

# July Cancer Awareness News

June 30, 2022

## Key Facts about July Awareness

### Sarcoma

[Sarcoma](#) is a type of cancer that can develop in the bone (osteosarcoma) or soft tissue (muscle, connective tissue, fat, blood vessels). Sarcomas can occur in children and adults.



Some soft tissue sarcomas are specific to an area such as [GI Stromal tumors \(GISTs\)](#) are specific to the GI tract. There are smooth muscle sarcomas, which can form anywhere but are more common in the abdomen and uterus like Leiomyosarcoma and Leiomyoma. Liposarcoma is one of the most common types of soft tissue sarcomas and arises from the fat cells.

See the full calendar and resources on our [website](#).

## Promoting Patient Independence

Independence Day is a good time to remember the importance of independence in our patients' lives. A loss of independence can trigger a number of emotions like anger, fear, guilt, and depression (NIH).



Patients lose independence in many ways:

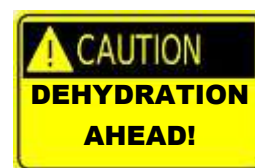
- Physical and cognitive changes from the effects of cancer and cancer treatments. These side effects include fatigue, weakness, peripheral neuropathy, chemo brain and pain.
- Muscle loss and decreased strength can occur quickly in patients who are hospitalized or malnourished.
- Having to learn and master a new skill, such as ostomy, drain or feeding tube care.
- Reduced amount of control, especially in hospitalized patients. They are not on their time, but rather on the time of the healthcare professionals who are caring for them. Many decisions are made for them, not with them.

Use the Eight E's to help patients achieve and maintain independence.

1. Express [empathy](#) for your patients and be mindful of their loss of independence. Take time to listen to them, validate their feelings and provide emotional support
2. [Educate](#) patients about their cancer and treatment options. Help them learn new skills. Start discharge teaching as early as possible with the goal of helping them achieve self-care in a non-rushed manner.
3. [Engage](#) patients by involving them in decision and goal making. Invite them to be an active and collaborative partner in their care. Give them choices whenever possible. Find out what motivates them and help them set realistic goals.
4. [Empower](#) patients to ask questions, advocate for themselves and make shared decisions with their medical team. Give them the tools to do this such as printed tips and pre-made questions.
5. [Encourage](#) patients to stay on track with their goals and treatment regimens. Boost their confidence by praising their efforts, whether big and small.
6. Establish and maintain an [environment](#) of physical and emotional support and safety.
7. [Eliminate](#) any physical, emotional, social or practical barriers that may impede independence.
8. Enlist the [experts](#) from the multidisciplinary team to help patients gain and maintain independence.

## The Heat is On! ☀

It's officially summer and we've already had many scorching days. Patients going through cancer treatment and with certain conditions, such as [ileostomies](#) and draining wounds, are at higher risk for dehydration.



Educate patients about [dehydration](#). Give them printed information on how to hydrate well, what the signs and symptoms of dehydration are and when to seek medical attention. Oncolink has a handout on [Preventing Dehydration During Cancer Treatment](#).

### Summer Tip Blogs:

- ☀ [Six tips for navigating the challenges of summer](#)
- ☀ [Staying safe in the summer heat](#)
- ☀ [Summer Tips for Cancer Patients](#)

## Resources for you and your patients

1. [CDC Travel](#) and [TSA](#) transportation updates and resources
2. [NCCN patient book](#) on sarcoma and [Patient Resource](#) has a guide for sarcoma
3. [Summer Safety Tips](#) (National Safety Council)

## Upcoming Education & Events



**CancerCare Mindful Moments: Meditation**  
July 6, 2022 at 3:00 pm CST. Get details [here](#).

### **Cancer Support Community North Texas Webinars**

<https://cscnt.gnosishosting.net/Events/Calendar>

NCCN has a new on-Demand course: **Developing Oncofertility Program for Pre-Pubertal, Adolescent, And Young Adult Patients**  
<https://education.nccn.org/node/91975>

### **Triage Cancer Webinars**

<https://triagecancer.org/events>

### **UOAA 2022 Virtual Ostomy Symposium**

August 13, 2022 @ 10:30 AM - 5:30 PM.

Registration is open at [www.ostomy.org/event/uoa-2022-virtual-ostomy-symposium/](http://www.ostomy.org/event/uoa-2022-virtual-ostomy-symposium/)

## Quotable Quotes

*What is Success?*

*To laugh often and much:*

*To win the respect of intelligent people and the affection of children,*

*To earn the appreciation of honest critics and endure the betrayal of false friends;*

*To appreciate beauty,*

*To find the best in others,*

*To leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition;*

*To know even one life has breathed easier because you lived.*

*This is to have succeeded.*

- Ralph Waldo Emerson



*O beautiful for spacious skies,  
For amber waves of grain,  
For purple mountain majesties  
Above the fruited plain!  
America! America!  
God shed His grace on thee,  
And crown thy good with brotherhood  
From sea to shining sea!*

- by Katherine Lee Bates

# Happy



# July!

- DFW Oncology Navigators

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