cover this preventative care. The below chart shares standard screening recommendations.



Wendy Trimmer, APRN, MSN, FNP-C

Screening	Recommendation
Blood Pressure	Starting at age 20, have your blood pressure checked at least every two years if it is in the healthy range, which is less than 120/80 mmHg. If your blood pressure is above normal, have it checked at least annually.
Cholesterol	Cholesterol testing should be done every five years for people age 20 or older who are at low risk for cardiovascular disease. If you are at a higher risk for heart disease, you should test more frequently.
Skin Cancer	Perform monthly self-exams of your skin. Talk with your doctor about how often you should have in-office exams based on your skin cancer risk.
Skin Cancer	Perform monthly self-exams of your skin. Talk with your doctor about how often you should have in-office exams based on your skin cancer risk.
Cervical Cancer	The American Cancer Society recommends cervical cancer screening with an human papillomavirus (HPV) test alone every five years for everyone with a cervix from age 25 until age 65. If HPV testing alone is not available, an HPV/Pap cotest every five years or a Pap test every three years is recommended.
Sexually Transmitted Infections	Counseling on sexually transmitted infections is recommended for all sexually active women. Get tested for HIV, chlamydia and other sexually transmitted infections if you are at increased risk. Further testing should be discussed with your doctor.
Diabetes	The U.S. Preventative Services Task Force recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight or obese. The American Diabetes Association recommends that all adults aged 45 years and older be considered for diabetes screening by their health care provider every 3 years.
Breast Cancer	The U.S. Preventative Services Task Force recommends all women begin breast cancer screening at age 40 and continue every other year through age 74.
Colon Cancer	The American Cancer Society recommends that people at average risk of colorectal cancer start regular screening at age 45. People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75.
Lung Cancer	Starting at age 50, get screened annually based on your history of smoking.
Osteoporosis	At age 65, women should have a bone density test. Talk to your doctor if you feel you need to be screened earlier than 65.

Pinktober

Supporting Local
Cancer Care and
Clinical Research

LAKE REGIONAL HEALTH SYSTEM

EVENT CALENDAR:

OCT. 9	<p>PANERA FUNDRAISING NIGHT 4840 Osage Beach Pkwy</p> <p>Use code FUND4U on online/kiosk orders all day, or mention the code in-person from 4 p.m. to 8 p.m.</p>	
OCT. 13	<p>MO CO & DOUGH 4681 Osage Beach Pkwy</p> <p>Get a pink donut on Metastatic Breast Cancer Awareness Day!</p>	
OCT. 14	<p>SET THE SUN ON BREAST CANCER Baxter's Lakeside Grille, 2124 Bagnell Dam Blvd</p> <p>Dress in pink and enjoy a five-course wine pairing dinner at Baxter's Lakeside Grille.</p>	
OCT. 16	<p>SCOOTER'S COFFEE Camdenton, Osage Beach</p> <p> Scooter's will donate 20% of proceeds.</p>	
OCT. 19	<p>DRIFTWOOD SPA & SALON 494 Tan Tar A Drive</p> <p>Pamper yourself at Driftwood Spa & Salon and 10% of proceeds will be donated.</p>	
OCT. 19	<p>PINK-OUT PARTY Doors open at 6 p.m. The Encore, 3076 Bagnell Dam Blvd</p> <p>Live performance by Midnight Rodeo at 7:30 p.m. Entry is free for breast cancer patients and survivors.</p>	
OCT. 26	<p>TRIVIA NIGHT Registration at 5 p.m. LOZ Brewing Co., 6192 Osage Beach Pkwy</p> <p>Join us for a fun trivia night! Tables of 4 or 6 available with prizes for the winning team.</p>	

SPECIALS ALL MONTH:

<p>Eldon Four 2 North Photography \$150 per session will be donated.</p>	
<p>Lake Ozark Baxter's Lakeside Grille Order special desserts, chef features and women-crafted wines.</p>	
<p>Brick House, Casablanca Pub & Grill and Casagrotto 10% of sales will be donated. Round up or add to your bill.</p>	  
<p>The Encore Lakeside Grill & Sky Bar \$1 will be donated for every order from their special "Pink-Out" menu.</p>	
<p>Lebanon Boat Town Brewing \$1 will be donated for every pour of Wink, a Belgian wit with raspberry.</p>	
<p>Covell 10% of sales will be donated from every pink confetti cookie ordered.</p>	
<p>Platinum Shears Salon 100% of proceeds will be donated from every pink hair tinsel & I-tip.</p>	
<p>Osage Beach BaristaGo Proceeds from their "31 days of special pink drinks" will be donated.</p>	
<p>Lake of the Ozarks Brewing Co. \$1 will be donated for every pint ordered of their special pink brew.</p>	

Donate when you shop at these locations:



Learn more and get involved at lakeregional.com/Pinktober.

