

# September Cancer Awareness News

September 1, 2022



## Key Facts about September Awareness

### Gynecologic Cancers

The main types of gynecologic cancers: cervical, ovarian, uterine (endometrial), vaginal, vulvar and fallopian tube. Uterine cancer is the most common. Ovarian cancer is the hardest to detect and is the 5<sup>th</sup> leading cause of cancer-related deaths in women. Cervical cancer is the most preventable gynecologic cancer with recommended screening (pap smear) and HPV vaccination. All women should go for routine health checks. Learn all the facts at [National Ovarian Cancer Coalition](#), [Foundation for Women's Cancer](#) and the [CDC](#).

### Prostate Cancer

Prostate cancer is the most common non-skin cancer in men. 1 man in 9 will be diagnosed with prostate cancer during his lifetime. It is the second leading cause of cancer death in American men but it is very survivable when detected and treated early. Prostate cancer is more likely to develop in older men and in African-American men. - [Prostate Cancer Foundation](#). See the [prostate cancer fact sheet here](#).

### Blood Cancers

Leukemia, lymphoma, myeloma and myelodysplastic syndromes (MDS) are types of cancer that can affect the bone marrow, the blood cells, the lymph nodes and other parts of the lymphatic system. It is estimated that almost 10 percent of new cancer cases in the US in 2021 will be a blood cancer. - [Leukemia and Lymphoma Society](#). See the document, [where do blood cancers develop](#).

### Resources:

[Hematology Advisor](#)

[Leukemia and Lymphoma Society](#)

[Lymphoma Research Foundation](#)

### Childhood Cancer

Cancer is the number one cause of death by disease among children. Leukemia, lymphoma, brain cancer and bone sarcomas are common types of cancer in children. It is reported that up to 95 percent of childhood cancer survivors have a chance of developing chronic health problems and secondary cancer due to their cancer treatments as a child. - [National Pediatric Cancer Foundation](#)

### Thyroid Cancer

Thyroid cancer is the most common endocrine cancer. It is more common in women than in men. Many patients, especially in the early stages of thyroid cancer, do not experience symptoms. However, as the cancer develops, symptoms can include a lump or nodule in the front of the neck, hoarseness or difficulty speaking, swollen lymph nodes, difficulty swallowing or breathing, and pain in the throat or neck. - [ThyCa](#). See the [NeckCheckCard](#) and [Check your Neck campaign](#).

### Hereditary cancer

[National Hereditary Breast and Ovarian Cancer Week and National Previvor Day](#) is an annual event. It is estimated that up to 25% of ovarian cancers are due to hereditary factors and approximately 10% of breast cancers are hereditary. A cancer previvor is a person who takes action to reduce or eliminate a genetic cancer before the cancer develops or is detected. See [Facing Hereditary Cancer Empowered](#) and the [Family history and cancer document](#) for more information.

### Mesothelioma

Mesothelioma is a rare cancer caused by exposure to asbestos. It most commonly occurs in the lungs (pleural) or abdomen (peritoneal). Treatment for people with peritoneal mesothelioma includes Hyperthermic Intraperitoneal Chemotherapy (HIPEC) combined with cytoreductive surgery to remove visible tumors. - [Mesothelioma.com](#)

## Sepsis and Cancer

Sepsis is the body's often deadly response to infection. The risk of developing sepsis is increased 10 times by the presence of any type of cancer. More than 1 in 5 sepsis hospitalizations is cancer-related.

The rate of severe sepsis in patients with hematologic (blood) tumors is almost 9 times higher than the rate in patients with solid tumors, such as colon cancer or breast cancer. Severe sepsis is associated with 5% of all cancer deaths. Cancer survivors have more than double the risk of developing sepsis compared to patients without a history of cancer.- [Sepsis Alliance](#). See the [cancer, infection and sepsis fact sheet](#).

## Cancer Rehab

Cancer treatment can be accompanied by significant pain, fatigue and disability during any part of their journey. There are many cancer rehabilitation programs in the area that are staffed by a group of trained therapists who can help patients cope with a variety of cancer-treatment related symptoms including fatigue, weakness, lymphedema, balance problems and swallowing problems.

### Local Programs include:

ReVital

[www.revitalcancerrehab.com/](http://www.revitalcancerrehab.com/)

Medical City Healthcare

<https://medicalcityhealthcare.com/specialties/physical-therapy-and-rehabilitation/>

Texas Health Resources

[www.texashealth.org/Health-and-Wellness/Rehabilitation/Oncology-Rehabilitation](http://www.texashealth.org/Health-and-Wellness/Rehabilitation/Oncology-Rehabilitation)

### Resources:

[Academy of the American Physical Therapy Association Oncology](#)- get fact sheets at <https://oncologypt.org/oncology-for/> and [American Occupational Therapy and Oncology](#)

## Malnutrition

Cancer and cancer treatments may affect taste, smell, appetite, and the ability to eat enough food or absorb the nutrients from food. This can cause malnutrition, which is a condition caused by a lack of key nutrients. Anorexia and

cachexia are common causes of malnutrition in cancer patients. Anorexia is the loss of appetite or desire to eat. Anorexia may occur early in the disease or later, if the cancer grows or spreads. Cachexia is a condition marked by weakness, weight loss, and fat and muscle loss. It is common in patients with tumors that affect eating and digestion. It can occur in cancer patients who are eating well, but are not storing fat and muscle because of tumor growth. -NCI

### Resources:

- [Abbott Nutrition Health Institute](#) malnutrition information and CE courses. [Certificate of Training in Adult Malnutrition](#) is an available CE certificate program from ANHI.
- [Boost Oncology](#)
- [Intelligent Nutrition Assistant \(INA\)](#) is a secure and free texting service that provides nutrition advice for cancer patients
- [Oncology Malnutrition infographic](#)

## Celebrating the Cancer Team:

Clinical nurse specialists (1-7), pediatric hematology/oncology nurses (8), nephrology nurses (12-20) and nurses in staff development (14-18).



## Diversity: Hispanic Heritage Month

[Hispanic Heritage Month](#) is September 15-October 15.

- Cancer and Hispanic Americans <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=61>
- Cancer Healthcare Disparities in the Latino Population <https://cinj.org/research/cancer-healthcare-disparities-latino-population>
- Disparities in Hispanic Care [www.ons.org/cjon/23/3/disparities-hispanic-care](http://www.ons.org/cjon/23/3/disparities-hispanic-care)

## Resources for you and your Patients

1. [American Cancer Society](#) has information on all types of cancers, screening info and more
2. [CancerCare](#) has online support groups for blood, gynecologic and prostate cancers



3. [CDC](#) has information and educational materials for [sepsis](#) and [gynecologic](#) and [prostate](#) cancer
4. [Oley Foundation](#) has enteral/parenteral nutrition info including troubleshooting guide, articles, tips and equipment exchange program and support groups
5. [ONS assessment tools](#) has tools for pain, fatigue and more
6. Patient Advocate Foundation has [carelines](#) for rare diseases and prostate cancer.
7. [Patient Resource](#) has information on blood, gynecologic and prostate cancers

See Online Cancer Awareness Resources on our [Cancer Awareness](#) page and our [site-specific](#) resource page.

## Upcoming Education & Events

Saturday September 17th  
10am to 1pm (lunch included!): **Celebracion de la Sobrevivencia – a Hispanic Cancer Survivors Celebration** to kick off Hispanic Heritage Month. Get details [here](#).



**Infections in Oncology: Management of Febrile Neutropenia** 09/21/2022, 12-1 pm  
CCM (1.0), RN (1.0)  
[www.coramhc.com/providers/webinars](http://www.coramhc.com/providers/webinars).

**North Texas Giving Day** 9/22/22. Give to your favorite cancer or other charity.  
<https://www.northtexasgivingday.org/giving-events/ntx22>.

**Triage Cancer Insurance & Finance Intensive**  
Virtual programs on September 22 and November 3, 2022. Get details and register at <https://trriagecancer.org/cancer-insurance-finnce-intensive-training-program>.

Dallas Chapter of ONS: **FALL EDUCATION EXTRAVAGANZA!** September 27, 5-8 pm at the Doubletree Hilton Dallas. Get details about this events and others at <https://communities.ons.org/dallas/events/recentcommunityeventsdashboard>.

## Sepsis Alliance

[Sepsis Alliance Summit](#) is September 28-29.

Saturday October 1st 8:30am to 11:30am:  
**Jeanice Jane's Breast Cancer Survivors Retreat**. Get details at [here](#).

**Making Strides against breast cancer of North Texas** October 15, get details [here](#).

**Light the Night** [www.lightthenight.org/](http://www.lightthenight.org/)

The light and warmth that The Leukemia & Lymphoma Society generates delivers hope in a time of despair, connection in place of loneliness, and life-saving research and support for cancer patients and their families.

- [Dallas](#) October 22, 2022
- [Collin County](#) October 23, 2022
- [Tarrant County](#) November 6, 2022

NCCN has nursing [CEs](#).

## Quotable Quotes

Quotes from Angelina Jolie, probably the most famous cancer previvor.

*"I do not feel any less of a woman. I feel empowered that I made a strong choice that in no way diminishes my femininity."*

*"I think our scars remind us of what we have overcome. They are part of what makes each of us unique. That diversity is one of the things that is most beautiful about human existence."*

# Happy



- [DFW Oncology Navigators](#)