

# Leukemia Patient on Mission to Complete Pushup for Each Person Diagnosed with Blood Cancer

*Nathan Tirey on-track to complete 176,200 pushups while in clinical trial to treat CLL*

## SOUND BITES

**Courtesy: The Ohio State University Comprehensive Cancer Center–Arthur G. James Cancer Hospital and Richard J. Solove Research Institute**

**CG: Dr. Jennifer Woyach**  
The Ohio State University Comprehensive Cancer Center–Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

Woyach explains CLL treatment advancements over the past  
*“There’s been huge improvements in CLL therapy over the past decade and really even a shorter time than that. One of the biggest advances has been a paradigm shift from using chemotherapy primarily for CLL to using targeted therapies for most people who need treatment.”*  
:19

Woyach says new treatment options work well and allow people to live their lives:

*“We’re going to find something that works well for you and we’re going to find something that is tolerable for you and I expect that you’re going to do all your normal activities on treatment. If you work full time, you’re going to continue to work full time. If you babysit your grandkids every day, you’re going to babysit your grandkids every day. And if you want to go on that cruise around the world next year, you’re going to be able to do that.”* :20

Woyach says Nathan’s push-ups inspire other cancer patients:  
*As well as bringing awareness, I think it also motivates people who might be in the same condition, maybe newly diagnosed with CLL, newly diagnosed with another blood cancer and be fearful about what lies ahead for them. And to be able to see somebody who is undergoing treatment, who is feeling so well that they can do over 500 pushups a day, I think can be really inspiring.”* :22

Woyach says awareness fuels research and new therapies:  
*“The goal is to get people thinking about this and doing things that are going to really help everybody. And so maybe that’s convincing somebody else to participate in a clinical trial. Maybe that’s convincing somebody to ride in Pelotonia and help us fundraise so that we can do more research to find better therapies for disease.”* :22

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Nathan describes the clinical trial he is a part of:  
*“I’m in the two drug combination arm of that study and so we’re testing ibrutinib, which is a daily pill and open obinutuzumab, which is an infusion that you get over the course of six months. And so that’s the arm I’m in. It’s*

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**CG: Nathan Tirey**  
**Raising awareness for blood cancers**

*actually working really well. I'm really happy with how it's going so far." :19*

Nathan says the number of pushups brings awareness to how common blood cancer is:

*"I really want to raise awareness and just doing that amount of pushups really drives home the fact that there's a lot of people that get this. There's a lot of folks, old, young, men, women. So I really wanted to honor them and myself by doing this." :19*

Nathan says cancer will not change who he is:

*18:31:40 "We've just got to put one foot for the other and we got to kind of just keep living our lives, not change who we are, we just want to...I have cancer, I'm not going to let that change who I am and I'm going to fight it every day. And the push-ups are symbolic of that." 18:31:56 :16*

Megan said their doctors recommended going to The James for treatment:

*"We got diagnosed in the ER and he said, 'The first thing you're going to want to do is go to The James. Because they do this, they specialize, they know exactly what they're doing. And that's the first place you want to go.'" :12*

Megan says pushups give Nathan energy while inspiring others:

*"this kind of gives him that energy, gives him the endorphins and documenting this and posting it on sites that for people who have CLL, it gives them hope that I can get out of bed and I can do something." :16*

**CG: Megan Tirey**  
**Nathan's wife**

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