

SAGE ADVICE FROM A 92-YEAR-OLD CANCER PATIENT: FOLLOW DOCTOR'S ORDERS

CORENE NORRIS exemplifies how to live well. She worked hard all her life, serving both as a secretary and her husband's right-hand woman as they built their own homes. She raised two boys, and spent a lot of time fishing, hiking and doing other outdoor activities with her family. She never smoked or drank and has always exercised. In fact, at 92 years old, she still walks a couple of miles a couple times a week—without so much as a cane.



Joe Norris and his mother Corene Norris sing the praises of Dr. Perez.

DO WHAT IT TAKES

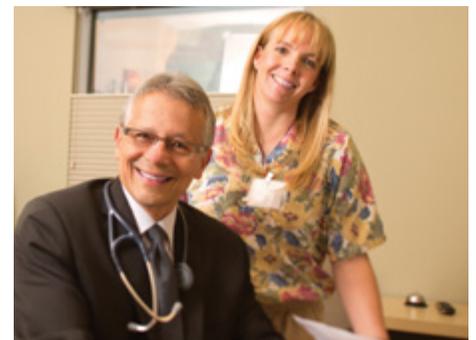
In addition to being a model citizen, Corene has been a model patient. At the age of 84, she was diagnosed with colorectal cancer and was referred to Dr. Jorge Perez at Sierra Nevada Cancer Center. "I told Dr. Perez, 'I'm not a baby. Be upfront with me and tell it like it is.' And he did. He was very straightforward about what had to be done."

Corene was impressed by Dr. Perez's extensive education, and by the fact that he is board certified in both oncology and hematology, so she followed doctor's orders to the letter. "If he said to purée my food, I puréed my food. It was that simple." Corene's son, Joe Norris added, "She does precisely what they tell her, and it's paid off."

THE POWER OF POSITIVITY

Corene has Stage IV cancer and has undergone several rounds of chemotherapy in the eight years since her diagnosis to manage the growth of her tumor. Amazingly, Corene has never felt nauseous after treatment. "After four hours of treatment, I get hungry, so my son and I always go to lunch afterward." Corene attributes her tolerance of chemotherapy in part to luck, but her son Joe has a different theory. "I think your attitude has about as much to do with it as anything else."

This sweet, positive woman had kind words to say about Sierra Nevada Cancer Center. "I can't say enough good things about Dr. Perez. He and his staff take a personal interest in you." Son Joe added,



"They treat the whole patient. Not just the cancer."

While Corene is happy to pay compliments to Dr. Perez and his staff, it was not her main motivation for sharing her story with others. "I know two people who died in their sixties because they were afraid of chemo. They didn't stay with the program," she said. "I hope telling my story will give someone the courage to take chemo."

"If he said to purée my food, I puréed my food. It was that simple."

The Soft-Spoken Cancer Warrior

Dr. Jorge Perez rubs his eyes, reaches for his glasses and picks up his phone. It's 4 a.m., and one of his patients needs him. So, as he has done for the past 16 years he has been in practice, Dr. Perez takes the call, offers advice to his patient dealing with nausea and makes a note for his staff to check back in 24 hours. Then he goes back to sleep for a few more winks.

GOING ABOVE AND BEYOND

It's just another day in the life of this soft-spoken, deeply committed physician who runs Sierra Nevada Cancer Center (SNCC). Based in Carson City, SNCC also operates satellite offices in South Lake Tahoe, Gardnerville and Fallon. Why set up cancer centers in smaller rural communities? Because Dr. Perez believes in bringing quality cancer care to his patients where they live.

"Fighting cancer is hard work for patients," explains Dr. Perez. "Having to travel hours to a larger city to get the treatment you need is not the best option for many people. We try to make it easier on them."

This Board Certified Oncologist and Hematologist is distinguished in his practice both due to his training and skill, and to his sincere commitment to his patients. In addition to setting up



rural clinics to make care more accessible, Dr. Perez makes himself more accessible – 24/7 accessible, in fact.

Patient Robert Chambers puts it this way, "With most doctors, you call and get an answering service. Dr. Perez takes the calls himself 24/7. It's so unheard of."

EXEMPLARY TRAINING COMPLEMENTS DEEP COMPASSION

The medical training Dr. Perez received covers four continents, three specialties and several decades. He attended medical school in Colombia; completed

internships and residencies in general surgery, internal medicine and pathology in England and at the University of Pennsylvania; and received fellowship training in oncology/hematology at the prestigious MD Anderson Cancer Center in Texas.

But to his patients, it's not the degrees, the training or the board certification that matters. It's his "specialness."

One grateful patient, Dorothy Miller, wrote this: "I believe there is a Saint walking among us. One who by his miraculous thoughts and deeds, saves and enriches the lives he touches. This Saint is 'you' Dr. Perez."

775.883.3336 | sierracancer.com



Like us for information about Dr. Perez and cancer care. Search "Sierra Nevada Cancer."

Sierra Nevada Cancer Center Locations

Carson City

1460 S Curry Street, Suite 100
Carson City, Nevada 89703

Gardnerville

1107 Hwy 395
Gardnerville, Nevada 89410

Fallon

1020 New River Parkway
Fallon, Nevada 89406

South Lake Tahoe

1154 Emerald Bay Road
South Lake Tahoe, CA 96150



We're saving some trees. If you would like to continue getting these newsletters, please sign up for the online version at sierracancer.com. This will be the final printed newsletter.