

# ★ Charlotte Newkirk ★

Traveler &

— CANCER —  
**SURVIVOR**

"WE ARE SO LUCKY TO HAVE THE  
COMMUNITY CANCER CENTER"

"We worked as independent missionaries and spent most of our time in impoverished villages training and helping local pastors with building their churches."



Charlotte Newkirk and her husband Jim tribute their love for different cultures to the 16 years they lived in Mexico.

"We worked as independent missionaries and spent most of our time in impoverished villages training and helping local pastors with building their churches. It was a wonderful experience and one that also benefitted our children." The Newkirks moved back to their home near the Umpqua River in 2000.

In July of 2011, Charlotte received the results from her yearly mammogram screening and was told she had adenocarcinoma, a form of breast cancer that is hormone receptor positive. "When I was told of the results, I went numb. At the time, I felt great and had no pain or felt any lumps but the news left me numb. Fortunately my cancer was detected at an early stage because of the recommendation from my gynecologist to participate in annual screenings, which I had been doing since 2002." Charlotte's breast tumor was successfully removed by surgery and sentinel node biopsies were conducted which indicated no sign of spreading. Her oncologist also recommended gene testing of the removed tumor, which would reveal the likelihood of recurrence. Unfortunately, the genetic tests indicated a high likelihood of recurrence. Charlotte then chose to receive chemotherapy to reduce the odds of recurrence. "I had five chemo treatments, once every three weeks, that started in December 2011. My husband was wonderful and took great care of me. He cooked, cleaned, shopped and did everything to support me. My family also visited frequently which helped immensely. After about 8 months, I was getting back to normal and living my life again. This last year, in June of 2014 at my screening, another small tumor was detected in my other breast. This time a lumpectomy was performed followed by radiation treatment for 5 days a week for 6 weeks, and today I feel great."

Charlotte told us that she started to work out after her treatments but was unable to use her elliptical machine. So on the advice of Ally Gottfried, she started dancing at home. "Dancing is fun. You feel cheerful, and I now dance 1 hour a day and it has really helped me."

"I brag about the care I was given at the Community Cancer Center. It was a wonderful experience. Every single person was helpful, kind and professional. On my birthday, I was greeted with a sign and the staff brought me birthday cupcakes. They show that they really care about you and that is rare these days. I will be participating in the upcoming dietary research study at CCC and have already started on the diet. It's really easy and we love it"

When asked what she wants to do next Charlotte told us, "My husband and I are planning a trip to Africa. We love to travel and I have always wanted to experience nature and the rural villages of Africa."

Have a great trip Charlotte and please send pictures!