

# August Cancer Awareness News

August 1, 2022



## Key Facts about August Awareness

### Appendix Cancer

The appendix is a small pouch attached to the beginning of the large intestine. Once thought to have no purpose, now research suggests its function is to protect good bacteria in the gut.

Cancer in the appendix is rare and often found after an appendectomy for appendicitis. There are two major types of appendix cancer.

- Approximately half of appendix cancers are neuroendocrine tumors (carcinoids), which need treatment other than surgery.
- Appendiceal adenocarcinomas are the other main type of appendix cancer. They develop from the cells in the lining of the appendix. These cells help make a jelly-like substance called mucin. Mucin protects the lining of the stomach, intestines, and appendix. When mucin from the appendix builds up in the abdomen, it causes a condition called pseudomyxoma peritonei, or PMP. (National Cancer Institute). [Hyperthermic Intraperitoneal Chemotherapy \(HIPEC\)](https://acpmp.org/) is a treatment sometimes done for these more serious cancers. Get more details at <https://acpmp.org/>.

### Immunizations

Immunizations have been a hot topic in the last few years due to COVID-19. Immunizations can also help prevent certain cancers caused by viruses. Human papillomavirus (HPV) is a risk factor for cervical, vaginal, penile, anal and mouth/throat cancers. Hepatitis B (HBV) is a risk factor for liver cancer. There are immunizations available for these two viruses. There are also immunizations recommended to protect cancer patients. such as the yearly flu vaccine and vaccines for people before spleen removal. Get more details by visiting the [CDC](https://www.cdc.gov/) website and see NCCN's [new guide for vaccinations and people with cancer](#).

### Medic Alert Month

[MedicAlert Awareness Month](#) is observed in August. People should have a [medical alert bracelet](#) for many reasons including: chronic medical conditions, allergies that can cause anaphylaxis, having a port, missing organs (like spleen removal), communication problems and taking blood thinners and other medications that may impact treatment.

### Hair Loss

August is National Hair Loss awareness month. Hair loss is a common and concerning side effect for cancer patients. There can be a very emotional side to it. There are ways to minimize and cope with hair loss. Get more information from [American Cancer Society](#) and see the ONS Blog: [Scalp Cooling Promotes Regrowth](#)

### Grief Awareness



National Grief Awareness Day is August 30. People experience grief in different ways and for different reasons. In addition to a loved one dying, anticipated grief, loss or change of a body part (including mastectomy, amputation and ostomy creation) and loss of normalcy can cause grief.

From [Healgrief.org](https://healgrief.org/):

For those of us experiencing grief, if we accept that it is a part of our current life experience, we can progress to permitting ourselves to grieve. Permission to grieve does so much to lighten the load and allow us to flow into a new reality where grief changes our lives profoundly. If someone you love is experiencing grief, you must accept that grief exists and that it is a personal journey for the person experiencing it – and not something that requires judgment or any action to “fix” it.

All too often, those experiencing grief often feel that they aren't allowed to grieve and are judged when doing so. There is no expiration date on grief, and after a set amount of time, those of us grieving a death loss won't merely “get over it.” Grief is a highly personal journey that each person is on for the rest of their life. Sometimes the feelings and memories come back in waves

It is critical that we, as a society, do not put added pressure on those who are grieving. There are so many ways to support grief awareness. If you know

someone is grieving, offer to be there for them – no judgment.

#### Resources

- [CancerCare Greif and Loss](#)
- [Good Therapy](#)
- [Grief and Loss Center of N Texas](#)
- [GriefShare](#) list of churches offering support
- [Journey of Hope Grief Support Center Inc.](#)
- [WebMD Grief beyond stages](#)

#### The Benefits of Cats and Dogs



August 8 is International Cat Day and August 26 is National Dog day. These furry creatures bring unconditional love into our lives. They

can reduce stress, anxiety and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health ([HelpGuide](#)). Both cats and dogs are credited in finding cancer in their humans.

#### Celebrating the Cancer Team:

Celebrating [Health Unit Coordinators \(HUCs\)](#) on August 23-29.



#### National Back to School Month

Do you need CEs for your certification or oncology accreditation programs? Go to our cancer education page [here](#) and see our education for oncology nurses and navigators document [here](#).

#### Resources for you and your Patients



1. The [Hopemore Spa](#) has podcasts on wigs and will help women with fitting a wig.
2. [Motherless Daughters](#) has books, support and retreats for women who have lost their mothers at any stage of their lives.
3. [Frankly Speaking: What do I tell the Kids?](#) – a booklet from Cancer Support Community
4. Creatures Against Cancer [www.creaturesagainstcancer.org](http://www.creaturesagainstcancer.org) their mission is "to bring happiness, peace and comfort to cancer patients and survivors".

They offer pillows, capes and therapeutic pillows, meal prep and delivery (for patients and immediate family), financial assistance and hoping to eventually "create a space for cancer patients to visit for a comfortable retreat."

#### Upcoming Education & Events

##### Cancer and Careers upcoming webinars

[www.cancerandcareers.org/en/community/events](http://www.cancerandcareers.org/en/community/events)

##### Triage Cancer

##### Insurance & Finance Intensive

**Virtual** programs on September 22 and November 3, 2022. Get details and register at

<https://trriagecancer.org/cancer-insurance-finance-intensive-training-program>

#### Quotable Quotes

Quotes about education in honor of Back to School month.

*Tell me and I forget. Teach me and I remember. Involve me and I learn. –Benjamin Franklin*

*Education is the kindling of a flame, not the filling of a vessel. –Socrates*

*The more that you read, the more things you will know. The more that you learn, the more places you'll go. –Dr. Seuss*

# Happy



- DFW Oncology Navigators

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