



# Cancer Awareness

Everyone has a story

Everyone in some way has been touched by Cancer. Family, friends, co-workers, even yourself, at some point may have come face to face with this disease. This publication focuses attention on the many facets that this disease touches.

farragutpress Thursday, Oct. 10, 2019 • 1C

## Chamber's Blaylock a survivor

“Be aware of your body, deal with it right away” and “ask as many questions as you need to,” breast cancer survivor Julie Blaylock said.

**Tammy Cheek**  
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To any woman of any age, she advised, “Know when something does not feel right. Get checked and check yourself,” she added. The Farragut West Knox Chamber of Commerce president/CEO officially has been cancer-free for eight years. While she continues to be on her doctor’s “radar,” her treatments ended in 2011. Laughing, she said, “It feels like every day I wake up on this side of the dirt, it’s a good day.” Still, “it makes you thankful,” she reflected. Through her experience, she discovered the support of her co-workers and

friends. “I got to see the very best in them,” Blaylock said. One of those friends was Eric Blaylock, who would become her husband three years later. When she got her hair cut after the first chemo treatment, he was her barber. “He was the first person who told me, ‘You’re going to be OK,’” she recalled of Eric. “It means a lot to hear that, and it gave me hope.” Blaylock completed her treatments in late 2011. The two married Nov. 8, 2014. Blaylock was 31 when she was diagnosed in late 2010. Within the next year, she also would experience a divorce from her first



Julie Predney Blaylock, foreground, started losing her hair after the first chemotherapy threatment, so she decided to get her hair “buzzed.” Her barber was her then friend, Eric Blaylock, who is now her husband.  
Photo submitted

husband and a lay-off at her work. Regarding her first marriage, she noted, “It can be very hard for someone else to handle such a diagnosis so early on. “It’s not as uncommon as you think,” Blaylock added. “It can test people.” Of her being laid off work, she said following the recession in 2008, her company could not afford to continue to keep her on. However, her employers went

above and beyond, giving her time to find another job and continuing her health insurance. Blaylock’s cancer was first detected after she had lost about 20 or 25 pounds that year in anticipation of being a bridesmaid in a wedding. “I wanted to look a little bit better in this strapless dress I had to wear,” she recalled. “Very, very shortly after the wedding happened, just by acci-

dent in the shower, I discovered a lump on my right breast, near my collar bone. “Of course, I did what everybody does, I immediately checked the other side to see if there was a match because if it comes in pairs, it’s supposed to be there — right? “Well, there wasn’t anything on the other side.”

See **BLAYLOCK** on Page 11C

## Hidden in plain sight, Quinley’s battle with breast cancer

Shelby Quinley is armed with an extremely positive attitude and the love and support of her family and friends as she battles metastatic breast cancer.

Photo submitted



**Michelle Hollenhead**  
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Shelby Quinley is a typical stay-at-home mom in many ways. She keeps up with her children — Stella, 5, is in kindergarten, and son, Hayes, is a fourth-grader at Farragut Intermediate School — along with household duties at the Fox Run home they share with her husband and family patriarch, Brian Quinley. Quinley also enjoys being outdoors, watching her son’s football games and recently welcomed a new puppy, Lucy, into the household, which already included the family’s 120-pound

Rottweiler, Carl. What is not typical, and not readily visible, is Quinley’s ongoing breast cancer battle. First diagnosed at 26, and successfully treated with bilateral mastectomies, chemotherapy and five years of estrogen-blocking Tamoxifen, doctors found the cancer had returned with a vengeance nearly two years ago. Even though she has lived in Farragut for 30 years, she thought maybe she had developed an allergy problem that can be typical in East Tennessee. “I started having trouble breathing,” she said, and, thinking it was latent onset allergies,

saw both an allergist and a pulmonologist for answers, which were not forthcoming. “Then, I felt a lump, right where one was the last time,” she said. Quinley hadn’t seen her oncologist in nearly a decade, but he brought her in immediately and, via ultrasound and a biopsy, quickly confirmed she was suffering from Stage 4 metastatic breast cancer, which had spread to her bones and thoracic region. “They told me we had a lot of work to do,” she said. Six rounds of chemotherapy attacked the cancer cells, and she

See **QUINLEY** on Page 4C

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](http://wearitpink.org)





# October is Breast Cancer Awareness Month.

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# A rare form of cancer tests the strength of Morford

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Debbie Morford's anal cancer, "Which is an extremely rare form of cancer," was detected early — stage 1B.

Yet the painful effects caused by her chemotherapy-radiation treatment was "far worse than childbirth," she said less than a year after six weeks of such treatment, running from early October to mid-November 2018, left her cancer-free.

"The severe effects started about three weeks in," said Morford, who along with husband, Tim Morford, are community managers at Sherrill Hills Retirement Resort, 271 Moss Grove Blvd., in Cedar Bluff.

**How severe?**

"The radiation burns are kind of cumulative. It got to the point that my skin turned black like a burn victim," she said, describing the area as "from the top of my pubic bone down to about three inches into my thigh area."

"Every bit of tissue and skin was burned, then turned black and peeled and sluffed off," Morford added. "... The inside (of my skin) was doing the exact same thing."

"All of that hurt."

But there was something even worse.

"The most unbearable part was what (her support) group, and even the doctors, call pee-

ing chards of glass," she said. "So when I would urinate, it felt like chards of glass coming out — it stung and burned unbearably."

"And the same thing when I had a bowel movement," she added. "One of the things chemotherapy causes is diarrhea, so you're dealing with that on top of it."

"There would be times I would use the restroom and I would lit-

“How my family wrapped around me, how my husband was so selfless in taking care of me ...”

~ Debbie Morford on her overwhelming family support

erally scream."

About the comparison to childbirth, Morford cited her experience: "I have three children."

Even worse, both her burns pain and waste release pain "went on for a time after the six weeks of treatment," she said.

As for other side effects, "I started losing my hair two, maybe three weeks in," Debbie said. "... I had some nausea but I only vomited once — I was pretty



lucky in that."

Despite losing her hair, "The radiation effects were much worse than the chemo effects," she said. "I did lose my appetite, although they really don't want you to lose much weight because you need protein to heal."

However, "You do develop mouth sores, so it does become more difficult to eat anyway," she added.

As for missing work, and adjusting her work schedule, "I work for a wonderful company," Morford said about Sherrill Hills' parent company, Resort Lifestyle Communities. "We live here at Sherrill Hills, so they allowed me to work from our apartment. I could get on the computer."

"... My husband had to pick up the bulk of (Debbie's physical duties)," which includes "responding to emergency situations, walking quickly through the building," she added.

At the point when Debbie could return to the office on a daily basis, "I would rest for an hour in the morning, and rest for an hour in the afternoon," she said. "I didn't start as early as I had before."

Recalling a "trip with our company in February to Mexico, I remember walking very slowly and



**Photos submitted**

(Above) Debbie and Tim Morford at Sherrill Hills. Debbie is back at work and getting check-ups every three months.

(Top left) In a show of solidarity, Tim Morford shaved his head to match his wife, Debbie Morford, during her chemotherapy-radiation treatments for anal cancer.

being very careful, but I could get into a swimming pool," she said. "... I was still sore and had after-effects, but I was no longer in excruciating pain."

As of late September 2019, "I'm back to full stamina, although I probably tire more easily than I did before," Debbie said.

**Support**

Bad things can bring out the best in people.

She recalled "how my family wrapped around me, how my husband was so selfless in taking care of me — and the residents where we live; there were so many prayer chains and prayer groups."

"We do what we do because we want to give back to seniors," Debbie added. "I lost my parents 14 years ago, so for me the residents are like having a piece of them in my life, still."

"To have them embrace me and bring gifts by and just wish me well all the time was just humbling."

Such support has worked both ways.

"One of our residents, her very good friend had the same kind of cancer I had, so I was able to give her a lot of information so that she would know what's coming up."

To cope originally, and to learn and lend support now, Debbie said she belongs to a Facebook support group "that is a closed page, just for people that have my type of cancer."

"This had made me more conscious of other people going through the same thing," Debbie added.

In fact, "With the help of the support group, people from all over the world who have this disease share their experiences," she added.

As for check-ups, "I go in every three months for exams, and I have blood drawn," Morford said, adding her next PET scan is set "for the first of next year."

## Quinley

From page 1C

eventually settled into a maintenance regimen of daily oral chemotherapy, infusions of Herceptin and Perjeta every three weeks, and painful injections of cancer-fighting medications every month.

"I'll be on this sort of thing the rest of my life," she said. "The frustrating part has been that I am a Type A person, and this has taken some of that away from me. "But if that is what I need to do, to still be here, it is what I'm going to do."

Although the average life expectancy for this type of cancer is about three years, Quinley said, she is extremely positive — despite initially being understandably quite angry.

"At first, I was just mad," she said. "Mad at the world. Mad at God. Then I just worried about the kids, who are so young, and I needed to make sure they were taken care of. I worried about whether

they would be properly dressed for picture day, for example."

"But then, my scans just kept showing more and more stability. I kept getting better reports," she added, which gave her hope for the future, and the ability to revert to how she dealt with cancer the first time around.

"I realized then, you have got to have a positive attitude, and not let stress, bad thoughts or feelings take some of your life away," Quinley said.

"I started making those [You Only Live Once] moments. I have been to New York City with some girlfriends to see 'Wicked,'" she said.

"We took kids to the beach — I wanted to make sure to provide positive, fun memories for them. I don't want them to just think of their mom laying up on the couch — although there have been some days where I have had to rest."

"I live hour to hour — but can't dwell on it — and insist on stay-

ing positive. It helps with your mental health and your physical health."

Quinley also found much hope and gratitude through "Leslie's Week," a non-profit organization offering breast cancer sufferers and their families "a vacation away from cancer."

"It was life changing for Brian and I," she said, adding they work to help support and raise funds for the program, hosting an annual music festival at a family farm in Tellico.

The couple is also looking ahead as chairs of the American Cancer Society's "Hope Gala" which will be held Nov. 8 at The Pressroom in downtown Knoxville.

"I'm excited about that," said Quinley. "We have a great committee."

She also has been laying a foundation for future treatments, if it comes to that, during ongoing trips to New York, where she has made connections at Sloan Kettering Cancer Center.



**Photo submitted**

Shelby Quinley is pictured with her family, from left, daughter, Stella, husband, Brian, and son, Hayes.

"I just want to be on their radar, just in case a trial study comes along that I could participate in," she said. "And in the meantime, I can use it as an excuse to take in some shows and shop."

She has carefully and deliberately mitigated her disease's impact on her husband of 10 years,

and their two children — little miracles on their own, as Quinley was told point blank she would likely never have children after her first cancer bout.

"I don't want to spoil anything for my children or my husband," she said. "We keep things as normal as possible."

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# Facts & Figures

## 8.8 million

The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.

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Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)

## 70%

## 22%

Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)

## 12%

Percentage of cancers worldwide linked to viruses. (Source: National Toxicology Program, National Institute of Environmental Health Sciences)

## 1.69 million

The number of deaths attributed to lung cancer across the globe in 2015, making it the most deadly cancer in the world. Liver cancer (788,00 deaths), colorectal cancer (774,000), stomach cancer (754,000), and breast cancer (571,000) were the other most common causes of cancer deaths in 2015. (Source: WHO)

## 33%

Percentage of cancer deaths that can be linked to five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol consumption. (Source: WHO)

# Surviving the ‘red devil’

Church, family, workplace all respond to help Pat Jestice



Alan Sloan

Pat Jestice behind her desk at work, celebrating her 10th anniversary as an insurance account executive at Mansour Hasan State Farm agency, 10811 Kingston Pike in Farragut.

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Despite three bouts with non-Hodgkin's lymphoma during the past 20 years —having to endure the “red devil” of intensive chemotherapy “that almost killed me” about four years ago when treating this cancer’s “aggressive” form — Pat Jestice considers herself “a very positive person.”

A huge asset, indeed, when battling a scary disease. But that asset was threatened, inadvertently, which could have adversely affected her battle.

“My husband is a very emotional-type man, very sensitive. ... A very tender-hearted, compassionate person,” Pat said about her husband of 44 years, Dallas Jestice. “Things just hurt him, touch him.

“It’s been real hard for him,” she added. “As a spouse of someone’s that sick, they feel out of

control — they can’t do anything.

“When I’ve been diagnosed those three times, my husband would get emotional.”

When first tackling her non-Hodgkin’s lymphoma 20 years ago, she and Dallas had to come to an understanding.

“I said, ‘Dallas, I know you’re upset, I know you’re emotional and I know you deserve to feel like you’re feeling, scared and everything else — but I can’t see that,’” she said about his fears negatively affecting her.

“I can’t see you envisioning me dying,” added Pat, an insurance account executive at Mansour Hasan State Farm agency, 10811 Kingston Pike in Farragut.

“I knew if I got myself down and worried more and more, it wouldn’t help anything.”

Dallas had to find other sources in which to vent his feelings.

See RED DEVIL on Page 12C

# Breast Imaging Center of Excellence ensures patients excellent care

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, out of fewer than 186 mammography facilities registered with the ACR in Tennessee, only 28 have earned the distinction of being an ACR Breast Imaging Center of Excellence.

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The Villages of Farragut opens soon with an emphasis on offering the best care possible and aging with dignity. The first phase of development will feature independent living apartments with the option of personal assistance.

This community is designed specifically for seniors to live their lives to the fullest. “This will be a very unique campus,” said Sherry Coss, communications manager. With 25 acres, the property features a variety of amenities including restaurant-style dining, walking trails and a dog park. We emphasize dignity in aging by creating a safe environment as well as fellowship, friendship and fun. The Villages of Farragut will be driven by the needs of the community, and not a corporation.

Amenities include studios, one and two bedroom apartments, sunrooms and porches, beautiful kitchens, washer/dryer units and individually controlled thermostats. Nurse practitioner services are available on-site and all utilities are included with options to add cable tv and phone service.

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A portrait of Scott Brockamp, a man with a beard and mustache, wearing a white shirt. He is smiling and has a "REAL MEN WEAR PINK" logo on his shirt.

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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](http://knoxvillebreastcenter.com).*

# The relationship between exercise & cancer

Exercise benefits the body in myriad ways. Studies have shown that routine exercise can help people effectively maintain healthy weights, sleep better at night and have more energy throughout the day. But exercise also may play a role in preventing one of the world’s most deadly diseases.

The World Health Organization notes that cancer is annually responsible for about one in six deaths across the globe, making it the second leading cause of death in the world. Many of those deaths can be prevented by employing some simple yet effective strategies, such as avoiding tobacco products and applying sunscreen before going out in the sun. And while researchers aren’t exactly sure why, the National Cancer Institute notes that substantial evidence suggests high levels of physical activity are linked to

lower risks of several cancers.

The relationship between exercise and cancer risk is complicated. The NCI notes that nearly all of the evidence that links physical activity to cancer risk comes from observational studies. In such studies, individuals report on their physical activity and are then followed for years to see if and when they are diagnosed with cancer. While such studies are no doubt valuable, they cannot definitively establish that physical inactivity causes cancer or that physical activity prevents cancer. All they can do is establish a link between physical activity and lower cancer risk.

As mysterious as the relationship between exercise and cancer can seem, researchers can theorize about the connection between the two. For example, the Dana-Farber Cancer Institute notes that scientists have recently begun probing the connections between exercise, the immune

system and cancer risk. Such research is rooted in the notion that exercise can reduce inflammation, an acute or chronic response by the immune system that can contribute to cancer risk.

The NCI also notes that the many biological effects of exercise on the body might shed light on the potential link between routine physical activity and a lower cancer risk. For example, the NCI says exercise lowers levels of certain hormones, such as insulin and estrogen, that have been linked to cancer development and progression. Exercise also has been linked to improved immune system function, and a stronger immune system is more capable of fighting various conditions and diseases, including cancer.

The relationship between routine exercise and cancer remains a mystery in many ways. But the potential for exercise to lower cancer risk is yet another reason for people of all ages to embrace physically active lifestyles.

## Common Cancer Risks

No person, regardless of gender, age, ethnicity, or economic background, is invulnerable to cancer. According to the World Health Organization, cancer is the second leading cause of death across the globe. In fact, about one in every six deaths worldwide is due to cancer. But cancer is not an unbeatable adversary. The WHO notes that around one-third of deaths from cancer are due to five behavioral and dietary risks that can be avoided.

These risks include:

1. High body mass index
2. Low fruit and vegetable intake
3. Lack of physical activity
4. Tobacco use
5. Alcohol consumption

By taking steps to maintain a healthy weight, which can be accomplished by being physically active and adhering to a healthy diet that’s rich in fruits and vegetables, millions of people across the globe can reduce their risk for cancer and ultimately reduce their risk for dying from cancer. The same can be said for people who resolve to quit smoking, or avoid tobacco use entirely, and consume alcohol in moderation, if at all.

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# Debunking common myths associated with Breast Cancer



Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

**1. Myth:**  
Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer.

However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.

**2. Myth:**  
Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.

**3. Myth:**  
Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at [www.cancer.org](http://www.cancer.org).

**4. Myth:**  
Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous

See MYTHS on Page 12C

## Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the follow-

ing signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

• **Changes in how the breast or nipple feels:**  
The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast

See SYMPTOMS on Page 12C

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Blaylock

From page 1C

While heading back to Tennessee, Blaylock called her gynecologist and scheduled an appointment. During that exam, Blaylock remembered the doctor thought it was “probably a cyst because of my age, and I drink a lot of coffee. Caffeine can sometimes cause those things to develop,” she said.

However, he sent her to Park-west Breast Center to have her first mammogram, which was immediately followed by an ultrasound.

“After they did the ultrasound, a doctor came in and told me while she wasn’t sure what it was, she definitely wanted to do a core biopsy,” Blaylock said. “She wanted to let (me) know if I would do the biopsy that same day, which I said, ‘Of course.’”

“The results came back within 24 hours because she expedited it, and (the lump) was malignant,” she said. “Within a week, then I had a diagnosis of Stage 2 breast cancer.

“I don’t think anything prepares you for that (news),” she said. “That wasn’t part of the

plan. As we get older, we expect problems to arise, but not at 31.”

After Blaylock left the doctor’s office and was returning to her job, she remembered breaking down in the parking lot.

As the tears passed, she recalled, “I just wanted to get started and find out what I had to do to fight it.”

As the doctor discussed her diagnosis, she recalled the information didn’t process.

“He had the full report ... all in Greek,” she recalled. However, “as he explained the stage I was in and the aggressiveness of the cancer ... I finally understood.”

While she conceded she doesn’t remember all the medical terminology, Blaylock remembered being told, “Young women tend to get cancers that are extremely fast growing and aggressive, and mine was pegging out at the top of every single measurement they had for aggression, for how fast the cells were mutating.

“My cancer was also hormone receptor positive and it also [had] positive receptors for a protein your body produces, called HER2nu,” she added. “What that means is the cancer cells were

covering themselves with these little receptors, or receptacles, like catch nets, so they were taking my body’s naturally produced estrogen and (other) hormones and also that protein and using them to grow, mutate and change.

“And, the cells were telling my body to produce more so the cancer could get bigger and bigger, which is really scary.”

“At the same time, though, that kind of diagnosis does make that particular cancer more treatable because the oncologist has different tactics he can use in order to attack those cancer cells,” Blaylock said, adding, “So it’s a bad thing, but it’s also a good thing, as long as the cancer actually responds to all those back-door treatments, as (the doctor) calls them.”

Throughout it all, Blaylock was not afraid to ask questions “because, for me, information is power; for me, information makes me feel safe.

“I wanted to know everything there was and understood as much as I could about my diagnosis,” she said.

Blaylock was told the tumor probably had been growing for

about 10 months, and the reason she had found it was because she had lost the weight, making the tumor more detectable.

Also because there was such dense tissue in her chest, she probably would not have detected the tumor for another six to 12 months.

“That being the case, you probably would have been Stage 4 (at that point), meaning it would have metastasized,” the doctor told Blaylock.

She also went to Knoxville American Cancer Society office days after her diagnosis.

“They gave me a free wig and hooked me up with resources to find other things I would need very inexpensively,” Blaylock said. “I was the sole income for my household and had just been restricted to 20 hours a week due to impending treatments.

“I was shell-shocked by the diagnosis, with NO history, and terrified for so many reasons,” she added. “Those folks were one of the first steps in helping to give me the tools to fight back, which gave me courage and a little bit of my SELF back.”

Blaylock had her first chemo-

therapy treatment Sept. 15, 2010.

“My chemo treatment plan was to do six cycles,” she recalled. “The goal was to see if the tumor would respond to treatment; and if it would respond, could the chemo shrink it, so when they decided to do surgery, they could see what our options were.

“Cancer tumors are kind of like spiders,” Blaylock said. There’s a central tumor, but there’s all these tentacles that come off of them, and there were a lot of those.

“(The doctors) were trying to shrink the overall size of the mass to see if I would have an option — a choice — between a mastectomy or a lumpectomy.”

“I didn’t really care one way or the other,” Blaylock recalled. “I mean if a mastectomy was my best chance of survival, I was happy and willing to do that.”

Just after her first chemo treatment, she began losing her hair. In preparation, Blaylock had her hair cut short. Then, when it did start coming out, she had friends come over and “buzzed” her head.

See **BLAYLOCK** on Page 13C

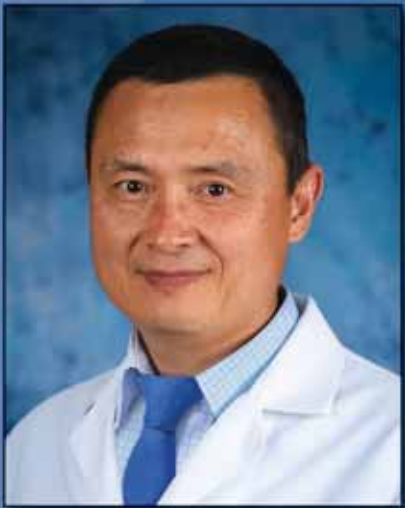
“It feels like every day I wake up on this side of the dirt, it’s a good day.”

~ Julie Blaylock  
Cancer survivor

Photo submitted

While still undergoing chemotherapy, Julie Blaylock, against her doctor’s orders, trekked up Mount LeConte in the Great Smoky Mountains.

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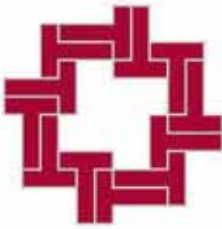
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## Red Devil

From page 6C

“He had church family that he could confide in,” Pat said about Lenoir City Church of Christ. “So he took those emotions he had to them, and they would support him.

“He got that support he needed from the church, his other family and friends,” she added.

“So around me he didn’t have that outward emotion that looked so desperate.”

Moreover, “Over the years he’s gotten better, more hopeful,” Pat said. “He doesn’t feel as desperate now.”

A pet scan about four years ago showed aggressive non-Hodgkin’s lymphoma was “on my liver and on my stomach and on my kidneys,” requiring the “red devil” chemo. When it started kicking in “about three days” after the once-monthly round was administered at Tennessee Cancer Specialists in Cedar Bluff, “I thought I was going to die. ... It is horrible,” Pat

said. “I got severe blisters in my mouth.”

Also causing her to lose her hair in addition to being “tired, weak and bone and muscle aches — severe aches you couldn’t make better,” Pat said Dallas found a small but important way to help them both.

“I asked him to shave (my head), the last little part of it — and I think that helped him a little bit” to cope, she said.

Pat said Lenoir City Church of Christ expanded their Jestice prayer list.

“They would say, ‘Remember Pat in your prayers, but remember Dallas and Corey (their son), her family,’” she said. “It’s hard on them.

“Those prayers for my family meant everything,” Pat added.

**Current prognosis**

Although cured from the aggressive non-Hodgkin’s lymphoma, the “slow grade, slow growing” version first diagnosed in 1999 has no cure, Pat said.

“The doctors say, with the slow

grade, the odds are you’re not going to die from it — as long as you catch it when it pops up,” she added. “More than likely it will pop up over your lifetime.”

As a result, “For the last six months (as of late September), I’ve been taking chemotherapy every other month — and will continue for another year-and-a-half,” she said about a roughly day-long process. “It’s a maintenance IV chemo. ... It will make you a little weak and achy, and a little jittery.”

**Many respond**

Ironically, “When people pay more attention to you, things get serious,” Jestice said. “And that made me more nervous.”

However, also calling herself “a religious person,” Pat said she appreciates all the prayers and support.

But most of all, God’s power.

“I have to admit, I was scared out of my mind,” she said about the aggressive version four years ago. “But I have strong faith, I’m an extremely religious person.

And God had gotten me through that first one that had popped up years earlier.

“I had literally thought, ‘As long as we had a plan that made it appear we have hope, this chemo was going to do the trick,’” she added. “I just kept thinking, ‘I’ll trust in God and this doctor’s knowledge.’”

About her family, friends and church support group praying, “I know, without questions, that God hears the prayers of all the people who have prayed for me,” Pat said. “My church family has prayed for me and been there for me and for my family — for 20 years, to this moment.

“They have helped me with going back and forth to the doctor, going for chemo treatments,” she added.

That included her sister-in-law, Betsy Batho, “dearest friend,” Charlotte Boling and church Elder Jim Wilford.

“I felt like if I had a problem, (Boling) was going to be there for me,” Jestice said. “... Betsy

would take me and be there and give me that encouragement before I ever walked into the door to have chemo.”

**Help at work**

Even when she was able to go to work, “You’re still tired, you’re still drained ... you can’t think as well,” she said.

Moreover, “I had used up all my vacation time,” Pat added.

However, “Mansour came to me and said, ‘Don’t give (missing work) a thought. Stay home and do what you need to do,’” she said. “That is the thing I was so thankful and blessed about.”

Meanwhile, her State Farm colleagues “took over,” Pat said. “They were just there, very supportive. I can’t say enough good about them.

“We’re very religious, everybody here,” she added. “They love and care. It was excellent peace of mind to know I wasn’t going to lose my job.

“It helped me tremendously. It makes me want to cry how blessed I’ve been with my job.”

## Symptoms

From page 10C

cancer, though not all lumps are cancerous.

**• Change in appearance of the breast or nipple:**

Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast,

particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the

attention of a physician.

**• Discharge from the nipple:**

The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

## Myths

From page 10C

because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The

Centers for Disease Control and Prevention note that a woman’s risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history.





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**can-cer** (kan-sur) *adjective* cancerous

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Tammy Cheek

Julie Blaylock, Farragut West Knox Chamber of Commerce president/CEO, has been cancer-free since 2011. Back in 2017, she was Executive Assistant at the Chamber and was named president/CEO in December of that year.

Blaylock  
From page 11C

“From September through December, I had a cocktail of chemotherapy, and I also took a medication called Herceptin, which is a biological treatment. The Herceptin was, essentially, to treat the fact the tumor was HER2nu protein positive,” Blaylock said.

She completed her chemotherapy the day before New Year’s Eve and then waited to see what the tumor would do.

“We scheduled surgery at the end of January 2011. We went into surgery hoping to do a partial mastectomy/lumpectomy, but I told my surgeon, ‘Take what you have to,’” Blaylock said.

“I knew going into it, if I woke up with no breasts, then that’s what had to be.”

During the surgery, doctors did a sentinel lymph node mapping.

“It’s where they inject the blood pathways in the area around the tumor with a dye,” Blaylock said. “The dye, then, tells the doctors which sentinel lymph nodes the tumor is draining to or has connection to, and they remove those lymph nodes during surgery to see if there are any cancer cells in them.

“Luckily, none of my sentinel lymph nodes tested positive for having cancer in them,” she added. “(The physician) was successful in getting clean margins (around the tumor), so I did not

UT Medical Center’s approach



Photo submitted

Shaunta received a shocking breast cancer diagnosis during her pregnancy. Jillian Lloyd, MD, the only female, fellowship-trained breast surgeon in the region, and an expert multidisciplinary team from UT Medical Center, developed a multi-faceted approach that saved both Shaunta and her son, Max.

have to have a second surgery.”

Once she was healed from the surgery, she had 33 treatments of radiation to treat cancer cells that might have gotten loose and

might have been floating around her body.

“The radiation targets the area to make sure that there’s nothing left in terms of cancer cells that

are so miniscule (doctors) might have missed them,” Blaylock said.

Blaylock has been cancer-free since 2011.



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