Living Lessons

The Patient Journey
Overcoming Challenges

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Life before...
Global Presentation
The Patient Journey
Timeline


- June 2007 start of 2 regimens of chemotherapy

- April 2009 - lung cancer and lymph node involvement

- June 2009 - chemotherapy #3

- April 2010 - chemotherapy #4

- August 2010 - chemotherapy #5
Timeline

- March 2011 - Chemotherapy #6

- The future.....
Odds of Survival?
Standing here before you

Cancer a negative?

It is only negative if no growth or learnings come from it

“What does not kill you makes you stronger”
The Patient Journey

- Symptoms - what does this mean?
  - Catching colds
  - Eye infections
  - Fatigue
  - Skin itching
  - GI upset
  - Darkening of the urine
  - Jaundice
  - Pancreatitis
The Patient Journey

- Testing…testing

- Diagnosis- I have bad news…..
  - March 23,2007
The Patient Journey

- At the crossroads…
- A decision to fight with all your might or let things take their course
The Patient Journey

- Navigating the healthcare/information maze
  - Healthcare professionals- pharmacist role
  - Books
  - Internet
  - Media
  - Word of mouth
Why Write a Book?

- Create a companion for cancer patients and their loved ones
- Support caregivers
- Provide inspiration to those facing any challenges
- Provide Hope!
Treatment Plan Options

- Surgery
- Radiology
- Chemotherapy
  - Killing cancer and sparing the patient
  - Managing side effects
Nausea and Vomiting

- Daily challenge - early, late, anticipatory
- 5 HT 3 antagonists
- Patient pearls
  - Eating meals - volume and frequency - individualize
  - Ginger
Pancytopenia

- WBC
- RBC
- Platelets

- The key to continue therapy

- Solutions
Fatigue

- Walking up a hill with a sack of bricks on your back with a nose plug restricting oxygen flow
- Debilitating
- Treatment
  - Address HCT and RBC
  - Acupuncture
  - Oncologic naturopathy
Peripheral Neuropathy

- Shooting Pain - lightning bolts
- Numbness
- Expansion to other body parts
- Treatment
  - Prescription
  - Oncology naturopathy
  - Acupuncture
Chemo Brain- Confusion!
Depression

- SSRI and SNRI
- Counseling
- Family and friend support
- Patient support
  - Clinic setting
  - Cancer organizations
  - Online
  - Phone
Life Style Alteration

- Taste
- Activities
- Work
“Tell them- Damn it I don’t Lose”

- Coach Jim Lambright
- Architect of the 1991 national champion UW Husky “maximum blitz”
The Maximum Blitz
Living Lessons

- The best of all worlds
  - Standard chemotherapy agents with unique dosing and combinations
  - Naturopathic Oncology
  - Acupuncture
  - Diet
  - Faith
  - Attitude
Patient Impact

Family

- Telling the kids - the toughest thing I have ever done
- Would I be there for graduations, dating, weddings?
- James and Lane giving up their childhood
Patient Impact

- Caregivers
  - The unsung heroes
  - Family affair - wife and kids pulling together
  - Stress on the caregivers can eclipse that on the patient
Patient Impact

- **Lifestyle**
  - Neuropathy - no marathons
  - Diet - Fast food vs. Kale
  - The immunocompromised checklist
    - Costco sized hand sanitizer
    - Avoid crowds
    - Get rest
Patient Impact

- Work
  - It is possible
  - Company support
  - Management and colleague teamwork
Be the CHANGE

- 2011 Graduation Speaker
- New horizons
- New challenges
- “Making a difference”
What are YOUR Challenges?

- Profession of Pharmacy
- Timeline in career
- At the crossroads....
Challenges

- The balancing act
- Focus
- Preparation
- Execution
Plan and Execute?
Have a Plan and Execute
Perseverance

- ’31 - failed in business
- ’32 - defeated for Congress
- ’33 - failed in business again
- ’34 - elected to legislature
- ’35 - sweetheart died
- ’36 - suffered nervous breakdown
- ’38 - defeated for speaker
- ’40 - defeated for elector
- ’43 - defeated for congressional nomination
- ’46 - elected to Congress
- ’48 - lost reelection
- ’55 - defeated for Senate
- ’56 - defeated for VP
- ’59 - defeated for Senate
JOHN WOODEN’S SEVEN-POINT CREED
When John was 12 years old and graduating from a country grade school, his father gave him this creed—a creed he was tried to live by ever since:

“Making The Most of One’s Self”
- Be true to yourself.
- Make each day your masterpiece.
- Help others.
- Drink deeply from good books.
- Make friendship a fine art.
- Build shelter against a rainy day.
- Pray for guidance and give thanks for your blessings every day.

THE PYRAMID OF SUCCESS
Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.

JOHN R. WOODEN
Head Basketball Coach Emeritus, UCLA

In Mark
Best wishes
John Wooden

For the Woodruff Family
Best wishes
John Wooden
LEARNINGS…

Living Lessons
My journey of faith, love, and cutting-edge cancer therapy

Mark Shigihara, RPh
With Kim Erickson
Living Lessons

- What is the significance of the “ripple” effect?
- Cascading change starts with a single person or event. Make each moment count.
How do you deal with Stage 4 Cancer or serious challenges?
Grocery Store Philosophy
The Three “L”s

➢ LIVE

- Never give up- REFUSE to LOSE
- Become a “Ripple Master”
- Faith dominates Fear
- Buy “green bananas” and You do NOT have an expiration date!
The Three “L”s

- **LOVE**
  - Surround yourself with people you love
  - Follow your passions/ faith
  - Invest time and energy into relationships and projects you love
The Three “L”s

- LAUGH
  - See the positive in every situation
  - Make having a belly laugh a fine and frequent art
  - Have a happy life
  - Happiness is a choice
Faith

- There are many religions - the foundation is to believe and have conviction
- Comes from within a person
- I am at peace - There is a plan for me
- Gives me the strength to persevere
Believe

- This is a cornerstone.
- Do you honestly believe that you will meet your goal
- To believe is to have hope
Attitude

- John Wooden - Make each day your masterpiece
- You are in control
- You set the tone
- Happiness is a choice
Don’t delay… Make each day your Masterpiece!
When you have finished learning... you are truly Finished
Inspiration
Tamara Stevens

- World’s longest Bone Marrow Transplant survivor- 38 years
- A Miracle and inspiration
- Neighbor of the Shigiharas
Tamara’s 4 points to James

- Have a regular day and believe you will live
- Be with friends and forget about your illness
- Never believe the doctors if they tell you there is nothing they can do for you
- Be strong with your faith
Living Lessons

Savor Your Journey!
Pancreatic Cancer Action Network
The Pancreatic Cancer Action Network Mission

The Pancreatic Cancer Action Network is a nationwide network of people dedicated to working together to advance research, support patients and create hope for those affected by pancreatic cancer.
The premier source of quality, reliable information and HOPE for pancreatic cancer patients, family members and health professionals.
PALS Associate

- disease & treatment information
- clinical trials search
- specialized info search
- support resources

Matched back with original PALS Associate

pancreatic cancer education packet
Learn More & Get Involved!

Visit [www.pancan.org](http://www.pancan.org) or call 877-272-6226 to learn more about the Pancreatic Cancer Action Network.

PALS Associates are available Monday-Friday, 7-5PT at 877-272-6226 or by email at [pals@pancan.org](mailto:pals@pancan.org).