



Diana enjoys spending time with her four grandchildren.

Life After Cancer: Better Than Ever

For Diana Ogden, it wasn't so much "if" she would get breast cancer, it was more a case of "when." Diana, of New Pittsburgh, watched her mother and two aunts battle the disease and figured it was just a matter of time until it was her turn. In June of 2017, it was her turn.

Diana remembers the process well. A "suspicious" mammogram led to an ultrasound, which led to two biopsies, a cancer diagnosis, partial mastectomy, chemo and targeted radiation. While the diagnosis was devastating, Diana was grateful that she could stay local for treatment.

"I was able to do everything at WCH," said Diana. "From the screenings to diagnosis and treatment, I was never

"At WCH Health System I never felt like a number."

— Diana Ogden

more than 15 minutes away from where I needed to be."

Not only did this curb the anxiety level at a very stressful time, it allowed her to continue working at the Wayne County Auditor's Office, babysit her four grandchildren when she felt up to it and relieve the pressure on family members to get her where she needed to be.

At Wooster Cancer Care at WCH Health System she was fortunate

enough to be one of the first to receive prone radiation while lying on her stomach. This new technology keeps radiation away from the heart and lungs.

Even though Diana watched her mother survive cancer 20 years ago, the diagnosis was still "terrifying." Her first question to Dr. Tamera Robotham, general surgeon at WCH Health System, was, "Is this curable?" Dr. Robotham's reassuring response was affirmative. Still, "chemo is such an unknown," said Diana. "You never know what it will do to you."

It turns out it just made Diana really tired. While she fought a bit of nausea, it wasn't that bad, she said.

"As much as possible, I strove for normalcy."

This included eventually getting a wig. "I started by just wearing scarves," Diana said. Soon tired of styling with a scarf, off she went to Sheer Professionals with her boss and co-worker to pick out a wig.

For Diana, age 54, there is light at the end of the tunnel now. She is done with chemo, radiation and herceptin treatments. Her hair has grown back in and she is sporting a new cut. Her energy level is coming back, and this summer she was able to "plant a garden and pull weeds instead of watch them grow." In her words, "Life is good."

While the past year wasn't easy, Diana has seen blessings along the way. Co-workers and family were a huge support, and Diana can't say enough positive about her cancer care team, Drs. Isckarus & Walston and the nursing staff. Dr. Robotham was "awesome," said Diana. "She took her time with me and answered all my questions. She insisted on a second biopsy when the first one came back negative. She probably saved my life."

The oncology staff at WCH Health System earned Diana's complete trust as well. "I went in terrified and broke down at first but they were wonderful. They were so kind and reassuring and eventually became like family. I came to know all about them and they soon knew all about my grandkids."

"At WCH Health System, I never felt like a number," said Diana. "Someone was always there to guide me through the process. I'm so grateful they were close by."

For more information contact
Wooster Cancer Care
330.262.2800



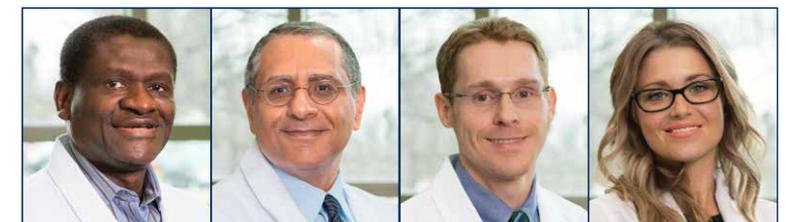
Dr. Steven Walston
Radiation Oncologist

Describes Patient Positioning and the Delivery of Radiation Therapy

Patient positioning, which is essentially how patients are set up when they receive radiation therapy, is an important consideration for the delivery of radiation therapy. In addition to modern treatment planning technology, patient positioning can help with the avoidance of normal tissues in close proximity to the target region. Of major concern for patients with left-sided breast cancer who will receive radiation therapy is the close proximity of the left breast to the heart. While many patients can be treated in the traditional supine position safely, prone treatment delivery and deep inspiration breath hold are two techniques that can be employed to lower heart dose. Prone positioning involves having a patient

positioned on their stomach to allow the breast to fall away from the chest wall and create a separation of the breast from the normal tissues. Deep inspiration breath hold positions patients on their back but delivers radiation therapy only when they breathe in deeply which acts to separate the breast away from the heart. When utilized correctly these positions allow for patients to receive an individualized treatment which maximally reduces radiation dose delivered to normal tissues and can therefore improve risk of toxicity. We offer both of these techniques at WCH Health System a member of the James Cancer Network at the OSUCCC – James.

Our Family Caring for Yours Cancer Care...Close to Home



Dr. Prah
Hematologist/
Oncologist

Dr. Isckarus
Hematologist/
Oncologist

Dr. Walston
Radiation
Oncologist

Tyra Schlabach
Certified Nurse
Practitioner

Wooster
Cancer Care

a member of
The James
Cancer Network
THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

1761 Beall Avenue | Outpatient Pavilion, Suite 1 | Wooster, OH 44691
330.262.2800 | www.woosterhospital.org