

# BEYOND BLUE

*A Biannual Update For Those In The Fight Against Colorectal Cancer*



CLIMBING  
FOR A CURE

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ALL ABOUT CANNABIS • 10 ITEMS FOR YOUR PANTRY  
ACUPUNCTURE AND COLORECTAL CANCER • IN MEMORY OF LUKE PERRY  
THE SCIENCE OF EXERCISE • DR. BOLDUAN-LOMAX'S STRESS STRATEGIES

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## DEAR ADVOCATE,

We're in the midst of spring and soon it will be summer. We kicked off our 2019 spring season with a successful March awareness month and Call-on Congress! Thank you to all who raised awareness alongside us!

As we get ready for summer, we're gearing up for our annual Climb for a Cure. Last summer, I had the honor of summiting a mountain in Denver, Colorado, with more than 100 survivors and family members as part of this event. It was physically challenging for me, but stage IV survivor Teri Grieger encouraged all of us climbing with this: "When your body is too tired, remember to ask yourself, 'What is my why?'" By the time my small group reached 13,000 feet, my "why" inspired me to not give up, reach the summit and take a moment to embrace and remember both our friends in the fight and those we've lost. I enjoyed getting outdoors and participating in the hike to reconnect with my "why."

In this issue of *Beyond Blue*, we're looking into all things wellness, and especially staying active and getting outdoors. You'll meet other hikers from Climb for a Cure and learn how you can get involved this summer - both from home and/or in Colorado. This issue is also packed with articles about nutrition, acupuncture, and exercise.

If you're new to *Beyond Blue* and Fight CRC, we hope you will read through this issue and go online to get even more medically-reviewed patient resources. Let us connect you with our community. We can't wait to hear your "why" and the reason you fight. We'd love to hear your story.

Yours in the fight,



 @ANJEEDAVIS

**ANJEE DAVIS, MPPA**  
President of Fight CRC

WHAT DID YOU THINK OF THIS ISSUE!?  
LEAVE US A COMMENT AT @FIGHTCRC  
ON FACEBOOK, TWITTER, OR INSTAGRAM!

# ABOUT FIGHT COLORECTAL CANCER



## VISION

We envision victory over colon and rectal cancers.

## MISSION

We raise our voice to empower and activate a community of patients, fighters, and champions to push for better policies and to support research, education, and awareness for all those touched by this disease.

## SAVE THE DATE

### Craig Campbell Celebrity Cornhole Tournament

JUNE 4, 2019

NASHVILLE, TENNESSEE

Join country music recording artist and Fight CRC spokesman Craig Campbell, along with several of his celebrity friends, for his annual Celebrity Cornhole Challenge.

### Fight Colorectal Cancer Annual Gala: Past, Present, Future

JUNE 21, 2019

MARATHON MUSIC WORKS

NASHVILLE, TENNESSEE

This year our annual fundraising dinner will take you back to where Fight CRC started, where we are now, and how, together, we will have victory over colorectal cancer. The evening will include a cocktail reception, inspirational dinner program, silent and live auctions.

GET TICKETS AT [FIGHTCRC.ORG/GALA](http://FIGHTCRC.ORG/GALA) »

### Climb for a Cure

JULY 28-29, 2019

WINTER PARK, COLORADO

Join our group of survivors, caregivers, and advocates on a beautiful scenic hike up Mt. Flora in the Rocky Mountains of Colorado!

TO LEARN MORE ABOUT HOW YOU CAN SUPPORT CLIMB FOR A CURE VISIT [FIGHTCRC.ORG/CLIMB](http://FIGHTCRC.ORG/CLIMB) »



FOLLOW ALONG FOR NEWS ABOUT OUR LATEST EVENTS!



THANK YOU TO OUR BEYOND BLUE SPONSORS:



PHOTOS: BRIAN THRELKELD



# WHAT CAN CANNABIS DO FOR YOU?

BETWEEN FREQUENT DISCUSSIONS ABOUT LEGALIZING MARIJUANA AND THE RISE IN POPULARITY OVER CBD, MANY CANCER PATIENTS ARE BECOMING CURIOUS ABOUT MARIJUANA AND WHAT IT CAN DO FOR THEM.

■ ■ *We should treat medical marijuana like any other drug. As such, it is vital that patients are educated about medical marijuana and how best to use alongside of their other medications to ensure safety and most effective use. ■ ■*

- LISA HOLLE, PHARM.D., BCOP, FHOPA

**We hosted a webinar with Lisa Holle, Pharm.D., BCOP, FHOA, Associate Clinical Professor of Pharmacy Practice in the Department of Pharmacy Practice at the UConn School of Pharmacy. She helped clear some things up about this often taboo topic.**

#### WHAT IS CANNABIS?

Cannabis is produced from the plant *cannabis sativa*, *cannabis indica*, or *cannabis ruderalis*. Marijuana is the flower and leaves of the plant. Hashish is a block of resin extracted from the plant.

#### WHAT ARE THC AND CBD? WHAT'S THE DIFFERENCE?

THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol) are the cannabinoids primarily responsible for the medicinal effects of marijuana. These types of cannabinoids, which come from the plant, are called phytocannabinoids. THC has the ability to produce feelings of euphoria, which people often associate with the use of marijuana. CBD does not elicit this sense of euphoria or "high."

Interestingly, our bodies make their own cannabinoids! These are called endocannabinoids.

#### IS MEDICAL MARIJUANA LEGAL?

The laws around medical marijuana vary greatly from state to state. For instance, some states require pharmacist oversight of dispensaries (AK, CT, MN, NY, OK, PA). Some states allow patients to grow their own marijuana, and others don't allow medical marijuana at all.

#### ARE THERE PATIENT BENEFITS TO USING MARIJUANA? WHAT ARE THE SIDE EFFECTS?

There is limited data that supports medical marijuana use in cancer and associated side effects, and this may be due to the lack of well-designed studies - a result of the current classification of marijuana as a Schedule I controlled substance. However, many patients have had benefits from using marijuana, and the data is growing to support this.

Most side effects of marijuana are transient and can be treated by adjusting doses.

It's important for patients to know there are some contraindications to the use of medical marijuana. These include the following: allergy to any cannabinoid, past history of psychotic disorder, active or unstable cardiovascular disease, and caution among pregnant or nursing women.

#### ARE THERE SYNTHETIC VERSIONS OF CANNABIS THAT ARE REGULATED BY THE FDA?

There are synthetic versions of marijuana, which are produced in a laboratory. Dronabinol and Nabilone are synthetic THC which have been approved for chemotherapy-induced nausea and vomiting if a patient found no success with other treatment options. In addition, Cannabidiol is a plant-derived, oral CBD solution which has been approved for children with certain syndromes linked to seizures. Finally, Nabiximols is a THC and CBD extract, which has been approved for use (outside of the United States) for multiple sclerosis and cancer pain.

#### WHY THE RISE OF CBD LATELY?

The 2014 United States Farm Act declared that products made from industrial hemp (which is a sister to cannabis) can be sold anywhere in the U.S. if it has less than 0.3% of THC.

CBD oil falls into this category, however, it is considered a dietary supplement and is therefore not regulated by the FDA. What this means is that there is no regulation of how a company discloses what is in the product. There have been instances in the past where dietary supplement companies did not accurately list product ingredients. It's possible that what is being advertised on the CBD product label is truly what is being sold, but there is no regulatory agency making sure that this is the case for any CBD products at this time.

#### DO I NEED TO TALK TO MY DOCTOR ABOUT USING MEDICAL MARIJUANA?

It is important to talk to your doctor if you plan to seek out medical marijuana. This is because your doctor (or pharmacist) and can help ensure you are using it safely and effectively.

**“ I had to bring up the option of marijuana during an appointment. Medicinal marijuana was never offered; however, my oncologist was extremely supportive. We had to abide by my state's laws (Hawaii), and he provided every referral I needed to get my prescription filled. Medical marijuana helped me with everything. I was able keep my food down, my appetite was consistent, nausea was almost eliminated, and I was able to laugh with my friends. I'm two years post-ileostomy takedown and I don't have any cravings or drawbacks from medicinal marijuana. ”**

**- KENNY TOYE, STAGE III SURVIVOR**



**CHECK OUT THE WEBINAR ON MEDICAL MARIJUANA WITH DR. HOLLE, ALONG WITH OTHER RESOURCES LIKE BLOGS AND OUR PODCASTS ABOUT THIS TOPIC AT FIGHTCRC.ORG »**

## TOP10LIST

# PANTRY FOODS EVERY COLORECTAL CANCER SURVIVOR NEEDS

by Ann Ogden

### POST-OP: BLAND, LOW-FIBER FOODS TO EAT AFTER AN OPERATION.

1. **WHITE RICE** – Soothing, filling, and easy to digest
2. **VEGETABLES ESPECIALLY CARROTS AND GREEN BEANS** – Full of vitamins and flavor
3. **APPLES AND PEARS** – Peel and cook into sauces or poach
4. **EGGS** – Protein-packed and nutritious
5. **CHICKEN BREAST** – Mild and extremely versatile

### SURVIVORSHIP: A TIME TO ADD MORE FIBER. KEEP NOTES TO SEE WHICH FOODS WORK BEST FOR YOU AND WHICH ONES TO AVOID.

6. **GREENS LIKE ARUGULA AND BABY KALE** – Cruciferous and phytonutrient-packed
7. **LEEKS** – Adds a mild oniony flavor
8. **FRESH FRUITS AND BERRIES** – Antioxidants never tasted so good, try them in a compote
9. **CANNED TOMATOES** – The base for many tasty soups and sauces
10. **HERBS AND SPICES** – Herbs like parsley, cilantro, and tarragon and dried spices like cumin, turmeric, cinnamon, and rosemary can add loads of flavor

**TIP:** GINGER ROOT CAN BE SOOTHING FOR DIGESTION AND ADD FLAVOR. IT MAKES GREAT TEA, TOO!

### Easy Quinoa Porridge with Golden Milk

- 1 1/3 c. cooked quinoa
- 1 c. 2% milk
- Pinch of sea salt
- 2 t. cranberries
- 3 dates pitted and chopped
- 1 t. freshly grated ginger root or to taste
- 1/2 t. freshly grated turmeric root
- 1 c. grated apple
- 2 t. sliced almonds dry toasted
- 1/3 c. fresh blueberries (optional)
- Plain greek yogurt for serving (optional)

*Quinoa is great for survivors to try when adding in more fiber!*

### Preparation

1. In a small sauce pot over a medium-high flame, add the quinoa, the milk, and a pinch of sea salt. Stir to mix. Add the cranberries, dates, the grated ginger root, and the turmeric. Stir again. Bring to a boil, cover and turn the heat down to low. Cook for 5-8 minutes stirring from time to time. For a thicker porridge, crack the lid.
2. Stir in the grated apple. Mix in well. Cover and cook 2-3 minutes more. Add the blueberries and stir to mix. Cover, turn off the heat and let sit for 2-3 minutes while you toast the nuts.
3. To dry toast the nuts: heat a small heavy frying pan over a medium-high flame. Add the nuts and cook shaking until they are a light golden color – about 2-3 minutes. As soon as they are pale gold, turn off the flame as there will be enough heat left to finish the toasting.
4. Serve the porridge in bowls sprinkled with nuts and with a dollop of plain Greek yogurt, or with extra cold milk poured over it.



Try this if  
you're Post-Op!

PHOTO © JOE GAFFNEY

## Chicken Pot au Feu

*a.k.a. "Miracle Chicken"*

- 2 small yellow onions peeled and cut in half
- 8 cloves
- 2 leeks trimmed and washed well, dark tops reserved
- 1 3/4 lbs organic skinless chicken breast on the bone
- 3 medium carrots scrubbed and cut into 3 equal lengths, then into quarters lengthwise
- 4 small white turnips peeled and quartered
- 1 bay leaf
- 1/2 t. black peppercorns
- 4 to 6 c. water
- Sea salt to taste
- 1 1/3 c. of Arborio or other short-grain rice

### Preparation

1. Stud each onion half with two cloves. Cut the white part of the trimmed leeks into three equal lengths, then in half lengthwise. Set aside. Cut the tender parts of the dark tops of the leeks into 3-inch lengths and tie them together with a piece of string.

2. Put the chicken into a heavy Dutch oven or casserole dish. Cover with water, and bring to a boil over a high flame. As soon as the chicken flesh turns white, remove and set aside on a plate. Discard the water.

3. Rinse the pot. Put in carrots, turnips, bay leaf, peppercorns, bundled leek greens, and onions. Reserve the leek whites. Add enough stock or water to cover the vegetables completely, bring to a boil over high heat. Cover and turn the heat down to low. Gently simmer the vegetables for 10 minutes.

4. Add the chicken to the simmering vegetables and top with the reserved leeks. Sprinkle with a little sea salt and cover. Cook at a simmer over very low heat for about 20 minutes. The chicken should be just cooked and the vegetables tender but not mushy. Check for salt. Add the measured rice directly to the pot, cover and cook at a low simmer for 15 minutes or until the rice is al dente. Turn off the heat and let the pot sit, covered, for 10 minutes for the rice to steam and the flavors to develop.

5. To serve, remove the bundled leek greens and discard. Cut the chicken pieces in half. Plate the chicken with half an onion and some carrots, turnips, leek whites, and rice. Spoon stock from the pot over the chicken and vegetables. Serve with Dijon mustard on the side.



GET OTHER GREAT RECIPES LIKE RISOTTO WITH SUMMER VEGETABLES—A GREAT WAY TO EAT WHITE RICE WITH VEGGIES AT [COOKFORYOURLIFE.ORG](http://COOKFORYOURLIFE.ORG) »

# All About Acupuncture

**WHY ADDING MORE NEEDLES TO CANCER CARE COULD BE A GOOD THING.**



**Needles—it's not exactly a patient's favorite subject. In fact, some people suffer from “needle phobia” and won't step foot into a doctor's office or hospital because of them. Unfortunately, cancer treatments and surveillance often require a significant number of unpleasant pokes and prods. But while needles are often not a favorite subject among both patients and non-patients alike, research is showing there may significant health benefits to facing the fear when it comes to acupuncture, a form of Traditional Chinese Medicine (TCM) that uses needles to stimulate the body.**

## **WHAT IS ACUPUNCTURE?**

Acupuncture is an ancient practice originating in China. The main goal of acupuncture is to balance energy (also called “qi”) within the body by adding more energy when needed, or by removing energy if there's too much. According to TCM, just as veins allow blood to flow throughout the body, there are other pathways invisible to our eye, called meridians, that transport energy throughout the body. Along these pathways, there are approximately 350 specific locations on the body (acupuncture points) that can be used to access the body's energy. By stimulating these points, one is able to adjust the amount of energy, thus bringing balance and equilibrium to the body.

## **WHAT IS AN ACUPUNCTURIST?**

An acupuncturist is a specially-trained professional who delivers acupuncture treatments. They either have a Master's or Doctoral degree to practice in the United States. In addition, they are required to take and pass a national exam and complete a specific number of continuing education units to maintain their professional certification and/or license.

Today, acupuncture is considered a form of integrative medicine or complementary alternative medicine (CAM). It's used around the world for a variety of reasons - including the management of pain, to help with fertility, to improve sleep, and more.



ALLISON ROSEN, DIAGNOSED STAGE II AT AGE 32.

# Allison's Acupuncture Experience

## Q. WHAT WERE THE BARRIERS YOU FACED WHEN MAKING THE DECISION TO GET ACUPUNCTURE TREATMENT?

*A. The barriers I faced were mainly related to cost. I didn't know if my insurance would cover it because it was in the Integrated Medicine department. After investigating, I found out it was not covered, but I found a clinic to do it that was not overly expensive. The positive effects of acupuncture outweighed the cost of it, so I budgeted for it when planning my spending for each month!*

## Q. WHAT DID YOU SEEK ACUPUNCTURE FOR, AND WHAT WERE THE BENEFITS THAT YOU NOTICED (IF ANY)?

*A. I sought out acupuncture for help controlling pain and GI related issues related to my treatment. I was weaning off pain medicine, and incorporating acupuncture into my treatment plan helped make the process easier. I took pain medicine earlier in the treatment process, and it was very hard to get off of it. I found acupuncture as an alternative way to deal with lingering pain from multiple surgeries. I also had some nephropathy issues as a result of my treatment and acupuncture helped with this as well. I always tried to avoid unneeded medication if there was an alternative, and acupuncture helped me eliminate various prescription drugs.*

## HAVE THE BENEFITS OF ACUPUNCTURE FOR CANCER PATIENTS BEEN RESEARCHED?

Acupuncture has been recognized by the World Health Organization (WHO) and the National Institutes of Health (NIH) as effective in treating certain health conditions. As it relates to cancer, acupuncture has been shown to help patients manage side effects.

## WHAT HAPPENS AT AN ACUPUNCTURE APPOINTMENT?

During an acupuncture appointment, an acupuncturist may ask a variety of questions regarding your health and energy levels. They may look at your tongue, feel your pulse, and ask about your bowel habits (hooray!). The acupuncturist is assessing various health attributes to make sure you get the best treatment for that day.

Your acupuncturist will use sterile, one-time use needles for your treatment. These needles don't go too deeply into the skin, only about a quarter of an inch. Depending on the type of treatment you receive, your acupuncturist may leave the needles in for 30 minutes or more while you relax, or they might remove them quickly.

In addition to needles, acupuncturists are often trained to help patients through other methods that may include:

- Moxabustion (or moxa)
- Massage
- Acupressure - good option for those who suffer from needle phobia!
- Chinese herbal medicine

## HOW DO I FIND AN ACUPUNCTURIST?

Talk to your care team to see if they can recommend an acupuncturist in your area who is comfortable working with cancer patients. Visit the American Academy of Medical Acupuncture to search for an acupuncturist with National Certification Commission in Acupuncture and Oriental Medicine (NCCAOM). Most states require practitioners to be licensed by this board.

A close-up photograph of a woman with dark hair, smiling broadly with her eyes closed. She is leaning her head against a wooden structure, possibly a door or a wall, which has a prominent vertical red-painted wooden beam. The background is slightly blurred, showing more of the wooden structure. The overall mood is peaceful and relaxed.

# DESTRESS: 5 TIPS FOR LOWERING STRESS

## IT'S NO SECRET—CANCER CAN BE VERY STRESSFUL! WHETHER YOU'RE A PATIENT, CAREGIVER, FRIEND, OR MEDICAL PROFESSIONAL, THE DISEASE IS NOT ALWAYS EASY TO FACE.

As we look for natural ways to manage side effects and cope with cancer, finding ways to reduce stress can be very beneficial. It's also important to build a process around grief.

We asked Dr. Jana Bolduan-Lomax, a Licensed Clinical Psychologist with Shift Healing in Colorado, for tips on managing stress and grief.

### HELPLINE INFO: 1-877-427-2111

9:00 A.M. TO 9:00 P.M. EASTERN TIME  
MONDAY THROUGH FRIDAY

AVAILABLE IN ENGLISH AND SPANISH,  
AND MEDICAL TRANSLATION SERVICES  
ARE AVAILABLE IN OVER 200 LANGUAGES

Phones are staffed by licensed mental health professionals and resource specialists from the Cancer Support Community who are experts at providing information and referrals to local, regional, and national resources. In addition, they may offer short-term counseling services to those in need.

#### 1. ENGAGE YOUR SOCIAL SUPPORT NETWORK.

Let your friends and loved ones know what you're going through and facing. This can apply to a variety of scenarios that may be hard for you, such as going for treatment, a follow-up scan, or even attending an event with Fight CRC. Ask them to be "on-call" so you can reach out to them for support and encouragement if needed.

#### 2. PRACTICE RESPECTFUL CONVERSATION.

It's important to exercise respectful communication, both online and in person. This means giving space for others to talk, being willing to listen, and showing the value in their unique perspective. No matter your connection to cancer, each person is unique and has their own experience with it. Stress can build when we aren't respectful or considerate of one another, and an unwillingness to listen can overshadow others and stir up over-emotional, uncivil behaviors, leading to increased stress.

#### 3. TAKE CARE OF YOURSELF.

If you find that you are getting triggered emotionally or feeling angry, take the time to step away from the stressful situation and compose yourself. Practice deep breathing. If you have a trusted person in your life, such as a counselor, spiritual leader or social worker or mentor, talk about your feelings with them.

#### 4. PLAN FOR ADAPTIVE COPING STRATEGIES.

It's easy when you're facing cancer to find yourself emotionally, physically, cognitively, and socially exhausted. Whether you've recently begun fighting cancer, or you're years past the diagnosis, adaptive coping strategies can become a lifelong thing. Build a process for how to face each day, and determine what you'll do as your stress rises.

##### Here's a few ideas:

- Take a bath or a walk
- Journal – Write your thoughts, feelings, and hopes—in case you are feeling too emotional to express them verbally
- Prayer/meditation/deep breathing
- Distraction technique – Do something unrelated to cancer to give your brain and body a little break from the intensity
- Have fun

#### 5. REMEMBER HELP IS AVAILABLE.

There is no shame in reaching out for help. Mental health is just as important as physical health! If you find that coping strategies aren't reducing your stress, consider reaching out and speaking with someone. If you need a professional/experienced person to listen about what you are feeling and experiencing, please utilize Fight CRC's free Cancer Support Helpline any time. **CALL 1-877-427-2111 »**



# CLIMBING MANY MOUNTAINS

BY REESE GARCIA

## JULIE KRAUSE IS NOT NEW TO THE COLORECTAL CANCER FIGHT.

Despite her family history of the disease, Krause didn't get screened until she was 51 years old. Although she wishes her family history was the impetus for her screening, it wasn't until a coworker was diagnosed with stage IV colon cancer that Krause went in for her own colonoscopy.

"She was my catalyst," said Krause, whose co-worker passed away seven years ago. Like her co-worker, Krause also received a cancer diagnosis following her colonoscopy. In 2010, she received the devastating news she had stage I colon cancer and in 2011, it recurred and became stage IV colon cancer.

Fast-forward nine years and today, Krause is an active advocate with Fight CRC. She has surmounted five years of chemotherapy, three liver resections, a liver ablation, and stereotactic body radiation for a lung metastases. Currently, she and her oncologist are keeping an eye on one pesky lung nodule. To say she has faced obstacles and hurdles along her cancer journey is an understatement. As a mother, friend, volunteer, research advocate, full-time IT director, and a cancer survivor, she has been climbing metaphorical mountains for nearly a decade.

In July 2018, Krause decided to climb another mountain—literally.

JULIE KRAUSE, STAGE IV SURVIVOR,  
FIGHT CRC RESEARCH ADVOCATE

PHOTO: TRAVIS HOWARD

## CLIMBING FOR A CURE

In 2018, Krause joined fellow survivors and other outdoor enthusiasts in Breckenridge, Colorado, for the annual Fight CRC Climb for a Cure. “The challenge was there and it presented itself as an opportunity to tackle something big with a group that I love and people who support me,” said Krause. “It was a great cause and fundraising opportunity, as well as a good way to educate people that colorectal cancer isn’t an old people’s disease and that a stage IV diagnosis isn’t a death sentence.”

According to Krause, one of the harder aspects of the hike was the lack of oxygen, however after trekking up to nearly 13,500 feet, the pride and accomplishment she felt outweighed any of the challenges. “This climb was a personal best for me,” she exclaimed. “To be part of such a large group, to receive encouragement and camaraderie, was wonderful. They pushed me further than I would have gone on my own. I am afraid of heights and this climb helped me!”

The climb didn’t only connect Krause’s passion for exercise and healthy living with a challenge, but it became a way for the community to give back to her - someone who has given so much to help others.

## PUSHING FOR NUTRITION AND EXERCISE RESEARCH

After navigating her own cancer diagnosis, Krause joined the Fight CRC Research Advocacy Training and Support (RATS) Program as a research advocate. Before becoming an IT director, she studied nursing and also served as her mother’s caregiver. A love for medicine, research, and thriving on challenges were part of Krause’s passion, making the RATS program a perfect fit for her. It bridged her love of science and personal experience with colorectal cancer.

Because of her involvement in Fight CRC’s RATS program, Krause understands the role science plays in cancer prevention and survivorship. “Research shows that exercise improves outcomes in colon cancer and health in general,” she said. “I feel that more emphasis needs to be put on the important role diet and exercise play in cancer outcomes. I would like to see materials related to these issues given to patients as part of their treatment plan.”

As one of Fight CRC’s research advocates, Krause is positioned to provide this feedback to researchers and oncologists, and to advocate for patients to receive survivorship care from the time of diagnosis, including nutrition and exercise plans.

Fight CRC is focused on equipping patients with the knowledge and tools they need to advocate for themselves, along with the colorectal cancer community at large. Krause has been a steadfast voice in the research world and committed highlighting the need for healthy lifestyles—all while climbing several of her own mountains.

CONNECT CLIMBING MANY MOUNTAINS



## EXERCISE TIPS FROM A STAGE IV SURVIVOR

**Diet and exercise are a very important part of Julie Krause’s life. She believes incorporating daily physical activity and eating a healthy diet made a huge impact on her recovery from treatment, surgery, and survival. “I even exercised with my [chemo] pump on. It made me feel better.”**

As an active and health-conscious individual, she recommends the following tips for those looking to improve their lifestyle during cancer treatment:

### MAKE AN EXERCISE PLAN

Treatment is so hard physically and emotionally, but pushing through to create and sticking with a minor exercise plan like walking around the block or lifting light weights while watching TV is a good place to start.

### START SMALL

I started with one pound vegetable cans and worked my way up. The more you do, the better you feel! Join a gym if you can afford it. If not, start by walking and work your way to more challenging activities as your stamina improves.

### GET OUTSIDE

When the weather is nice, try to get outside and enjoy it!

### FEED AND HYDRATE YOUR BODY

Diet is tough when you’re getting treatments. Your body needs fuel to rebuild the damage from chemotherapy. I would eat what I could while on treatment and I made sure to stay hydrated (super important). Between treatment cycles I gave my body everything it needed to rebuild. There are a plethora of great books on diet and cancer.

### BUILD UP STAMINA

If you’re going to push yourself on a physical challenge, build up stamina beforehand. If you’re going to climb mountains, start with smaller climbs before the big one to work out some of the kinks. Don’t go from a couch potato to a 14K in one day!

READ MORE ABOUT WHY EXERCISE IS SO IMPORTANT ON THE BLOG. VISIT [FIGHTCRC.ORG/BLOG](https://fightcrc.org/blog) AND SEARCH FOR “EXERCISE.”

CONNECT CLIMB FOR THE CURE

# REACHING THE TOP

**SURVIVORS EXPLAIN WHY THEY'VE CHOSEN  
TO CLIMB MOUNTAINS AND WHAT DRIVES  
THEM TO SUMMIT THE PEAK.**

**BY: DANIELLE BURGESS AND SHARYN WORRALL  
PHOTOS: BRIAN THRELKELD**

## HE REACHES THE TOP AND TAKES IN A DEEP BREATH, OR AS DEEP AS HE CAN AT THE ALTITUDE. HE TURNS HIS BODY 360 DEGREES AS TO NOT MISS A SINGLE VIEW.

The camera snaps, each view is so unique—skies and mountains are as far as his eyes can see. He lets out a long exhale and a slight smile breaks out across his face. Stage I colorectal cancer survivor Brian Threlkeld can't help but be thankful not only for his survivorship, but the survivors climbing alongside him—Teri, Chad and Jelena, to name a few.

As a founding member of Climb for a Cure, Threlkeld has poured himself into fostering a transcending experience for anyone affected by colorectal cancer. As he looks out to see who will summit the mountain next, putting one foot in front of the other, he hopes they too will gain insight about the resilience within themselves.

"The perspective I gain from standing on the top of a mountain stays with me when I'm back down in the valleys," Threlkeld said. "I close my eyes and let my mind carry me back to those mountaintops enabling me to face every challenge with strength and determination."

He will need that determination to face the peaks and valleys that come with surviving the disease, especially the valleys that involve losing friends and loved ones.

"My father helped start this climb, and I want to carry on his tradition and legacy by continuing to climb in order to raise money for colorectal cancer," said Chris Ganser, Jr., 19, who lost his father to the disease in 2018. "I want to give all of the survivors inspiration to keep fighting, and to tell them they can beat this horrible disease."

Threlkeld and Ganser, Jr. aren't alone in their quest to help other survivors beat cancer and honor the legacy of those they've lost. Stage IV survivor and Ironman Teri Griege, a Fight CRC board member and member of the Climb for a Cure committee, is right there too. "Sports and exercise have always been important to me, and I believe one must keep 'moving' to live the best life possible," she said. She knows the power of hope and climbs to set an example for both those in Colorado and at home, showing how exercise and a positive attitude go a long way in the fight against cancer.

The moment is sweet and bittersweet at the same time. The group that met at 3 am is starting to reconvene again, it's taken them hours to all reach the summit. As small groups begin appearing one by one, Threlkeld grabs his camera. High fives to fellow climbers and sweaty hugs don't require many words. "You did it, we did it," the warm embraces say. A small circle forms and the climbers stand together in silence to remember why they've climbed. Dads, moms, grandparents, siblings, spouses, friends. Whether it's their first time on the climb, or one of many - like it is for Threlkeld, the mood is the same. The fresh air did everyone some good. The challenge was symbolic of what they've overcome, and what they will continue to face. Nobody walks back down the mountain unchanged.

**“Just start by putting one foot in front of the other. The laws of inertia are hard to overcome, but once you get that train out of the station it wants to just keep on rolling! ”**

**- BRIAN THRELKELD, STAGE I SURVIVOR**



## GET OUTSIDE!

Did you know more than half of American adults spend a mere five hours or fewer outside in nature each week!?\* While it is wildly easy to keep indoors, going outside really could be a good thing! Here's a few ideas for getting outside, in addition to climbing a mountain!

### FOREST BATHING

Shinrin yoku, also called 'forest bathing,' is a popular practice from Japan. The practice is simple: spend time leisurely walking in a natural environment. Doing this regularly is said to support a sense of calm and rejuvenation.

### GREEN SPACE

Many hospitals and cancer centers now offer green space, like garden areas, where patients and loved ones can gather under trees and in the fresh air. Research shows that spending time outside has benefits ranging from improved mental health, reduced crime, and even improved job satisfaction.

### WALKING

Exercise is a popular area of study, and the benefits of regular exercise have been proven over and over again scientifically. While many forms of exercise come with a cost (for example, a tennis racket or yoga class), walking is free, and you can do it anywhere!

## ABOUT CLIMB FOR A CURE

Over the course of three years, Climb for a Cure has grown from a small crew of 15 individuals to nearly 100 advocates gathering together to conquer a Colorado peak. The Climb has raised over \$100,000 to support our organization's work around colorectal cancer advocacy, patient education, and research. We hope you can join us this year!

### WHY CLIMB?

Adventure into nature to reconnect, clear the mind, and connect with the strength and endurance it takes to fight colorectal cancer. The climb is a great way to physically challenge yourself, connect with others affected by colorectal cancer, and raise money for a great cause.

### CLIMB FUNDS

All funds raised during Climb for a Cure support our organization's work around colorectal cancer advocacy, patient education, and research.

### CLIMB DAY SCHEDULE

4:30 a.m. Climbers meet at Berthoud Pass Trailhead

5:00 a.m. Climb groups set out

12:00-3 p.m. Post-climb dinner and celebration

### CLIMB CHECKLIST

- Water Pack (Camelbak or similar)
- Headlamp
- Good Hiking Boots or Tennis Shoes with Grip
- Energy Chews
- Trekking Poles (optional)
- Ostomy Supplies (if needed)



***"I am not a mountain climber in any way, shape, or form but this is so much more than a mountain climb! It's an opportunity to unite with others impacted by colorectal cancer. It's a chance to push yourself because you can. If you're a cancer survivor, you know all about pushing yourself because you had no other choice. If you're a caregiver, you know about pushing yourself and your loved one at times, even when that felt like the hardest thing to do. ■■"***

**- JENNIFER GANSER, CAREGIVER / WIDOW**



***"My father was always big on going outside and enjoying nature, and I believe this helped him slow things down and appreciate more while he was undergoing treatment. So I would like to continue to go outside, connect with nature, and climb for him. ■■"***

**- CHRIS GANSER, JR., SON & CAREGIVER**

***"If you don't try you will never know what you can do. Powered by hope, anything is possible. ■■"***

**TERI GRIEGE, STAGE IV SURVIVOR**





# CLIMB WITH US!

## SUPPORT CLIMB FOR A CURE!

MOUNT FLORA (13,146 FT.)  
WINTER PARK, COLORADO

JULY 28-29

TO LEARN MORE ABOUT  
CLIMB FOR A CURE, VISIT  
[WWW.FIGHTCRC.ORG/CLIMB](http://WWW.FIGHTCRC.ORG/CLIMB) »

## PARTICIPATE FROM HOME

YOU DON'T NEED TO CLIMB A LITERAL MOUNTAIN TO PARTICIPATE IN CLIMB FOR A CURE! THE GOAL IS TO GET MOVING AND RAISE MONEY! HERE'S A FEW IDEAS:

- Get a team together for a local community 5K!
- Plan a family bike ride!
- Set an individual summer exercise goal of any kind!



“ Make yourself a training plan to get in shape for the Climb. The hike will be approximately the same distance as a 10k, so a beginner 10k training plan can give you some guidance on how to build up your endurance for the hike (but running isn't necessary, just do the mileage). Having a training plan in place will not only get you physically in shape, but will prepare you mentally for the challenge of the hike. ”

- JELENA TOMPKINS, STAGE III SURVIVOR





PHOTOS: BRIAN THRELKELD

## MARSHA BAKER LOST HER FATHER TO COLON CANCER.

**This March marked ten years since I attended my first Call-on Congress with my two sisters. It had been just nine months since losing our dad to stage IV colon cancer; we were still struggling with tremendous grief and it showed. Nevertheless, we were determined to find a way to continue to fight in the name of Steve Baker.**

I had come across Fight Colorectal Cancer, known then as C3: Colorectal Cancer Coalition, during an online search I knew that we could not only spread awareness about the importance of colorectal cancer screening, but we also could affect policy that supported colorectal cancer initiatives at a higher level. We headed to Washington, D.C.

We were nervous for those first meetings on Capitol Hill; we spent the night before preparing by writing actual scripts. It was hard, and we were emotional but we did it. We shared our story with each of our senators and representatives.

I was quoted saying, "We used our voices. It was the best grief counseling that I could receive." That feeling of empowerment knowing that we were making a difference was irreplaceable. To be honest, I was still quite angry and needed to take action. The fire had been lit.

We took our advocacy efforts back home to Oregon. We started a nonprofit organization in our dad's name and shared our story throughout the state including community events and health fairs, local businesses, and churches, along with multiple fundraising and media campaigns.

We took everything we had learned at our first Call-on Congress and applied it at home. We were committed to saving other families from a loss by a preventable disease by telling our own very personal, painful story. Over the course of six years, we were able to make an impact on Oregon screening rates.

My sisters and I continue to return to Call-on Congress each year; we're still determined to affect policy. We also realized during that first year that this would be a long hard-fought battle. The difference now is that we also return because of the bonds that have been formed with our new friends; it's become like a family reunion each year. We embrace one another like favorite cousins, share laughter, and hold each other up during those inevitable times of loss.

Losing new friends to colorectal cancer is by far the toughest part of continued advocacy, but that same loss is also what keeps the fire lit.

As I reflect on the last ten years of advocacy, I realize that similar to life, it comes with changes; ups and downs, highs and lows. When my sisters and I began our advocacy, we did every single thing that we could to raise awareness about colorectal cancer throughout our community. We were so involved to the point that we were asked many times, "Are you sure you can do that too?" The answer was always, "Yes!"

I've learned many life lessons throughout my advocacy journey. One unexpected lesson is the importance of self-care and continued personal growth; not only is it okay to take time to care for yourself, but it is also necessary.

Today, I am just as committed as I was during those very first years of advocacy. Maybe not as emotional, but still full of passion. Now, I lead with confidence and recognize my role as a mentor and leader.

# 13TH ANNUAL CALL-ON CONGRESS RECAP!

BY AUBREE THELEN



## OVER 150 COLORECTAL CANCER SURVIVORS, CAREGIVERS, AND ADVOCATES JOINED US FOR OUR 13TH ANNUAL CALL-ON CONGRESS IN WASHINGTON, D.C. ON MARCH 17-19, 2019.

After two days of learning the latest in colorectal cancer research, treatment, and prevention, along with receiving training on how to advocate, we stormed the Hill in a sea of blue.

### DAY ONE

Anjee Davis, president of Fight CRC, kicked off our first day, which included sessions on the State of Treatment with Dr. Timothy Cannon, Stand Up to Cancer's Frederick Johnson, and Dr. Cindy Sears speaking about her Fight CRC-funded research into the microbiome of the gut.

After advocates shared their stories in small groups and with the entire room, they attended breakout sessions in the afternoon. The day finished with a reception where we presented Advocate Chad Shrack with an award for his Cancer Stroll across the U.S. We also honored the family of Advocate Chris Ganser with the Community Advocate award and announced the Chris Ganser Climb for a Cure Scholarship.

### DAY TWO

Day two focused on preparing advocates for Hill Day meetings. Aubree Thelen, advocacy manager for Fight CRC, introduced a compelling panel on screening guidelines and prevention with Drs. Balzora, Richardson, and Zauber, of the American College of Gastroenterology, the Centers for Disease Control and Prevention, and Memorial Sloan Kettering Cancer Center, respectively. Rep. Jamie Raskin of Maryland joined us to encourage advocates to use their voices on the Hill. Raskin is a CRC survivor himself and serves on Fight CRC's Congressional Committee.

Experts Shawn Gremminger of Families USA, Stephanie Krenrich of the American Cancer Society Cancer Action Network, and Molly McDonnell, Fight CRC's policy consultant, shared their expertise on what's happening in the halls of Capitol Hill and the specifics regarding our legislative asks. To equip advocates for their meetings,

Marra Rodriguez shared her experience as a first-time advocate and Aubree Thelen and Molly McDonnell explained how to tell your story quickly and concisely to catch the ear of staff and members of Congress.

### HILL DAY

On Hill Day, we secured 156 meetings with Congressional offices. Advocates reached every new member of Congress with educational materials on colorectal cancer, as well as every congressional district office in the 33 states represented by our advocates.

Two weeks after we were on the Hill, the "Removing Barriers to Colorectal Cancer Screening Act" received 37 co-sponsors. The numbers of co-sponsors will only increase with our advocates and partners continuing to pressure our legislators.

### CELEBRATION DINNER

After Hill Day, we hosted a celebration dinner to honor our advocates' hard work and recognize more leaders in our community. Judi Sohn, one of Fight CRC's founders and first staff member, was awarded our first Founders Award, and Marra Rodriguez received the Social Influencer Award. Dr. Anne Zauber was honored with the Andrew Giusti Scientific Award for her work to lower the American Cancer Society's CRC screening age.

### CALL-ON CONGRESS 2020

We host Call-on Congress every March in Washington, D.C. We hope you'll join us on the Hill next year! In the meantime, advocate virtually through petitions and action alerts! [SIGN UP AT FIGHTCRC.ORG/ADVOCACY](https://fightcrc.org/advocacy) »

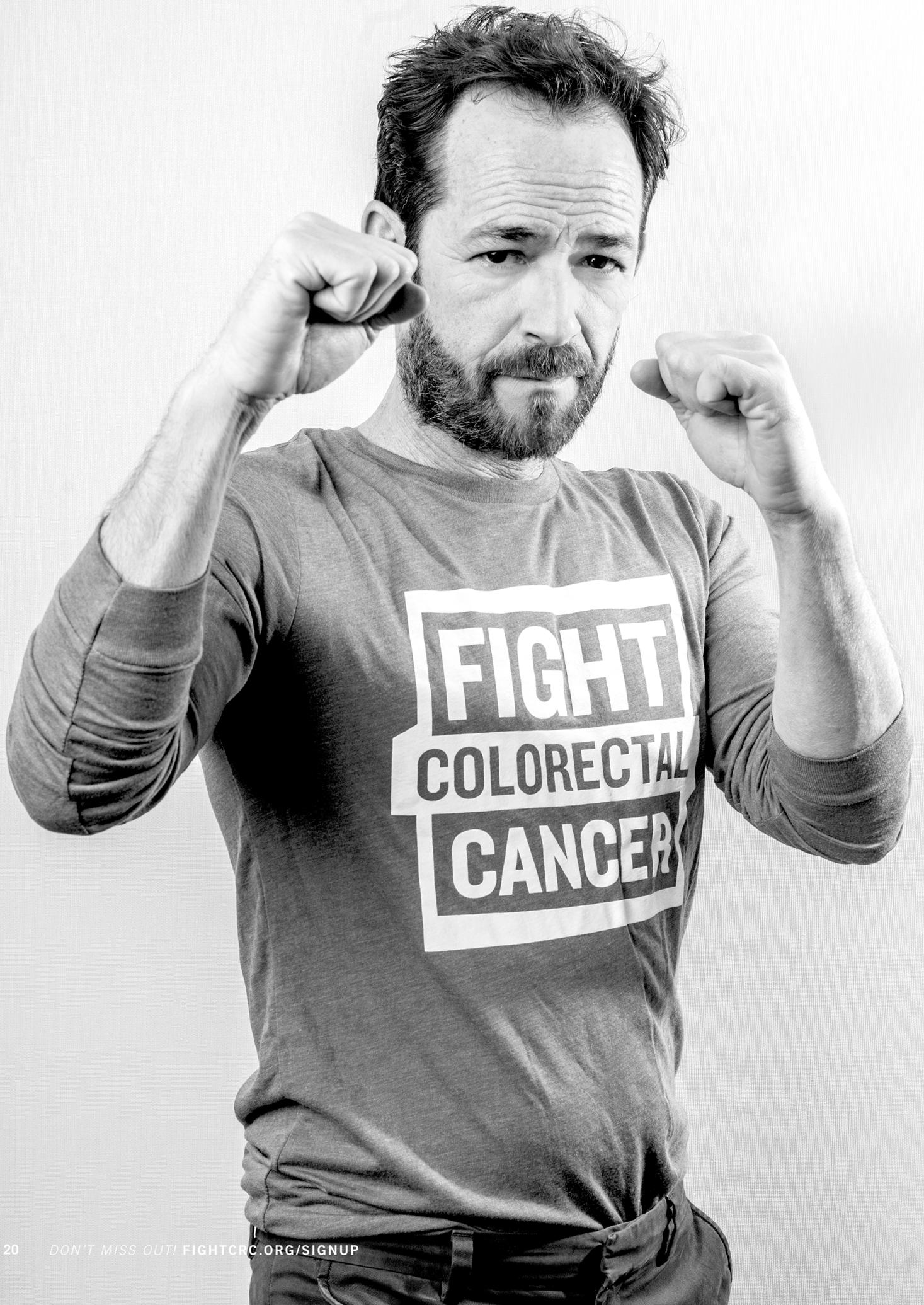


PHOTO: TRAVIS HOWARD

HONOR IN MEMORY OF LUKE PERRY

# LUKE PERRY

HONORING THE MEMORY OF  
A FRIEND AND GREAT ADVOCATE  
OCTOBER 11, 1966 - MARCH 4, 2019

Luke Perry was best known for his portrayal of Dylan McKay on Beverly Hills 90210 and most recently his role on the comic-based CW series "Riverdale," in which he played Fred Andrews. But to Fight Colorectal Cancer (Fight CRC), one of his most important roles was as a passionate and dedicated advocate working to spread awareness of the importance of colorectal cancer screening.

Luke became a Fight CRC advocate at the request of his close childhood friend, Chad Schrack, whose wife Sheila is a colon cancer survivor. When Chad made a call to Luke, he immediately sprung into action in support of his friend. Luke joined Chad and Sheila to shine a light on colorectal cancer in 2014 and continued to spread awareness at every opportunity he had.

Luke's family requested that donations be made to Fight CRC in lieu of flowers or gifts. We thank all of you for your generous donations as we honor the memory of a great friend and colorectal cancer advocate. Rest easy, Luke.

# SPARKS OF STRENGTH



## BELOW ARE MEN AND WOMEN WE CONSIDER “SPARKS OF STRENGTH.”

Their legacies inspire all of us every day to fight with courage. Their loved ones have chosen to make a donation to Fight Colorectal Cancer to honor or remember them. We are honored to be trusted with keeping their voices heard.

Those listed below were honored/remembered through donations made from 07/01/2018 through 01/31/2019.  
Dollars donated will support awareness, advocacy, research, and education.

### IN HONOR OF:

- Adrienne Sturgis
- Albert Pierce
- Alejandro Potes Jimenez
- Alex Schaefer
- Allison Rosen
- Allison Ruddick
- Andrea and Rob Kramer
- Andrea Kramer
- Angela Nicholas
- Anjee Davis
- Anthony Marcello
- Barb Wysaski
- Beth Crowder
- Bob Ceragno
- Bob Leonard
- Brenda Green
- Brian Threlkeld
- Chad & Sheila Schrack
- Cancer Warriors
- Cecily Huff
- Charles Kramer
- Charles Schrack
- Chris ganser
- Chris Jonckheer
- Chris Rowell
- Christina Fleming
- Craig Campbell
- Curt Pesmen
- Dana Rye
- Darrell Moser
- Darren Stephens
- David Barmore
- Debbie Sexauer
- Doug Loeper
- Eileen Mastro
- Elaine Goldberg
- Felicia Petty
- Gene Sallee
- Gina Benedetti
- Greg Kearney
- Greg R
- Gustavo Gutierrez
- Gwyneth Sigmon
- Hannah Silverstein and Zack Gorelick
- Harold Welage
- Irwin Altschiller
- Ivan Lambersky
- James Huber
- Jan Solow
- Jasminka Kontic
- Jeff Leyshon
- Jennifer & Christopher Ganser
- Jerry Harbaugh
- Jessica Cash
- Joey and Martha Hinson
- John Maple
- John McAllister
- Josien Doornink
- Judi Sohn
- Julie and Uncle Yank
- Karen Jenkins
- Katie Daley
- Kelli Puzio
- Kenneth Gernheuser
- Kenny Toye
- Kevin Bryan
- Kimberly Freesland
- Loreta Castanaris
- Lori Smith
- Lt. Ben Fredrick
- Lyndsey Pinchick
- MacLeod Colvey
- Maria Heredia
- Marra Lashbrook Rodriguez
- Mary Gieschen
- Michael Mancini
- Michael McCracken
- Michael Robertson
- Mike Bridges
- Nancy Roach
- Neil Miller
- Paige Rasmuson
- Pamela Seijo
- Patricia Mouzon
- Patty Winer
- Paul Shadle
- Peg Myrick
- Ray Jimenez
- Richard Morton
- Rick Wilson
- Rita Purce
- Robin Hill
- Ronald Smith
- Sandra Jurek
- Sheila Schrack
- Shirley Neumann
- Tara Polk
- Teri Grieger
- Terrienne Patnode
- Tim Tollison
- Tom Hasley
- Trippy Cooper
- Vito Giammarusco
- Wanda Addy
- William Bruner



Fight CRC has received high ranking for our streamlined, outstanding financial processes from several groups who watch for proper oversight of donations.





## SPARKS OF STRENGTH

Looking for a meaningful way to remember a loved one or celebrate with a survivor? Host a Sparks of Strength. This event can be as big or little as you want. Customize it to fit your needs. **Get more info at: [FIGHTCRC.ORG/SPARKSOFASTRENGTH](https://fightcrc.org/sparksofstrength) »**

### IN MEMORY OF:

- Adele Burns
- Albert "Al" Pierce
- Alice Fay Farmer Barnette
- Andrew Michael Esguerra
- Brian Cowell
- Brian Gonda
- Brian McCarry
- Chad Wolf
- Charles Kramer
- Chris Ganser
- Chris Taiani
- Cliff Merritt
- Clifford Mathis
- Courtney Diacont
- Scott Johnson
- Dan Neil
- Daniel Beber
- David Polino
- Debbie Contopolous
- Deborah Wierum
- Doug Wilson
- Dr. Edward L. Anderson
- Dusko Bradica
- Eleanor Holbrook
- Fr. Al Lauer
- Greg Harris
- Herb Hibler
- Irwin Altschiller
- Jacqueline Chavis-Wei
- Jamie Lynn Orth-Taylor
- Janice Lee Doughty
- Jason Lambright
- Jeffrey Anderson
- Jennifer Bracey
- Jennifer Kirstin Smith
- Jerome Villavecchia
- JoAnn Sanders
- John Concannon
- John MacLeod
- Jonathan Lawlor
- Joni Haas
- Jordan Breeding
- Joseph Randall
- Josien Doornink
- Karen Parkison
- Kathleen Palma
- Krisy Ruethling
- Kurt Barbour
- Lena Oneacre
- Lewis (Chip) Moore
- Linda Norris
- Lisa Dubow
- Loreta Castanaris
- Louise Rodgers
- Lynn Finer Karlson
- Magnuson
- Mai Thai
- Margaret Finch
- Mari Vamplew
- Mark Gottman
- Mary Wendell
- Sandra Lesh
- Matthew Mangina
- Michael Robertson
- Michael Wagner
- Micheal Evans
- Mike McConnell
- Mike Robinson
- Nancy Eastman
- Nancy Proudfit
- Neal Hechtkopf
- Nichelle "Nikki" Faulkner
- Norma K Louft
- Olga Yarovenko
- Patricia Branham
- Patricia Fleishman-Gooder
- Patricia Martins
- Ralph Anderson
- Randall Cox
- Rebecca Collins
- Regina Huffman Eubanks
- Richard H Marsh
- Richard Reittenger
- Robert Kesler
- Robert Kitchen
- Robert Michelson
- Robyn Schmid Tiffie
- Sharon Lesmerises Williams
- Rodney Ratzlaff
- Roger Melvin Magnuson
- Rosanna DiLemme
- Rose Hausmann
- Simeon Miller, Jr
- Stephen Lindenbaum
- Stephen Mayberry
- Steve Baker
- Terry Lynn Pace
- Thomas McDaniel III
- Thomas Mitchell
- Tiffany Pinto
- Timothy Zalusky
- Tom Hasley
- Tom Marsilje
- Val Yerger
- Vera Carlson-Bowen
- Vivian Fried-Allen

**MAKE SURE YOUR LOVED ONE'S NAME IS LISTED IN THE NEXT *BEYOND BLUE!***



**VISIT [GIVE.FIGHTCRC.ORG](https://give.fightcrc.org) OR CALL 703-548-1225 TO MAKE A DONATION.**



This resource is a great support as I continue to encourage others to be screened! The tips provided by patients and medical professionals in this magazine, in addition to its clear description of screening methods are sure to help answer questions many people have about colorectal cancer screening.” - Betty G



COLORECTAL CANCER IS THE SECOND-LEADING CAUSE OF CANCER DEATHS IN MEN AND WOMEN COMBINED IN THE U.S.

It is highly treatable when caught early. Screening is recommended for anyone 45 and over.

Know your options. Get the latest screening resources from Fight Colorectal Cancer at [FightCRC.org/Screening](http://FightCRC.org/Screening).

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