

Feature Article *by Steve Michels*

Scheduled Maintenance

For Your Car and Your Body

SKS Screening
Knowledge
Scheduling

Dakotas Region of the Porsche Club of America members are passionate about Porsche vehicles. The club is based in Sioux Falls but is made up of members from both North and South Dakota. They meet monthly to share their stories and their passion for this iconic automobile. There is one other thing that binds this club together...cancer. This deadly disease has affected a number of Porsche Club members or family members. Club members Cindy and Jim Tranby are no exceptions. Cindy recently lost her sister to breast cancer and Jim is alive today because he was screened for colon cancer in 1997 and was able to get the help he needed to stave off the disease. Some members have agreed to share their stories about how cancer has affected their lives in the hope of creating awareness of preventative maintenance to screen for this deadly disease.

Dr. Michael McHale, McHale Institute is Board Certified in Hematology, Oncology and Internal Medicine and a Porsche enthusiast. "I own a 1964 Porsche 356 1600 Super soft top convertible", says Doctor McHale. "I have always wanted a Porsche. My wife gave it to me for my 50th birthday. I have owned it for eight years now. I also have a Jensen Healy, which my wife gave to me for my 40th birthday. Both of them are classics and I treat them like one. We need to look at health the same way. As we age, we become 'classics' and we need to take care of ourselves like a classic. Typically around age 40 women get mammograms and both men and women should get a colonoscopy beginning at age 50. If you do have a family history of cancer you will have to be checked sooner and more often. If it is caught in time, it is not a kiss of death. It is a very curable



Dick Campbell, Lucas Elliot, Keith Elliot, Dean Kjelden, Bob Hanson
Linda Shields, Kathleen Lunde, Louis Whitehead, Jim Tranby
Rosemary Cambell, Kim Elliot, Cindy Tranby, Dave Shields
Sam Elliot, Jack Elliot
Gracie Lunde (dog) & Lee Lunde

disease. Car enthusiasts would not think about parking their car and never working on it. We constantly check belts and hoses, change the oil, not to mention wash and polish. This is all preventative maintenance. When the human body reaches middle age we start to become classics. You do not want anything to go wrong with you so you should get your annual check ups. Treat yourself as a classic. Don't take better care of your car than you do your body.

'Lead time bias' is the term you hear in regards to cancer. In a nutshell it means that we are hearing more about cancer today and it has more to do with earlier detection and awareness by patients. As Doctors we are diagnosing more cancer because we are looking for it earlier. Early detection saves lives. It is all about paying attention to your body.

Jim, Cindy and Haley Tranby

"My sister Susan passed away from breast and lung cancer September 3 of 2011. Being in the automotive repair business we advise our customers on the importance of regularly scheduled maintenance. Our personal advice is for everyone to schedule regular check-ups for their bodies. We are using the acronym SKS (Screening-Knowledge-Scheduling) to drive home the message in our advertising. Cindy's husband, Jim, is here today because he was screened for colon cancer. "My father passed away from colon cancer in 1997", according to Jim. "He had two bouts with cancer. My step-mom was sick and he was caring

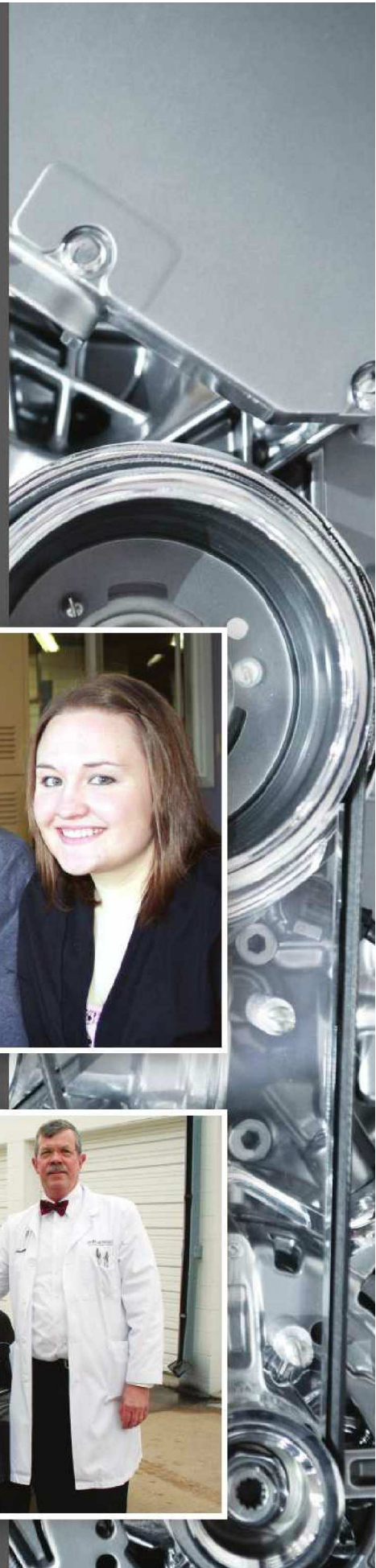
Continued on page 16



From L to R: Cindy, Jim & Haley Tranby



Dr. McHale with his 1964 Porsche





Dr. McHale



Hall and Lois Shella holding picture of daughter Susan

Continued from page 15

for her and he wasn't paying attention to himself. He had some chemo treatments and the cancer went into remission but came back within a year. It was very aggressive the second time and he passed away within a few months. Right after dad passed away I went in to get screened and I had three polyps removed with one of them being pre-cancerous. My sister also had a precancerous polyp removed at the same time I did. I would not have gone in as soon as I did if it would not have been for my dad. If I would have waited, it could have been too late for me. I was 47 years old at the time and they always told us that with family history you should get checked at 45 and with no family history at age 50. I am thankful I got checked. Now I go in every three years and so far everything is good." According to Cindy, "My dad has had three different cancers (colon, prostate, and bladder) and mom was diagnosed with breast cancer. Her doctor found hers even though it did not show up on the mammogram. Both of them are real good about getting check-ups. A few of dad's golfing friends had colon cancer so he thought it was time to have a colonoscopy. He is alive today because he caught each of them early. He is very diligent about his checkups. He had his prostate seeded which is an alternative treatment to removing the prostate where they implant radioactive seeds into the prostate gland, and emits continuous radiation to kill off the cancer cells. Dad's last bout was with bladder cancer last fall. He had blood in his urine so he went in to the doctor. This is a common side effect for men that have had prostate cancer. Again early detection was the key. My sister Susan was diagnosed with stage 4 cancer in the fall of 2010. Stage 4 means the cancer has spread into another organ and hers had spread into her lungs. I believe if Susan would have gone through the screening process she would have had a better chance of survival. No matter your age,

don't take the attitude that I am young and it will never happen to me. If your check engine light comes on in your car, there is something wrong. The same is true for your body. You know your body better than anyone and you know when something is just not right. Please get checked out rather than thinking it will go away. Jim and Cindy's daughter Haley adds, "My car has almost 200,000 miles on it. I take care of it and it takes care of me. Many health insurance companies pay for preventative maintenance these days. Take advantage of that."

Louis Whitehead

Louis, a Porsche Club member from Brookings, is a cancer survivor having been diagnosed with AML Acute Myeloid Leukemia in August '99. In early August of '99 I went to a conference in Orlando and I felt fatigued. I was fine after coming home and I flew to Columbus Ohio after that and I woke up with a squeezing sensation in my chest. Later, my thigh became painful. I woke up the next morning nauseated and with a high fever. I went to urgent care and spent the night in the hospital. The next day the doctor told me I had leukemia. I had to move fast. I came back home and I was admitted to Avera and they did a bone marrow biopsy that confirmed the initial diagnosis. The first round of Chemo put him in remission. A bone marrow transplant would have been the ultimate treatment but he decided on Chemo given the risks involved with a transplant. Louis relapsed in January 2000. More chemo



treatments put the disease in remission again and he started looking for a bone marrow match. He found a match in April of 2000 and had the procedure a couple months later. "Much of my cancer treatment was at Avera in Sioux Falls", says Whitehead. My primary oncologist was Dr. Nelimark but more recently I am seeing Dr. Kelly McCaul at Avera Cancer Institute. I am cancer free today and have been since June of 2000. I have not had any cancer related problems since the transplant. I do annual check-ups." Louis' mother passed away from lung cancer in 2005. "I encourage people to have regular checkups. Do not be afraid to go to the doctor. If you have any incling that something is wrong, go get it checked out because it can be the difference between life and death and time is of the essence."



Kim Elliott

"My father died of colon cancer in 2006. The youngest of five boys, his father also died of colon cancer. He had gone in for a routine colonoscopy five years before his diagnosis and was due for another. He had been having problems but didn't take them seriously. An intestinal blockage sent him to the hospital. While there they discovered a tumor on the rectal sphincter. He had chemo and radiation at the tumor site and surgery for an irreversible colostomy. He lived well for about three years but grew weaker. He was determined to live to see his grandchildren grow up. By late 2005, the cancer had spread. His option was aggressive chemo, which he tried for a few months. By April 2006, he was completely tube fed. He died July 31, 2006. He would be alive today if he had been more diligent and not ignored the warning signs. I want to beg

people to get checked. I have three sisters and we all went in for a baseline colonoscopy due to the family history. I had four polyps removed (two were pre-cancerous) and have gone in for a colonoscopy every three years since then. It is so preventable if you can get routine checks ups. A colonoscopy is a very simple procedure."

Dick Campbell

"My brother Chuck passed away in February, 1977 from brain cancer. The cancer started as a melanoma on his upper back. At the time he was 48 years old. His knowledge of cancer in those days was minimal. He had it for some time and didn't realize it. His balance was off and when he poured coffee he would miss the cup. He also told me he would be disoriented and actually put his trousers on backwards. He had been in for some examination but nothing was diagnosed. He was in the insurance business and when driving home one night in 1975 he turned too sharply and hit the curb, narrowly avoiding a fatal accident. After that the doctors did a full examination and that's when they caught the cancer. He lived with the disease for a couple of years. In those days they were experimenting with different treatments. He was injected with measles and TB virus that they thought would counteract the cancer. It did slow down the disease and he was able to go back to work part-time. We have to be conscious of our bodies and be aware of any changes. We have these things in our bodies and we don't know it. He never gave up. He continued to go with what the doctor ordered. He was an inspiration for many people and often went into the



Continued on page 18

From L to R: Kathy Lunde, Linda Shields and Kim Elliot



From L to R: Jim Tranby and Dean Kjelden



Continued from page 17

kid's cancer wing to entertain them. He would tell funny stories and read to them. He died in his home with his wife Pat taking care of him. That was before they had hospice."



Kathleen Lunde

"I was diagnosed with ovarian cancer in January of 2002. The proceeding four months I felt terrible. I was nauseous, I would faint, and I had terrible stomachaches. My doctor couldn't find anything so I kept thinking I was fine. One day I went to the emergency room and they did a cat scan and

found tumors on both ovaries. I had surgery the next day. I was in a cancer research study and I drew two extra chemo treatments because of the study. The treatments were rough. The chemo lasted from February to August of 2002. In July of 2004 they found another tumor. I had six rounds of chemo this time around. In March of '05 I didn't feel well again and learned that the cancer had metastasized throughout my whole body and they gave me approximately three years to live. I decided if I only had three years to live I didn't want to work any longer. My doctor, Maria Bell, told me that stress is a factor in cancer. She advised me to not eat processed food, get adequate rest, and exercise. She was right. Twinkies are not allowed in our house! I get regular checkups and take care of myself. I see Dr. Bell at the Sanford Cancer Center in Sioux Falls. My message to everybody is to never give up if you are diagnosed. More importantly, I want people to know that if they don't feel well, they need to be persistent with their doctor to get to the bottom of it. You know your body and you know when something is wrong. I am thankful that I have the time to do the things I want to do. When I was told I only had a few years, I felt cheated but I now do the things I want to do. I volunteer and am in

a Bible study class and swim three times a week. You should find the things you enjoy but I would suggest that you not wait until you get sick to do them! I get much more back from my volunteer work than what I give. It energizes me. A good sense of humor also helps. I worked for Sanford (when it was Sioux Valley) for 22 years. We are fortunate to have great hospitals and fantastic medical care here."

Dean Kjelden

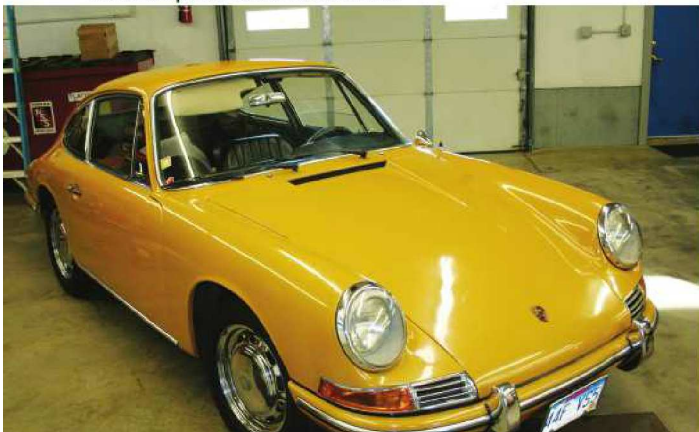
"I went in for my annual physical in 2009 and my PSA count changed enough to cause concerns. My doctor Dr. Tieszen said, "let's take a biopsy." It showed one spot he didn't like. Dr. Hofer at Sanford gave me several



options. I made a decision to remove the prostate. I have not had any problems since then. I do not have any history in my family except my brother who had colon cancer. He passed away from that six years ago. That was from lack of maintenance. I feel fortunate that I caught it. It did not seem very serious at the time but I am happy I had it taken care of. Dave Nordland had the same cancer prior to mine and he told me what to expect. It was very helpful. My advice is to check with your family doctor and listen to them. Get your annual checkups. If it had not been for my family doctor I would not have done anything because I felt fine. I made my decision based on doctor recommendation and talking with people who had the disease prior to me."

Individually or as a group the overwhelming advice from every member of the club is to get a check up regularly. "You schedule your vehicle for regular maintenance", says Cindy. "Why not schedule your body for the same maintenance? Whether or not you or your family has been affected by cancer make sure you do your preventative maintenance on your body. It just may save your life." TMM

Dick Campbell's 1966 Porsche 912



Dean Kjelden's 1983 Porsche 911 SC

