



WELLNESS SYMPOSIUM KICK OFF

UNIVERSITY *of* WASHINGTON



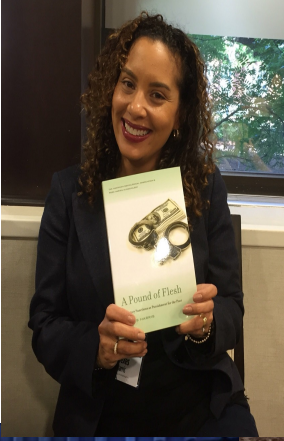
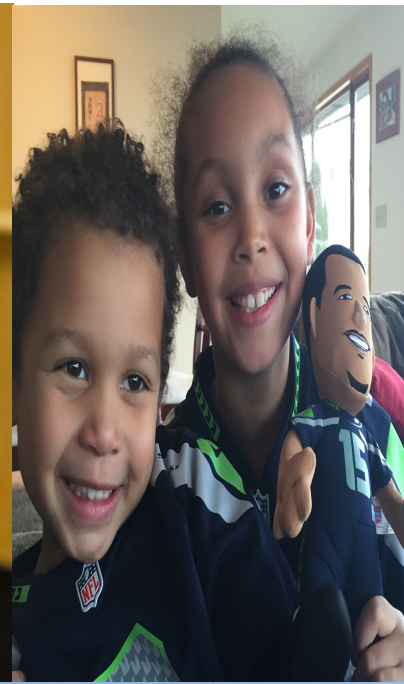
Welcome!

A bit about me....

- > **First Gen Student from Garfield High School**
- > **UW Graduate in 1997, Sociology**
- > **MA and PhD in 2002 from UCLA, Sociology**
- > **20th Year teaching at UW**
- > **Lots of Hats: Professor, Mentor, FAR, FDP Director, Faculty Regent**
- > **Identities: Mama, Wife, Daughter**



My Life Pre-2016





W

May 26, 2016

My Nightmare

- After a year of symptoms, tests, monitoring - **Diagnosed with Myelodysplastic Syndrome (MDS)**
- 18 – 24 months to live
- Needed to put life on hold for at least a year for treatment
- June 27th 2016 – in-patient chemotherapy
- July 2016 – in remission – Needed a Transplant
- September- Oct 2016 – 30 Days in hospital for cord blood stem cell transplant



Racial Disparities in Finding a Match

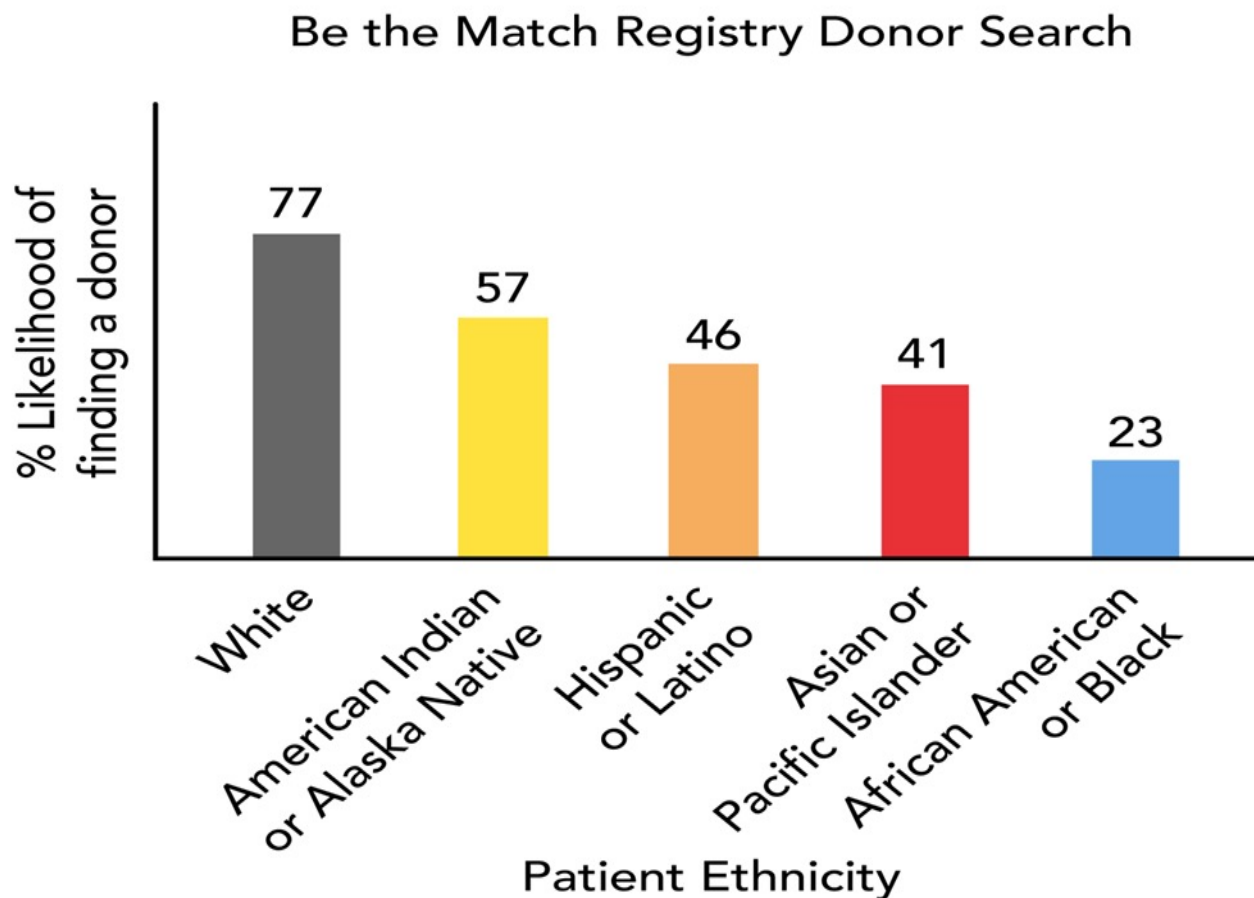


Figure 1: Likelihood of finding a donor. The likelihood of finding a suitable donor is much less likely in the U.S. if the patient is not white. Asian or Pacific Islander Americans, for example, are almost half as likely as white Americans in finding a match. (Data provided by AADP).

Ancestry Matters in Matching (HLA Markers need to be close matches for transplant to work)

Be the Match Registry Members  = 100,000 potential donors

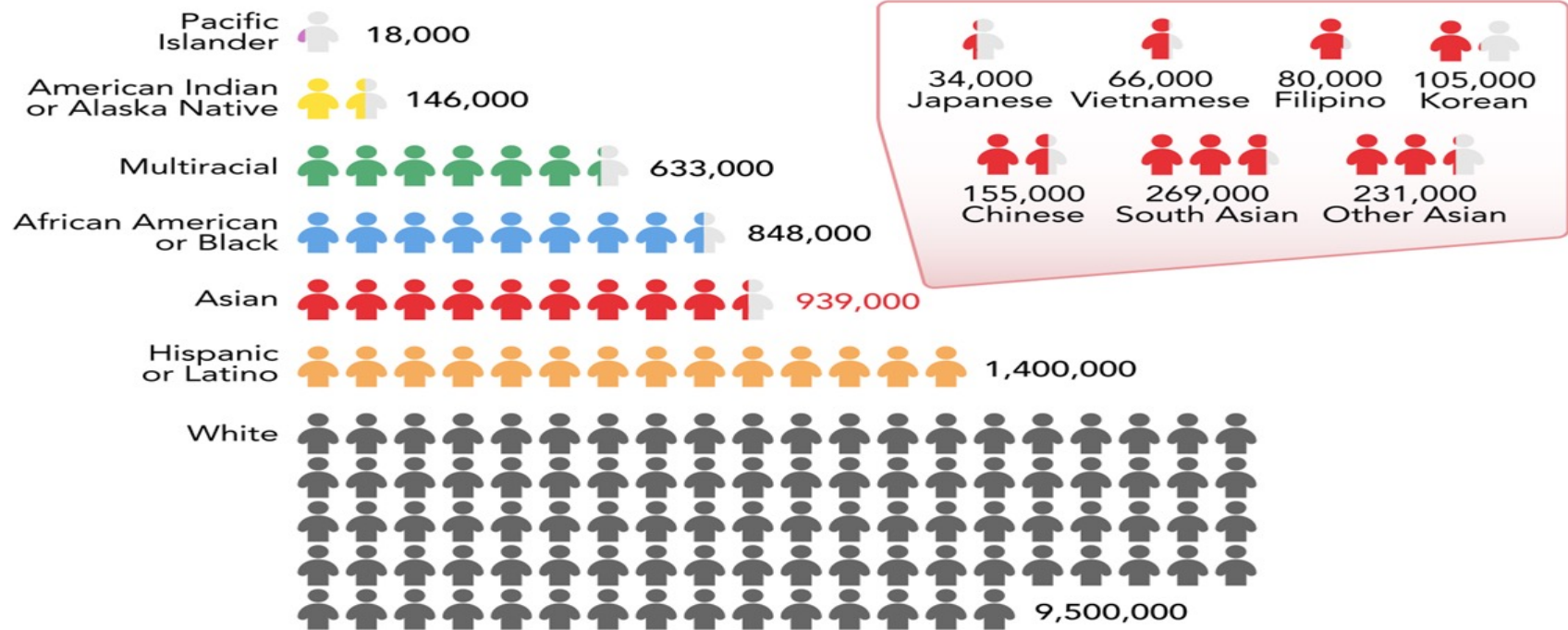
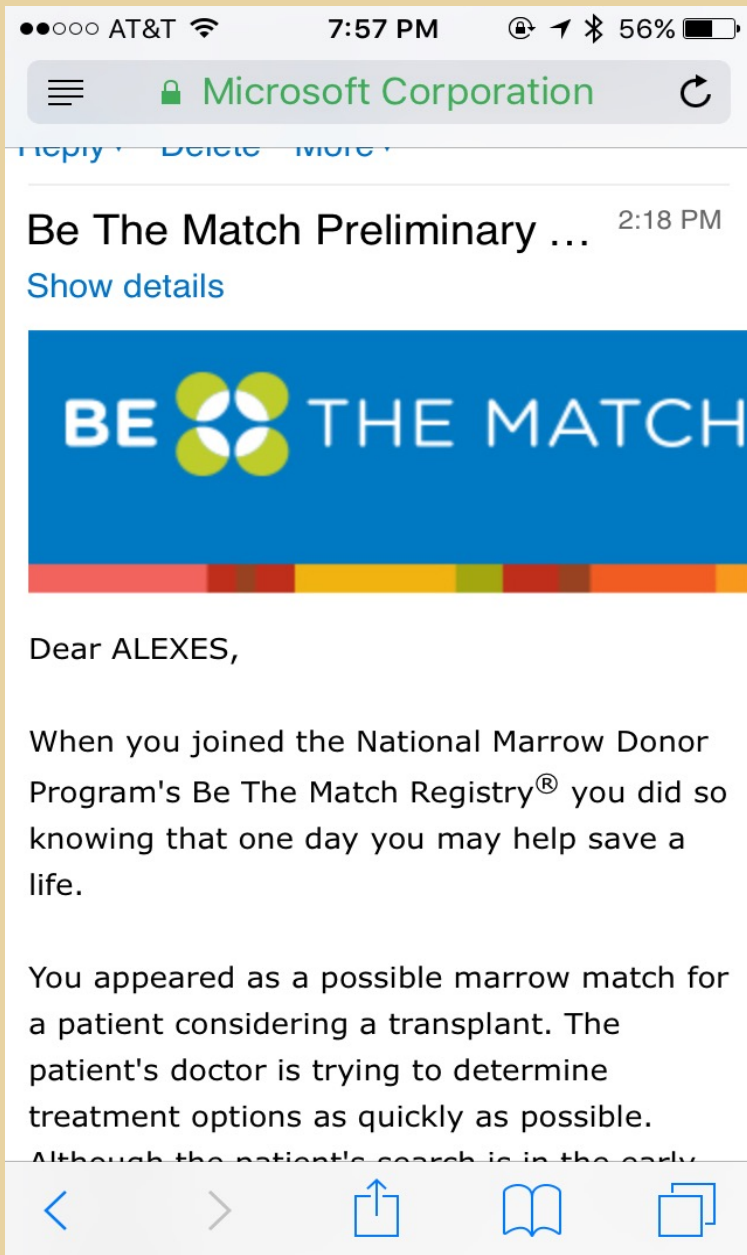


Figure 2: The number of potential donors in 2018, categorized by race. While race is often presented as a handful of categories, these categories aren't specific enough for finding a match. Though there are almost 1 million Asian members, only 80,000 have Filipino ancestry. (Data provided by AADP)

Great article: <https://sitn.hms.harvard.edu/flash/2019/racial-minorities-trouble-with-stem-cell-transplants-a-dearth-of-donors/>



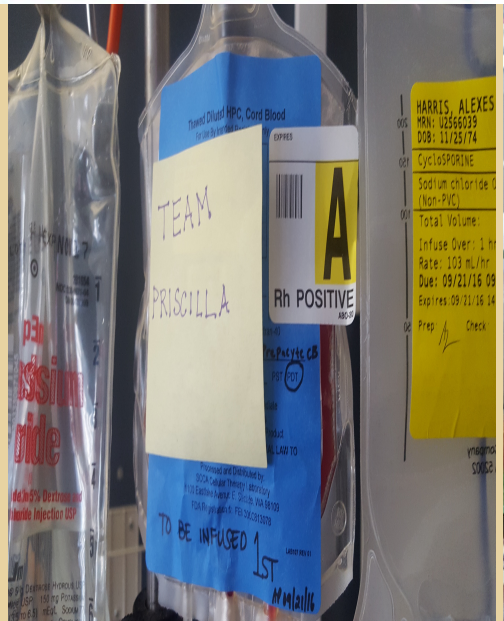
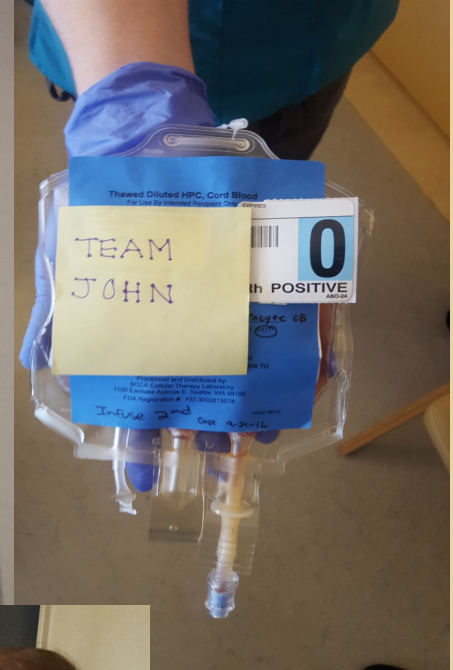
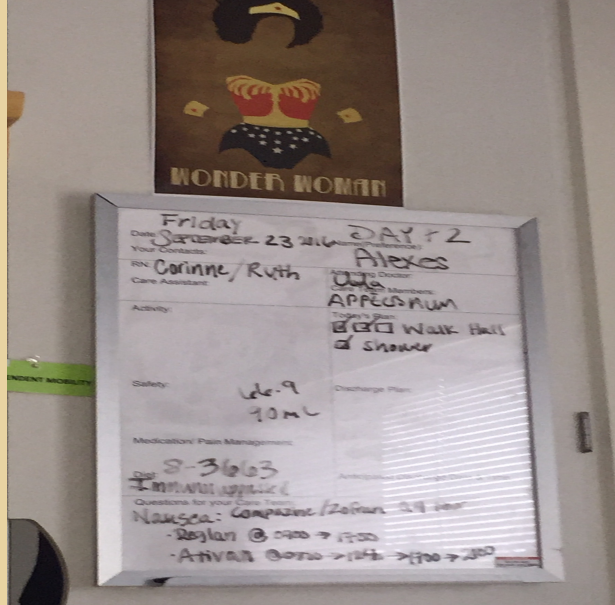
My 20-year-old Self Trying to Save my 40-year-old Self

- **I Didn't Have a Match**
- I couldn't save myself....
- My twin brother wasn't a match
- Two potential donors declined to move forward
- Prepared to do a 6/8 mismatch transplant
- Met Fred Hutch/UW Doc who was PI on clinical trial using donated umbilical cord blood

My Transplant

September 21, 2016

*Do you remember the 21st night of September?
Love was changing the mind of pretenders
While chasing the clouds away.
Our hearts were ringing in the key that our souls were singing.
As we danced in the night, remember
How the stars stole the night away.*



Crucial Life Lessons Me....



1. Wellness is a Journey



- > Not a moment, or something with an end goal
- > Don't measure your wellness on one day or moment, or other's standards
- > Always Do Something: Swimming, Karate, Taebo, Boxing, Sprit Triathlons, Walking, Indoor Cycling, set fun events



1. Wellness is a Journey

- > Because I was physically healthy...**
 - I knew my baseline; I knew something was off**
 - I survived in large part – my good health helped me fight/live**
- > Not just the physical, but also the mental to recognize and be proactive, even advocate**



2. We have to MAKE Our Joy & Wellness

- > Fear of reoccurrence or new cancer
 - No one is promised the next hour
 - Not morbid, but reality

- > Not only CHOOSE my joy and wellness but MAKE it
Strategies:
 - *Happy Place*
 - > *Where is your local and special happy place?*
 - *What does it smell like?*
 - *What does it sound like?*
 - *What does it feel like?*



2. We have to Make Our Joy & Wellness

- > **Fear of reoccurrence or new cancer**
 - No one is promised the next hour
 - Not morbid, but reality

- > **Not only CHOOSE my joy and wellness but MAKE it**
Strategies:
 - *Happy Place*
 - > Vacations set, sports events, massages, reading, work out
 - > Set fun goals (Big Climb, Super sprint triathlon)

 - **Feeling stress or anxiety or not being well Ask myself:**
 - > What do I need in this moment? Who do I need?
 - > My therapist, go for a walk, listen to music, talk with a friend?

3. “GRIND, GRIT, GRACE”



***Grind* = For all your Passions**

- Work hard (put head down and do hard stuff) +
- Play Hard (be present)
- Balance/juggle profession, community, family

***Grit* = Hard moments will come**

- This Too Shall Pass
- Not just fight though, but find support though
- Who do you want to be in these moments?

***Grace* = We do not have to be strong all the time**

- Grace for others - support
- Grace for yourself – slow down, exercise, find places of peace, mental, physical and spiritual health

Quotes to Think about...

“We are Stronger than our Excuses”

Tracy Murillo (cycling instructor)

“My Path my Pace”

Jelani Ince (UW sociology prof)

“How are you MAKING your Wellness?”

Alexis Harris (me)