

October Cancer Awareness News

September 30, 2022



Key Facts about October Awareness

Breast Cancer

Excluding skin cancer, breast cancer is the #1 diagnosed cancer in women. Though far less common, men get breast cancer too. Breast cancer is not always detected as a lump; it sometimes presents as a rash or swelling of one breast, or dimpling of the nipple. Many times breast cancer is only detected after a screening mammogram is performed.

Screening mammograms are recommended starting at age 40 for women with an average risk, and younger, if you are at higher risk such as having a family history of breast cancer.

Resources:

- [7 things to know about getting a mammogram](#) (ACS)
- [Breast Cancer.org](#)
- [Bring your brave campaign](#) (CDC)
- [CancerCare](#) has support groups for people with breast cancer
- Conquer [Breast Cancer Special Issue Series](#)
- [DONNA CareLine](#) - free and confidential navigational assistance with financial and practical challenges
- [Reach to Recovery](#) (ACS)
- [Women Rock](#) is a non-profit support organization in Sherman, TX, see their calendar of events [here](#)

Liver Cancer

The incidence rates for primary liver cancer, aka hepatocellular carcinoma (HCC), have more than tripled since 1980. Risk factors include Hepatitis B and C, excessive alcohol ingestion and fatty liver from obesity. NASH, an acronym for Non-Alcoholic SteatoHepatitis, is the most severe form of non-alcoholic fatty liver disease (NAFLD) and is characterized by the presence of an abnormal accumulation of fat in the liver. Many of these risk factors don't cause symptoms but can lead to excessive scarring in the liver. If left untreated, this can lead to cirrhosis or cancer. Get more information at <https://liverfoundation.org/>.

Health Literacy

[Health literacy](#) is defined as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Reading literacy does NOT equal health literacy. Over a third of U.S. adults have difficulty with common health tasks, such as following directions on a prescription drug label.

Patient education should start as early as possible, be given in the patient's appropriate language and grade level and be repeated frequently. Assess for learning needs and barriers and adjust education methods based on those results. NCCN has e-books for most cancers. These can be downloaded for free and are easy to read versions of the clinical guidelines for patients. Go to www.nccn.org/patientresources/patient-resources/guidelines-for-patients [nccn.org].

Resources:

- [Health.gov](#) resources for limited English Proficiency and a readability tool
- [Health Resources and Services Administration](#)
- [Limited English Proficiency](#)
- [National Institutes of Health](#)

Infection Prevention Week Resources

- Infection Prevention and You <http://professionals.site.apic.org/>
- National Foundation for Infectious Diseases www.nfid.org/
- Preventing Infection during Cancer www.preventcancerinfections.org/

Ostomy Awareness

See the Ostomy Awareness newsletter [here](#).

National Physical Therapy Month

Physical therapists and physical therapist assistants play a critical role in helping Americans of all ages and abilities achieve their physical activity goals, and improve their quality of life. - [Choose PT](#). Physical Therapists can help cancer patients manage many side effects including fatigue and balance issues from weakness and neuropathy.

See the Academy of the American Physical Therapy Association's Oncology website at <https://oncologypt.org> and listen to a the [podcast](#) on the importance of therapy and exercise during and after cancer treatment.

Celebrating the Cancer Team:

Please celebrate these members of the cancer multi-disciplinary team this month:

Pharmacists, physical therapists, case managers (9-15), medical assistants (17-21), physician assistants (6-12), pastoral care (23-29) and respiratory therapists (23-29).



Spotlight on Cancer Support Community

The national organization has a multitude of helpful resources for patients. They can call the Cancer Support Helpline 888-793-9355, Monday-Friday: 9:00 a.m.-8:00 p.m. ET, Saturday: 9:00 a.m.-5:00 p.m. ET. Patients can also live chat. Here are some of their services and resources:

- [Open to options](#) - program to help patients make decisions
- [Navigating cancer](#) - learn about every part of the cancer journey
- [Get Educated and Inspired](#) - learn about cancer types and topics
- [Get Virtual Support](#) - patients can get recipes, join a support community or watch a meditation video

For healthcare professionals:

- [Publications and Presentations](#)
- [Study](#) - explore resources
- [Order or download patient materials](#)

Cancer Support Community North Texas, <https://cancersupporttexas.org/> (214) 345-8230, has clubhouses in Dallas, Plano and Ft. Worth. It is open to some in-person events and some are still virtual. Here are some of its services and resources:

- Patricia Callahan, the cancer resource specialist, 214.345.8428. See her flyer [here](#).
- Support and networking groups including breast cancer, African Americans breast

cancer, metastatic cancer, lymphedema, teens, families, after treatment, and bereavement

- Support for kids (Noogieland) and teens
- Educational presentations
- Health and wellness workshops such as yoga and tai chi

See the calendar [here](#) and sign up for email notifications.

Resources for Insurance:

Insurance enrollment is around the corner and here are some good resources for patients:

- [Benefits.gov](#)
- [Cancer Insurance Checklist](#)
- [Marketplace Coverage](#)
- [Medicare](#)
- [Patient Advocate Foundation](#) Understanding what your health insurance covers and your options if you don't have insurance.
- [Social Security Administration](#) disability benefits: Compassionate Allowances Initiative speeds approval for stage IV cancer.
- [Triage Cancer](#) has guides for insurance, disability, FMLA and more. They also have a [legal and financial navigation program](#). See the September newsletter [here](#).

Resources for you and your Patients

1. [American Cancer Society](#) has information on breast and liver cancer and health literacy.
2. Centers for Disease Control and Prevention (CDC) www.cdc.gov has information on breast cancer, liver cancer, health literacy and infection prevention.
3. [Educational Materials for Your Patients](#) is a document with links to websites where you can order or download information for your patients.
4. [Oley Foundation](#) is for patients on parenteral or enteral feedings.
5. [Patient Resource](#) has guides on Breast and Liver Cancer.
6. Say Yes to Hope www.beatlivertumors.org has education and support for people with primary & metastatic liver tumors



Upcoming Education & Events



Psychosocial Oncology Professionals

Symposium. This virtual event will take place on October 11-12.

<https://hopin.com/events/psychosocial-oncology-professionals-symposium-2022/registration>

Fertility Preservation for Individuals Facing an Oncology Diagnosis and Treatment, CE webinar from Coram, 10/13/2022 12-1 CST

<https://www.coramhc.com/providers/webinars>

Making Strides against breast cancer of North Texas takes place on October 15, 2022,

https://secure.acsevents.org/site/TR/MakingStridesAgainstBreastCancer/MSABCCY22SOR?pg=entry&fr_id=102867

Dallas Fort Worth Together in TEAL, for ovarian cancer, takes place on October 23. This is an in person event but virtual participation is also available. <https://ovarian.org/events/dallas-fort-worth-together-in-teal/>

Triage Cancer

Insurance & Finance Intensive

Virtual program on November 3, 2022. Get details and register at <https://triagecancer.org/cancer-insurance-finance-intensive-training-program>

ONS: Dallas chapter events

<https://communities.ons.org/dallas/events/recent-communityeventsdashboard>

Light the Night 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

Quotable Quotes

Inspirational quotes from women who have had breast cancer.

"I look at my cancer journey as a gift: It made me slow down and realise the important things in life and taught me to not sweat the small stuff."--
Olivia Newton-John, singer and actress

"Cancer was nothing more than a chapter in my life's story. It would never be my life's story."
— Robin Roberts, news anchor

"Being optimistic is like a muscle that gets stronger with use. Makes it easier when the tough times arrive. You have to change the way you think in order to change the way you feel."
— Robin Roberts, news anchor

"It's not a club you want to be a part of but it is a club full of members who understand you and really get it." - Judy Blume, author

Happy



- DFW Oncology Navigators

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