

Cancer Awareness

Everyone has a story

Everyone in some way has been touched by Cancer.

Family, friends, co-workers... even you may come face to face with this disease at some point. This publication focuses attention on the many facets that this disease touches.

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‘Know you can beat this’

A local young man’s battle with Hodgkin Lymphoma

In February, after experiencing chest discomfort and neck and shoulder pains, Peyton Waggoner went to the emergency room to have his heart checked due to his family history of cardiovascular conditions.

At the ER, hospital staff quickly got started taking X-rays of Peyton’s chest, finding no issues with his heart. There was, however, a white space in his lung. Thinking it must be bronchitis or pneumonia, Peyton’s mother, Charlene Waggoner, said she approached her son “almost smiling.”

“I figured antibiotics, maybe some IV fluids and steroids since he’s asthmatic, but never did I think I would hear the word ‘cancer’ when the doctor came back in.”

As a mother, Charlene, of course, was stunned by the possibility of her son having cancer and full of questions that couldn’t yet be answered.

“I panically kept asking more,” she said. “Peyton, however, was quiet – a quiet I have never known him to be before.”

A PET scan would need to be

done that following Monday, but it was Friday – and Monday was far away. There were no other answers, Charlene said. Then, reality began to set in when the nurse on duty looked her “dead in the eye” and said that “attitude is everything; you have to know you can beat this and fight every minute.”

“I think I knew then we were dealing with cancer,” Charlene said. “I tried to think it was benign or something else, but the way she looked at me and said that, I felt like she knew.”

Finding answers

At 8 a.m. on Monday, Charlene called their family doctor to schedule the PET scan. Unfortunately, he was out of the office all day, and the scan would not be completed until Tuesday afternoon. Determined to help her oldest son, she took Peyton’s discharge papers down to the doctor’s office, personally handing them to the nurse.

“I wanted her to see that it said ‘first thing Monday’ in the follow-up instructions,” she said. “I told her that I didn’t want the doctor to see this

“It was hard to wrap my head around the news, considering I have always been healthy my whole life,”

~ Peyton Waggoner

Ring this bell three times well to celebrate this day. This course is run, my treatment done, now I am on my way.



when we got there – I wanted him to see this the minute he walked through the door, so he could have a plan ready to go.”

What came next was a whirlwind of oncology appointments, labwork, scans, biopsies and hoping for answers that seemed to never come. For over a month, the Waggoner family waited, until Peyton’s oncologist told him he needed to come in for his next appointment the following day – five

days before it had originally been scheduled.

“If there was any doubt left, it was gone,” said Charlene. “I knew.”

During the appointment on March 15, Peyton was diagnosed with stage II Hodgkin lymphoma, a type of cancer that affects the lymphatic system. A chemotherapy port was placed, and the first treatment was administered on March 29.

“From the start, the prognosis

was great,” noted Charlene. “Not only was it treatable, it also has a 92-percent rate of being curable.”

But for an otherwise healthy 27-year-old, the diagnosis was understandably difficult to digest.

“It was hard to wrap my head around the news, considering I have always been healthy my whole life,” Peyton said. “I

See PEYTON on Page 5C

Cancer Support Community offers help at all stages

Cancer is a highly emotional experience, even after recovery. In fact, Beth Hamil, who serves as executive director of Cancer Support Community East Tennessee, said this can be the most difficult part of the journey for many people.

“That is a really hard time for folks because you had all this fear, and then all of a sudden you’re set free and you don’t feel like you’re ready,” explained Hamil, noting that some people may even have

to continue taking certain medications long after successfully fighting the disease. “So, they’re still feeling side effects and are still impacted by cancer on a daily basis even though there may be no evidence of disease.”

For this reason, Cancer Support Community East Tennessee in Knoxville strives to provide support for those affected by cancer at every stage.

“Many of our programs are for people in treatment and

beyond,” Hamil said. “People can use our services as long as they need them. Some people may start in the support group and then they may transition and just come to a gentle yoga group, but they’re still staying connected.”

The organization, which has served the area for more than three decades, offers a variety of programs aimed at improving physical and emotional health and quality of life. These include support groups,

individual support sessions, wellness and exercise classes, educational workshops, and even art courses.

All programs are led by professional psychologists, licensed clinical social workers and local experts. They are also completely free. Because the whole point, Hamil said, is to provide a community for those who are dealing with cancer.

“The most important thing that happens is that people

connect with other people,” she said. “It just makes it a little easier to get through a really challenging time when other people understand.”

In addition to in-person programs, such as an upcoming workshop that will help educate people on how to pick out and care for wigs, the organization also offers virtual support and services.


“In-person is always pre-

See SUPPORT on Page 5C

LCUB encourages women everywhere to know the signs and symptoms of breast cancer, get regular screenings and seek help early.

We pray for everyone who has lost a loved one or for those who are currently going through treatment, and we celebrate those whose lives have been saved.

Find out how you can get involved by visiting wearitpink.org





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Cancer Screening Guidelines

From American Cancer Society, cancer.org

Ages 21-29:

Colon Cancer Testing

Find out if you are at higher than average risk for colon cancer because of family history, genetic disorders, or other factors. If not, then testing is not needed at this time. If you are at increased risk, talk to a health care provider about when you need to start testing and what tests are right for you.

Breast Cancer Testing

All women should know how their breasts normally look and feel and report any changes to a health care provider right away. Find out if you are at higher than average risk for breast cancer. If not, then testing is not needed at this time. If you are, talk to a health care provider about when you need to start getting mammograms or other screening tests.

Cervical Cancer Testing

No test is needed before age 25.
Starting at age 25 and through age 65, all people with a cervix should have a primary HPV test* every 5 years. If a primary HPV test is not available in your area, then acceptable options include a co-test (an HPV test done at the same time as a Pap test) every 5 years or a Pap test alone every 3 years. (*A primary HPV test is an FDA approved test that is done by itself for screening.) The most important thing to remember is to get screened regularly, no matter which test you get.
Follow testing recommendations even if you’ve been vaccinated against HPV.
You don’t need testing after surgery that removed the cervix as long as it was done for reasons not related to cervical cancer or pre-cancer.

Ages 30-39:

Colon Cancer Testing

Find out if you are at higher than average risk for colon cancer because of family history, genetic disorders, or other factors. If not, then testing is not needed at this time. If you are at increased risk, talk to a health care provider about when you need to start testing and what tests are right for you.

Breast Cancer Testing

All women should know how their breasts normally look and feel and report any changes to a health care provider right away. Find out if you are at higher than average risk for breast cancer. If not, then testing is not needed at this time. If you are, talk to a health care provider about when you need to start getting mammograms or other screening tests.

Cervical Cancer Testing

People with a cervix should get a primary HPV test* every 5 years. If a primary HPV test is not available in your area, then acceptable options include a co-test (an HPV test done at the same time as a Pap test) every 5 years or a Pap test alone every 3 years. (*A primary HPV test is an FDA approved test that is done by itself for screening.) The most important thing to remember is to get screened regularly, no matter which test you get.
Follow testing recommendations even if you’ve been vaccinated against HPV.
You don’t need testing after surgery that removed the cervix as long as it was done for reasons not related to cervical cancer or pre-cancer.
People with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.

Ages 40-49:

Colon Cancer Testing

All people at average risk should start testing at age 45. There are several testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.
If you’re younger than 45, find out if you are at higher than average risk for colon cancer because of family history, genetic disorders, or other factors. If not, then testing is not needed at this time. If you are at increased risk, talk to a health care provider about when you need to start testing and what tests are right for you.

Breast Cancer Testing

Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so. The pros and cons of screening should be considered when making this decision.
Starting at age 45, women should get mammograms every year.
It’s important to know if you are at higher than average risk for breast cancer. If you are, talk to a health care provider about when you need to start getting mammograms and whether you need to get other tests along with your mammograms.
It’s also important to know how your breasts normally look and feel and to report any changes to a health care provider right away.

Ages 40-49:

Cervical Cancer Testing

People with a cervix should get a primary HPV test* every 5 years. If a primary HPV test is not available in your area, then acceptable options include a co-test (an HPV test done at the same time as a Pap test) every 5 years or a Pap test alone every 3 years. (*A primary HPV test is an FDA approved test that is done by itself for screening.) The most important thing to remember is to get screened regularly, no matter which test you get.
Follow testing recommendations even if you’ve been vaccinated against HPV. You don’t need testing after surgery that removed the cervix as long as it was done for reasons not related to cervical cancer or pre-cancer. People with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.

Prostate Cancer Testing

Starting at age 45, men at higher than average risk of prostate cancer should talk with a doctor about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested. This includes African American men and men with close family members (father, brother, son) who had prostate cancer before age 65.
Men with more than one close relative who had prostate cancer before age 65 are at even higher risk and should talk with a doctor about testing starting at age 40.

Ages 50-64:

Colon Cancer Testing

All people at average risk should start testing at age 45, so talk to your health care provider if you haven’t started yet. There are several testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.

Lung Cancer Testing

If you are age 50 or older, talk to a health care provider about your smoking history and whether you should get yearly low-dose CT scans to screen for early lung cancer. Screening may benefit you if you smoke now or if you quit within the past 15 years, have no signs of lung cancer, and have a 20 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 20 years or 2 packs per day for 10 years would both be 20 pack-years.) You should discuss the benefits, limitations, risks, and potential costs of screening with a health care provider before testing is done. You also should find out how much the test will cost – not all health insurances cover it.

Breast Cancer Testing

Women ages 50 to 54 should get mammograms every year. Be sure you understand the pros and cons of breast cancer screening.
Starting at age 55, you should switch to getting mammograms every 2 years, or you can continue to get one every year.
It’s important to know if you are at higher than average risk for breast cancer. If you are, talk to a health care provider about whether you need to get other tests done along with your mammograms.
It’s also important to know how your breasts normally look and feel and to report any changes to a health care provider right away.

Cervical Cancer Testing

People with a cervix should get a primary HPV test* every 5 years. If a primary HPV test is not available in your area, then acceptable options include a co-test (an HPV test done at the same time as a Pap test) every 5 years or a Pap test alone every 3 years. (*A primary HPV test is an FDA approved test that is done by itself for screening.) The most important thing to remember is to get screened regularly, no matter which test you get.
No testing is needed after surgery that removed the cervix as long as it was done for reasons not related to cervical cancer or pre-cancer.
People with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.

Prostate Cancer Testing

Starting at age 50, all men at average risk should talk with a health care provider about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested.

Ages 65-up:

Colon Cancer Testing

Testing is recommended up through age 75. People aged 76 to 85 should talk with their health care provider about whether continuing screening is right for them. Most people older than 85 should no longer be screened. If you are being screened, there are many testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.

Lung Cancer Testing

If you have a smoking history, talk to a health care provider about it and whether you should get an annual low-dose CT scan to screen for early lung cancer. Screening may benefit if you smoke now or smoked before (quit within the past 15 years), have no signs of lung cancer, and have a 20 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 20 years or 2 packs per day for 10 years would both be 20 pack-years.) You should discuss the benefits, limitations, and risks of screening with a health care provider before testing is done.

Breast Cancer Testing

You should get a mammogram every 2 years, or you can choose to get one every year. Be sure you understand the pros and cons of breast cancer screening.
It’s important to know if you are at higher than average risk for breast cancer. If you are, talk to a health care provider about whether you need to get other tests done along with your mammograms.
It’s also important to know how your breasts normally look and feel and to report any changes to a health care provider right away.

Cervical Cancer Testing

No testing is needed if you’ve had regular cervical cancer testing with normal results during the previous 10 years.
No testing is needed after surgery that removed the cervix as long as it was done for reasons not related to cervical cancer or pre-cancer. People with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.

Prostate Cancer Testing

Overall health status, and not age alone, is important when making decisions about prostate cancer testing. Men who can expect to live at least 10 more years should talk with a health care provider about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested.



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using the most advanced breast specific imaging tools, our patients’ feel KCBC is the place they can trust.
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Knoxville Comprehensive Breast Center is located at 1400 Dowell Springs Blvd., Suite 200, Knoxville, TN 37909. Contact them at 865-584-0291 or visit knoxvillebreastcenter.com.



Peyton
From page 1C

never fully wrapped my head around it, but between my support group of family, friends, and the Lord, it was easier to maintain a positive outlook.”

This positive outlook helped Peyton through four rounds of chemo treatments, continuing to work as a nighttime dispatcher for a trucking company in Loudon, never missing a shift until he was hospitalized as a result of blood clots that had developed in his lungs.

“I have always been someone who stays busy and, although some days were harder than others to get out of bed, I didn’t want this setback to change my lifestyle or personality,” he said. “I tried to maintain a positive attitude and continue to do the things I needed to do to keep achieving my goals.”

With the chemo infusions being administered every other week, Peyton also spent as much time as he could playing golf and batting at softball games. Sometimes, if the treatment took a tougher toll on him, he played during his off weeks; but usually, it was every week.

“I’m passionate about sports,” Peyton said. “As long as I am breathing, I will always find the strength to play these two sports in specific.”

Still, as the chemo treatments began changing Peyton into a pale and thin shell of himself, his family felt helpless.

“I felt like I couldn’t show it because I didn’t want to make Peyton any more scared than he already was, but I was devastated,” said Tony Waggoner, Peyton’s father.

His unyielding strength and determination, however, were evident every step of the way, enabling Tony and Charlene to ultimately remain hopeful.

“Peyton’s attitude and how he was handling it made it better – I felt like we could beat this,”

Tony said. “It still was a helpless feeling, but better that someday I wouldn’t feel helpless.

“All we had was hope,” added Charlene. “Hope that it would be over soon, hope that he would continue to have a good off week to still live and not miss a precious year in his twenties.”

And then, they got the text: “Cancer free.”

“I have never literally felt weight lifted before like it was with that text,”

Support
From page 1C

ferred if you can, but some people with cancer are so immunocompromised that they still can’t be with people,” Hamil said. “So we plan to maintain



Charlene said. “We are so thankful and blessed, and the face of Jesus was shown to us throughout all of this by so many people in so many ways.”

Peyton’s younger sibling Kendall, who was present at the cancer-free scan, said the immense joy on Peyton’s face will never be forgotten.

“The happiness releasing from my brother’s heart was noticeable from the joy on his face,” Kendall said. “It serves as a moment I’ll remember for a lifetime; seeing the relief after months of battling is an amazing moment.”

With his last infusion taking place July 6, Peyton said his faith in God and support of family and friends enabled him to find hope in the darkness and fight through his treatments.

“The constant prayers, texts, calls, and nice gestures made me realize how many people have my back and I wasn’t alone,” he said. “It also made me realize that there were a lot of people watching me at this time and I could turn a very tough difficult time into something inspirational and all around good by the way I conduct myself through this was what I tried to remind myself everyday.”

Now, three months later, Peyton’s recent follow-up scan was all clear, filling his family with “sheer jubilation.”

“You always stay positive and hope is comfort, but the clear scan was sheer jubilation to know it’s okay,” Tony said. “I think every clear scan will be the same – holding my breath for a while, but when it comes back clear, there is no better feeling.”

the virtual aspect from here on out for a lot of our programs.”

For more information about Cancer Support Community East Tennessee or to register for a program, visit cancersupporttet.org.

Navigating the financial aspect of cancer

According to a study published in Cancer Epidemiology, Biomarkers & Prevention, a journal of the American Association for Cancer Research, cancer-related costs are expected to exceed \$245 billion by 2030. This financial burden only adds more stress to an already difficult situation.

Fortunately, there are resources available for those affected by the disease. **The Cancer Financial Assistance Coalition (CFAC)**, for example, seeks to help cancer patients by limiting their financial challenges.

The coalition, which is made up of 14 member organizations, including the American Cancer Society, Lymphoma Research Foundation and National Organization for Rare Diseases, offers a variety of assistance with direct medical costs, nonmedical costs and daily living expenses.

The CFAC can also connect you with other organizations that may be able to help you based on your diagnosis, location and the type of assistance you need.

For more information about the CFAC, visit cancerfac.org.

Local assistance

In Knoxville, Covenant Health’s **Thompson Cancer Survival Center**, 1915 White Ave, can provide social worker support and assistance with family relationships and emotional needs. The center’s social workers can

also help eligible patients access community programs and financial resources.

This includes assistance with Social Security Disability, SSI and Medicaid applications; community agency referrals; help with cancer-related expenses through the Thompson Cares Fund; and resources for transportation and prescription drugs. For more information, visit covenanthealth.com/thompson-cancer-survival-center.

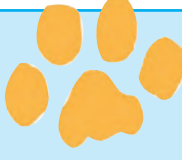
In addition to the Thompson Cancer Survival Center, some other local organizations that can help navigate the financial aspect of cancer include:

- Cancer Fund of America**
2901 Breezewood Lane, Knoxville
cfoa.org
- United Cancer Support Foundation of Knoxville**
6700 Baum Drive, Suite 8, Knoxville
unitedcsf.org
- Blount Memorial Foundation**
110 W. Harper Ave, Maryville
blountmemorialfoundation.org/cancer-center-patient-resource-fund

Hanna Cancer Associates
1926 Alcoa Highway, Building F, Suite 380, Knoxville
11440 Parkside Drive, Suite 202, Knoxville
hannacancerassociates.com

Did you know?

Cancer is a disease most often discussed in regard to its effect on human beings, but animal lovers’ furry friends also are vulnerable to cancer. According to the National Cancer Institute, there are roughly six million new cancer diagnoses made in dogs and a similar number in cats each year in the United States. The gravity of that number is even greater when considering that estimates indicate there are roughly 100 million dogs and cats in the United States. That means cancer is diagnosed in approximately 12 percent of all dogs and cats in the United States in a given year. Though animals may experience cancer differently than humans, the NCI reports that cancers that affect dogs and cats share tumor biology and behavior with human cancers.



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Profile: Parkwest Medical Center

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It’s a little like the Good Housekeeping seal, but the American College of Radiology’s shiny gold seal is much tougher to get.

In fact, of the 196 mammography facilities registered with the ACR in Tennessee, only 30 have earned the distinction of being an ACR Breast Imaging Center of Excellence. Parkwest’s Comprehensive Breast Center is one of them.

The designation is one reason – and perhaps the best – that more and more women are choosing Parkwest for screening and diagnostic mammograms. The center also offers bone density testing, breast ultrasound, MRI breast imaging, and breast biopsies with stereotactic, MRI and ultrasound guidance, and genetic testing.

A physician referral is not required for your annual screening mammogram. For more information or to schedule your annual mammogram, call 865-373-7010.

What to know about breast lumps

Breast cancer is a cause for concern for millions of women. Each year about 264,000 cases of breast cancer are diagnosed in women in the United States, according to the Centers for Disease Control and Prevention. The Canadian Cancer Society indicates around 28,600 Canadian women will be diagnosed with breast cancer this year. Globally, data from the World Health Organization indicates roughly 2.3 million women were diagnosed with breast cancer in 2020.

One of the more notable symptoms of breast cancer is the presence of a lump in the breast. Though not all lumps are malignant, it's important that women learn about breast anatomy and lumps as part of their preventive health care

routines.

Mount Sinai says that breast lumps can occur at any age in both men and women. Hormonal changes can cause breast enlargement and lumps during puberty, and boys and girls may even be born with lumps from the estrogen received from their mothers.

It is important to note that the vast majority of breast lumps are benign. The National Institutes of Health says 60 to 80 percent of all breast lumps are non-cancerous. The most common causes of breast lumps are fibroadenomas and fibrocystic changes. Fibroadenomas are small, smooth, moveable, painless round lumps that usually affect women who are at an age to have chil-

dren, indicates the Merck Manual. They are non-cancerous and feel rubbery.

Fibrocystic changes are painful, lumpy breasts. This benign condition does not increase a woman's risk for breast cancer. Symptoms often are worse right before one's menstrual period, and then improve after the period begins.

Additional factors can contribute to the formation of lumps. Breast cysts are fluid-filled sacs that likely go away on their own or may be aspirated to relieve pain. Complex cysts may need to be removed surgically. Sometimes cysts also may form in milk ducts throughout the breasts.

Lumps also may be the result of inju-

ry. Blood can collect under the skin and form a type of lump called a hematoma. Other lumps may be traced to lipomas, which is a collection of fatty tissue or breast abscesses, which typically occur if a person is breastfeeding or has recently given birth.

Additional causes of lumps can be discussed with a doctor. Though the majority of lumps are not a cause for concern, it is important for people to regularly feel their breasts to check for abnormalities. Doctors may recommend annual mammograms to women age 40 and older. In its earliest stages, breast cancer may produce little to no visible symptoms, but a mammogram may be able to catch something early on.

Considering the link between stress and cancer

Adults have an issue with stress. According to a survey from the American Psychological Association released in December 2022, more than one in four Americans indicated they expected to experience more stress at the start of 2023 than they had at the start of 2022. And it's not just Americans feeling the sting of stress, as the American Institute of Stress indicates 35 percent of individuals across 143 countries feel stressed out.

Stress is not always a bad thing. Roughly a decade ago, researchers at the University of California, Berkeley, discovered that acute stress in rats caused the stem cells in their brain to grow rapidly into new nerve cells that ultimately improved the animals' mental performance. However, chronic stress, which the APA characterizes as constant and persistent stress over an extended period of time, can have a profoundly negative effect on overall health. And that negative effect includes a link to cancer, especially for survivors of the disease.

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors.

When discussing the link between stress and cancer, it's important to note that many studies, including the one conducted by researchers at the Wistar

Institute, have shown that stress and cancer can cause the disease to grow and spread in mice. The National Cancer Institute notes that studies have not identified a clear link between stress and cancer outcomes in humans. But researchers urge patience, noting that the Wistar Institute study is a significant step forward in studying the potential link between stress and cancer in humans. Further study in the coming years could very well identify a similar link in humans as the one already discovered in mice.

In the meantime, individuals are urged to take stress seriously and not simply accept it as a mere fact of twenty-first century life. And that's especially important for individuals who have been diagnosed with cancer, including those who are in treatment and others who have successfully finished their treatment. According to City of Hope, one of just 52 NCI-designated comprehensive cancer centers in the United States, talking to others and relying on loved ones when receiving treatment; speaking with someone in a neutral position, such as a therapist; and exercising regularly are some of the ways to overcome chronic stress. City of Hope also notes the stress-reducing benefits of wellness practices such as meditation and yoga in regard to combatting stress.

Chronic stress can have a lasting and negative impact on overall health. Though the link between chronic

stress and cancer requires more study before researchers can reach a conclusion about such a connection, individuals are urged to embrace the

many ways they can reduce chronic stress with a goal of living healthier, happier and, hopefully, cancer-free lives.

Profile: The University of Tennessee Medical Center

Breast Health Outreach Program provides access to mammograms

The University of Tennessee Medical Center's nationally accredited breast cancer program provides coordinated, state-of-the-art care to our patients. One way we do this is through our unique, grant-funded Breast Health Outreach Program.

The Breast Health Outreach Program gives women across our region easy access to screening mammograms via our state-of-the-art mobile mammography unit (MMU). The mobile unit operates six days a week, offering screening services to both insured and uninsured women.

Providing screenings where women work, live and worship removes barriers that often prevent women from being screened. Those barriers can include getting time off from work, finding childcare and getting transportation. The MMU supports the medical center's outreach goals by providing access to life-saving breast cancer screenings in 21 East Tennessee counties.



Scan the QR code see our Mobile Mammography Unit Locations and Appointments.



A Survivor's Story

Almost thirty years ago, I heard the words no woman wants to ever hear, "You have breast cancer". At the time my son and daughter were in college. All weekend I worried: would I ever see my children graduate from college, witness them getting married, would I ever meet my future grandchildren? I also worried about my husband, what would his life be without me? The following Monday, my husband and I met with the medical professionals who would become my medical team. The first words they uttered to me were, "This is not a death sentence." How true these words turned out to be BUT it is a war against an awful enemy. During the past thirty years there have been many battles that I have fought and won. Over the years I have fought and thank goodness won two more battles against breast cancer but I have also taken advantage of my victories, always keeping a positive attitude. For the past 25 years I have served as a director of the Huntington Learning Center, first under the leadership of Harvey and Judy Kaufman and for the past 5 years under the dynamic leadership of Krista and Matthew McGrath. During these years I have had the opportunity to help hundreds of students meet their educational goals and have loved every moment. I have also had the chance to meet and work with numerous families of our students who have enriched my life beyond measure. Because of these relationships I treasure each and every day. If you are wondering about the questions I pondered that first awful weekend, my two children graduated college, have married wonderful spouses, I have two magnificent grandchildren and my husband has been there for me each and every day. Every day I wake up grateful that I am a survivor! ~ Carol Loring



"Carol Loring is one of our most valued team members at Huntington Knoxville"
~ Krista McGrath owner





We honor those who fought cancer and celebrate the survivors.



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