

May Cancer Awareness News

April 29, 2022



Key Facts about May Awareness

Skin Cancer and Melanoma

It is currently estimated that **one in five** Americans will develop skin cancer in their lifetime. [Melanoma](#) is the least common but most deadly form of skin cancer. Skin cancer can be prevented and identified in early stages. Monday May 2nd is [Melanoma Monday](#), a day to check your skin for suspicious spots. Remember to use the [A,B,C,D,E](#) rule to examine your spots. [Don't Fry Day](#) is May 27th, a reminder to protect your skin before the Memorial Day weekend. Learn more about skin cancer and get shareable information at www.aad.org/public-health/skin-cancer-awareness.



Brain Cancer

Brain tumors occur in people of all ages. A little less than one third of brain tumors are malignant. Almost half of the malignant brain tumors are Glioblastomas. Get more information at <https://braintumor.org/>.



Bladder Cancer

[Bladder cancer](#) occurs most often in men and women over the age of 55. Smokers are at least 3 times as likely to get bladder cancer as non-smokers. Signs and symptoms include pain and/or blood with urination, feeling urgency even when your bladder isn't full, having trouble urinating or having a weak urine stream. Get all the facts at www.cancer.org/cancer/bladder-cancer.html.



Mental Health and Cancer

A cancer diagnosis can have a huge impact on the mental health of patients and their loved ones. See the Mental Health and Cancer post [here](#).



Physical Fitness and Cancer

Physical activity is important, not just for the prevention of cancer and cardiovascular disease, but also to keep people healthy during and after cancer treatment. Physical activity can also reduce fatigue. The [American Cancer Society](#) recommends (for adults) at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these) preferably spread throughout the week. It is also recommended to limit sedentary behavior such as sitting too long at work or watching TV.



Aging and Cancer

According to the National Cancer Institute, advancing age is the biggest risk factor for cancer overall and for many individual cancer types. While cancer can happen at any age, the median age of a cancer diagnosis is 66 years. One-quarter of new cancer cases are diagnosed in people aged 65 to 74. As people age they are more likely to have comorbidities and may be on multiple medications. Older patients have a higher risk for falls and treatment complications. They also have more fragile skin, making them at higher risk for skin problems related to pressure, moisture, and side effects from treatments. See [Health in Aging](#) for more information. [AARP](#) is also a great resource for patients 50 and over.

Women and Cancer



[Women's Health Week](#) starts May 8th and Women's Checkup Day is Monday May 9th. Cancers that most often affect women are breast, colorectal, endometrial, lung, cervical, skin, and ovarian cancers. Get the facts at www.cancer.org/healthy/cancer-facts/cancer-facts-for-women.html

Clinical Trials and Research

Clinical research helps find new and better ways to detect, diagnose, treat, and prevent disease. Types of clinical research include clinical trials, which test new treatments for a disease, and natural history studies, which collect health information to understand how a disease develops and progresses over time. - (NCI)

[Clinical trials](https://clinicaltrials.gov/) are vital to the advancement of cancer treatment. Find out more at <https://clinicaltrials.gov/>.

Hepatitis Testing



Hepatitis B and C are risk factors for getting liver cancer. Millions of Americans have chronic viral hepatitis; most of them do not know they have it. The goal of **Hepatitis Testing**

Day is to help raise awareness of hepatitis B and hepatitis C and to encourage more individuals to learn their status. Did you know all adults should be screened for Hepatitis C at least once? Get details on the [CDC](https://www.cdc.gov/) website.

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

Celebrating the Cancer Team

Celebrating the Oncology Team in May: nurses/oncology nurses, hospital employees, research nurses and speech pathologists.



Spotlight on Oncology Nursing

May is [Oncology Nursing Month](#). The theme is *Hands and Hearts of Hope*. Celebrate *all* of the nurses on the patient's cancer team: the oncology inpatient nurses, APNs, Oncology Nurse Navigators, oncology coordinators and educators, case managers, office nurses,



infusion nurses, radiation nurses, nurse leaders and all of the other nurses who help along the way.

Resources for your Patients

1. [FitSteps for Life](#) has some in person programs and many online exercise videos.
2. [Cancer Support Community North Texas](#) has free virtual classes to keep cancer patients and their families fit and relaxed. They also have recorded presentations on their [Facebook page](#).
3. [The Hopemore Spa](#) offers oncology spa services in downtown Dallas and will help clients with wig fitting (they do not have wigs, clients need to bring them).
4. [Patient Resource](#) has guides for bladder cancer, brain tumors, melanoma and clinical trials.



Upcoming Education & Events

Men's Health Webinar from Texas Oncology Foundation. May 3, 2022 at 11:00 am. Get more details and register [here](#).

The next **North Texas Regional Navigator Network meeting** will be on Tuesday May 10th at 6:00 pm. Get more details [here](#).



There is a free **Skin Cancer Screening** event on May 14th at Texas Oncology Ft. Worth. Get details at <https://dfwskincancerscreening.org/>.

Nurses Month Free Live Virtual Event May 18, 2022 – 12:00 p.m. CST. Get details at <https://nursesmonth.org/you-make-a-difference/>.

A Review of CAR T-cell Therapy in Cancer May 26, 2022 12:00-1:00 CST
Provided by Coram – free CEs
www.coramhc.com/providers/webinars
ACPE (1.0), CCM (1.0), RN (1.0)

On Demand:

Patient Navigator Training Collaborative

<https://patientnavigatortraining.org/courses/webinars/>



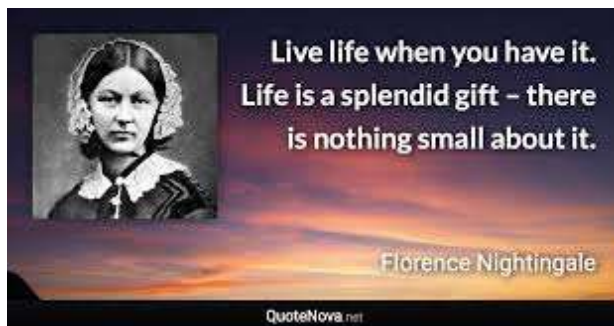
Nursing Quotable Quotes

Quotes from [Florence Nightingale](#), the mother of modern nursing:

"The very first requirement in a hospital is that it should do the sick no harm."

"Let us never consider ourselves finished nurses....we must be learning all of our lives."

"Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts."



- DFW Oncology Navigators

<https://dfwnavigators.nursingnetwork.com/>