



Community **HEALTH BEAT**

*Quality Healthcare Close To Home*

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*I am a Colon Cancer Survivor*

By Jenelle Moulton, RN

Colorectal cancer is a sneaky disease. It can hit you without warning. It can leave you with an altered body and personal habits, and can even change how you feel about yourself. It doesn't care if you're a good person, how much money you make or your standing in the community. Doctors, nurses, sales people, private business owners, home makers, people who strive to be healthy with good diets and lots of exercise- all run the risk of being diagnosed with colon cancer and a complete lifestyle change overnight.

This is my story of colorectal cancer. It may not be pleasant to read, but I feel strongly that the word about this disease should be broadcast to all people. The reason everyone should be aware of colon cancer is that, if identified early, you can be completely cured. In most cases, it can be eliminated before the cancer actually begins.

I am a Registered Nurse who has worked in Grant County for over 40 years. During this time, I have held several positions and enjoyed each job role greatly. The areas of nursing that I've worked in for significant periods of time were in the Home Health Department, as a staff RN in our hospital, and for seven years, as the owner of a Residential Care Facility, caring for the elderly. Even with my background in dealing with colon cancer, I truly felt that there would be no way I should be concerned about getting cancer. After all, I am a nurse! I think it is human nature to believe the worst will never happen to you. Well, boy was I wrong!

The standard for getting checked for colon cancer begins at the age of 50 unless someone in your immediate family has been diagnosed with the disease. Then you should be examined at the age of 40 or ten years earlier than the age at which that person was diagnosed. Personally, I let 50 years of age go by without any thoughts of having a routine exam performed on myself; I was way too busy to take one day out of my life and dedicate it to my own personal health. I believe these are famous last words for many people worldwide.

Occasionally, I began to notice blood in my stool. The bleeding was painless, didn't happen every day and sometimes not even weekly. So I did what so many people do and diagnosed myself with having hemorrhoids. Over several months the blood was present in my stool more often, but still not daily.

Months later, I had to see a doctor for something totally unrelated. As he was walking out of the room I mentioned, "Hey, I've had a little blood in my stool lately, but I'm sure it's just a hemorrhoid problem." He responded, "Well you are 54, which is way past the deadline when you are supposed to have a colonoscopy." I said, "Oh no, I don't think I need one; I'm not having pain and the bleeding is not every day." He replied, "Yes Jenelle, you need to be scheduled just to make sure." So, I reluctantly agreed to let him schedule the procedure even though I thought it was a little overboard! Wow, the classic human reaction -- denial!!

The night before my colonoscopy, I spent most of the evening in the bathroom. Needless to say, I wasn't enjoying myself at all. I just took up residence in our bathroom until things calmed down later that night. I want everyone to know that the preparation for the test is the very worst part of the whole procedure and it is far from being unbearable. I've had worse flu bugs!

The next day, I went into the hospital, feeling embarrassed because of the procedure I was about to have. What a ridiculous reaction! Everyone at the hospital was very friendly and professional, assuring me that my feelings were normal.

When I woke up from the procedure, my doctor told me that he found something very concerning. We would have to wait for the pathology report to return to be sure. But I could tell by the look on his face that he thought it was cancer. The report came back and was positive for adenocarcinoma....CANCER.

The next few months were very stressful. Knowing that there was a "monster" growing inside me was frightening....and I wanted it out! My cancer was located in the rectum portion of my colon. The surgeons removed the tumor and a lot of that portion of the colon, and explained that I had to let my colon rest for almost a year. This meant that I had to have a colostomy, where your bowel movements are re-routed to be released from an opening in your abdomen into an attached bag. There are many stories I could tell you about having a colostomy that are very unpleasant, but I will spare you from that! The surgeon told me that they also found a positive lymph node near the tumor. This meant there had been an opportunity for the cancer to spread ....everywhere. So, the next step was chemotherapy. It was such a nightmare for my family and me. Of course, I felt generally horrible from the side effects of the strong treatment.

I kept thinking, why did I wait to have a colonoscopy....they would have caught the tumor before it became cancerous if only I would have had it done earlier.

Finally the time came to reattach my colon so I could have bowel movements normally again. After the surgery, I managed to live through the recovery time, even though I felt weak and in pain.

That horrible part of my life is now over; I am cancer free! Though I have a few issues related to the colon surgery and the chemotherapy that will be with me forever, I AM STILL ALIVE!

I'm glad you've read this article and hope that you heed the warning....a colonoscopy is nothing compared to finding out you actually have cancer. So many lives can be saved with this simple procedure and I am here to vouch for that fact.

March is Colorectal Cancer Awareness Month



**March Visiting Specialists**

**March 7th**  
Dr. O'Hollaren  
Bend Urology

**March 15th**  
Dr. Jacobson  
Bend Ortho

**March 15th**  
Korina Farris  
Bend Ortho

**March 19th**  
Dr. Rushton  
Baker Podiatrist



**BLUE MOUNTAIN  
CARE CENTER  
Resident of the Month**

**OTHO  
LAURANCE**

Otho Laurance was born 4/4/1929, in Prairie City, to Clyde & Ferne Laurance. He was the oldest son and was soon joined by two more brothers, JD & Hugh.

He grew up in the Reynolds Creek area.

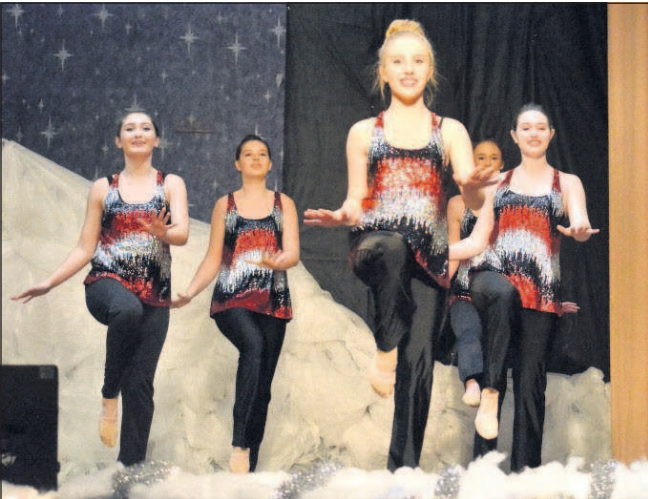
He joined the Navy in 1948 and was in Aviation Maintenance. On one of his leaves, he met Sammie Robertson in Knoxville, Tenn. They were married in March of 1951.

He worked for the Forest Service, truck driver for Morgan Freight Lines and had his own business (Laurance Upholstery) until he retired in 1991.

He and Sammie had four kids, Gary (Isla Mejueres, Mexico), Rick (Sweden), Joni Warren (John Day), and Steve (Arizona).

He has 6 grandkids & 9 great grandkids.

Sammie passed away in 2015 on their 64th wedding anniversary.



Eagle file photo

**The Grant Union Gold dance team performs to “Christmas Like We Do” by Maggie Eckford at the Holiday Showcase in December. The Spring Showcase takes place Friday, March 9.**

*The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email [editor@bmeagle.com](mailto:editor@bmeagle.com). For meetings this week, see our list in the classifieds.*

**WEDNESDAY, MARCH 7**

**Lenten luncheon**

• 11:30 a.m., Nazarene Church, 521 E. Main St., John Day  
A soup and bread lunch will be served, followed by a service. All are welcome to attend. For more information, call the church at 541-575-1895.

**Democratic candidate forum**

• 7 p.m., Canyon City Community Hall, 123 S. Washington St.  
The Grant County Democrats will host six Democratic candidates running for representative of Congressional District 2: Jim Crary, Jamie McLeod Skinner, Michael Byrne, Tim White, Eric Burnette and Dr. Jenni Neahring. The seat is currently filled by Republican Rep. Greg Walden. At this forum the candidates will answer questions about their positions on various issues. The formal discussion will be followed by a meet and talk with the candidates. The community is welcome to attend. For more information, call 541-542-2633.

**FRIDAY, MARCH 9**

**Spring Showcase and taco feed**

• 6 p.m., Grant Union new gym, John Day  
The Grant Union Gold dance team will present its Spring Showcase on Friday as a kickoff to state competition. A taco feed fundraiser held at 6 p.m. in the school cafeteria costs \$5 per person, and children 6 and younger eat for free. The showcase, by donation, starts at 7 p.m. This year's event will feature only Grant Union Gold, performing team routines, as well as solos and small group dances, which the girls have choreographed. The grand finale is the team's state routine, "Rise." All proceeds benefit the high school team.

**SATURDAY, MARCH 10**

**Hope4Paws ‘Spay-ghetti’ dinner and auctions**

• 4-7 p.m., Grant County Fairgrounds pavilion  
Participants can enjoy a dinner of spaghetti and all the fixings, and bid on silent auction items. Doors open at 4 p.m., with dinner service starting at 4:30 p.m., and a dessert auction will take place at 6 p.m. when the winners of the silent auction are announced. Trained rescue dogs will be special guests at the event. A no-host bar by Spitfire Cocktails will be available, and dinner is sponsored by the Squeeze In Restaurant. Admission is by donation, and all proceeds benefit the programs of Hope4Paws: Grant County.

**Seneca PTA Bingo Fun Night**

• 5-9 p.m., Seneca School gym  
Doors open at 4:15 p.m. All are welcome to join in for an evening of games, prizes and food. Bingo cards are \$10 for the first card with additional cards at \$5 each, and 50/50 boards are available for \$10 per square. During intermission, a Native American dance presentation by the Burns Paiute Indian Tribe will take place. Proceeds from the annual event benefit educational opportunities for the students.

**Drama club double feature**

• 7 p.m., Grant Union old gym: The Grant Union Drama Club will present two plays, "Cheating Death" and "Maniac Manor." Admission is \$5 for adults and \$3 for students.

**Comedy magician Rob Rasner performance**

• 7:30 p.m., Madden Brothers Performing Arts Center, 116 NW Bridge St., John Day  
Professional comedian and magician Rob Rasner will present an evening of family-friendly fun. Doors open at 6:30 p.m. Tickets range from \$15-25. For more information or to purchase tickets, visit [maddenbrothers.tix.com](http://maddenbrothers.tix.com) or [maddenbrothers.us](http://maddenbrothers.us).

**MONDAY, MARCH 12**

**Travel group meeting**

• 6 p.m., Grant Union art room  
Those interested in hearing about a travel opportunity to Peru with the Grant Union travel group are invited to attend a preliminary meeting. For more information, call JJ Collier at 541-575-1799, ext. 36.

**WEDNESDAY, MARCH 14**

**Lenten luncheon**

• 11:30 a.m., Redeemer Lutheran Church, 627 Hillcrest Road, John Day  
A soup and bread lunch will be served, followed by a service. All are welcome to attend. For more information, call the church at 541-575-2348.

**Pre-festival concert**

• 7 p.m., Grant Union old gym: The high school band and choir will present their latest repertoire.

**SATURDAY, MARCH 17**

**Clay pigeon shoot**

• 11 a.m. to 4 p.m., Kimberly Rock Products pit, mile marker 9 on Highway 402  
The cost is \$3 per shoot. For more information, call 541-934-2143.