

April Cancer Awareness News

April 1, 2022



Key Facts about April Cancer Awareness

Cancer Control Month

One goal of cancer control month is early detection. Many people have [missed cancer screenings](#) during the time of the pandemic. We can all help spread the word about resuming cancer screenings.

NCI [Surveillance, Epidemiology, and End Results \(SEER\)](#) program provides information on cancer statistics in an effort to reduce the cancer burden among the U.S. population. You can get information about Texas cancer statistics at the [Texas Department of State Health services](#) and American Cancer Society's [cancer statistics center](#).

Young Adults and Cancer

Cancer is the leading cause of disease-related death in young adults (ages 20-39). See the separate post [here](#) for more details.

Minorities and Cancer

Cancer affects each minority population differently and minority groups in the United States bear a greater burden for many cancers. In the US, African Americans have the highest overall risk for cancer. Ashkenazi Jews, Jewish people of eastern and central European ancestry, have a 1 in 40 risk of mutations in the BRCA1 or BRCA2 genes that cause breast, ovarian, prostate and pancreatic cancers. While you cannot change your race or ethnicity, you can be more aware of your risks, take preventative measures and seek genetic counseling when appropriate. Get more information at [American Cancer Society](#), [CDC](#) and the [Office of Minority Health](#).

Esophageal Cancer

[Esophageal cancer](#) is linked to tobacco use, alcohol abuse and longtime reflux disease (GERD). Report problems to your doctor such as difficulty swallowing and frequent or prolonged



heartburn if over the counter medications do not improve symptoms in two weeks. Learn more how you can raise awareness from the [Esophageal Cancer Action Network](#).

Oral, Head and Neck Cancer

Oral, head and neck cancers are caused by tobacco use, excessive alcohol use and the human papillomavirus (HPV). You can check your head and neck yourself by using the [self-exam guide](#). See your doctor if you have a lump in your neck, a growth in your mouth, swallowing problems or a change in your voice. To learn more go to [ENT Health](#) and see the patient resource guide for [Head and Neck Cancers](#).



Oral and Dental Care

[Oral and dental health](#) is important for many reasons and some of these reasons are related to cancer. Part of your dentist's job is to check your mouth for oral cancer, so go routinely to get your teeth cleaned and examined. Patients diagnosed with cancer should visit their dentist before starting treatment. Oral mucositis (mouth sores) and dry mouth are common side effects of some cancers and cancer treatment.

Testicular Cancer

[Testicular cancer](#) is most common in young and middle-aged men, with the average age of diagnosis being 33. Though not as common, it can develop in children and older men. This is a very survivable cancer especially when caught early. Monthly [self-exams](#) are recommended starting at the age of puberty. Symptoms include a lump, swelling and/or aching in a testicle. Breast soreness can also be a symptom. To help teen boys learn how to do a testicular self-exam see the slideshow at <https://kidshealth.org/en/teens/tse.html>.



The Testicular Cancer Awareness Foundation will have a virtual testicular cancer conference April 20th & 21st, 2022. Get details at www.testicularcancerawarenessfoundation.org/virtual-tcc-april-2022.

Tobacco Advocacy

[Take Down Tobacco](#) is a national day of action that empowers people to stand up and speak out against the tobacco industry.



See the full calendar on the [Cancer Awareness](#) page.

Celebrating the Cancer Team

Celebrating [cancer registry](#), [occupational therapists](#), [transplant nurses](#), volunteers and [wound, ostomy and continence \(WOC\) nurses](#) this month.



Spotlight on Occupational Therapy

Occupational therapy is a service that can be beneficial for patients going through cancer treatment. Occupational therapists improve a patient's quality of life by helping them manage problems with activities of daily living. Examples of this include helping patients having trouble grasping items due to neuropathy from chemotherapy. They can also educate patients on ways to conserve energy when battling fatigue. Occupational therapy is an important part of Oncology Rehab.

Resources for You and Your Patients

1. CancerCare has [support groups](#) for young adults and African Americans with triple negative breast cancer
2. [Cancer Support Community North Texas](#) has networking groups for teens who have a family member with cancer and African American women breast cancer survivors (Sisters group)
3. Livestrong has a [fertility program](#) dedicated to providing reproductive information, resources and financial support to survivors whose cancer and its treatment present risks to their fertility



4. [American Cancer Society](#) and [Medline Plus](#) have cancer information for patients in multiple languages
5. [Smart Patients](#) has online communities for esophageal cancer, head and neck cancer, testicular cancer, young adults with cancer and more
6. [Support for People with Oral, Head and Neck Cancer \(SPOHNC\)](#) is a nonprofit organization involved in the development of programs of support for people with these cancers

Quotable Quotes



"It is time for parents to teach young people early on that in diversity there is beauty and there is strength." - Maya Angelou

"A lot of different flowers make a bouquet." - Muslim Origin

Mark your Calendar

The next North Texas regional navigator network meeting will be on Tuesday May 10th at 6:00 pm. Details to be released at a later date.



Have a happy April!



- DFW Oncology Navigators
<https://dfwnavigators.nursingnetwork.com/>