

November Cancer Awareness News

October 28, 2022



Key Facts about November Awareness

Lung Cancer

Lung Cancer is the second most diagnosed cancer and the leading cause of cancer death in American men and women. Cigarette smoking is the number one cause of lung cancer but former smokers and people who never smoked can also get lung cancer. People meeting the criteria for screening should get a low-dose CT scan. See the recommended guidelines at [American Cancer Society](#).

Resources:

- [American Lung Association](#)
- [CDC](#)
- [Lung Cancer Alliance](#)
- [Lung Cancer Awareness Month Coalition](#)
- [Lung Cancer Initiative](#)
- [Lungevity](#)

Pancreatic Cancer

Pancreatic cancer develops from either the exocrine (most common) or endocrine cells of the pancreas. Adenocarcinoma, the most common exocrine tumor type, is one of the most deadly cancers, now the #3 cause of cancer death in Americans (NCI). Pancreatic cancer can be difficult to diagnose and treat. Risk factors include smoking, obesity, chronic pancreatitis, heavy alcohol use, diabetes, family history and inherited genetic syndromes caused by mutations in genes such as the BRCA1 or BRCA2 genes. NCCN recommends genetic testing for everyone diagnosed with pancreatic cancer.

Resources:

- [Hirshberg Foundation](#)
- [Lustgarten Foundation](#)
- [Pancreatic Cancer Action Network](#)
- [World Pancreatic Cancer Day](#) (17)

Neuroendocrine Tumors

Neuroendocrine Tumors (NETs) are slow growing tumors that develop from hormone producing cells that line the pancreas (PNETs) and GI tract and lungs (carcinoids). Many people with these tumors are misdiagnosed. Some people with carcinoid

tumors will develop carcinoid syndrome.

Symptoms of this include abdominal pain, flushing, sweating, fast heartbeat, trouble breathing, skin rash, fatigue and diarrhea.

Resources:

- [The Carcinoid Cancer Foundation](#)
- [Neuroendocrine Cancer Awareness Network](#)
- [Neuroendocrine Tumor Day](#)

Gastric Cancer

Gastric (Stomach) Cancer is not a common cancer in the US but is the fifth most common cancer in the world. It is more common in Asian/Pacific Islanders, Hispanic Americans, Native Americans and African Americans. Risk factors include Helicobacter pylori (H. pylori) bacteria, tobacco use, diets high in smoked and salted foods, obesity and long-term inflammation of the stomach.

Resources:

- [Debbie's Dream Foundation](#)
- [Gastric Cancer Foundation](#)
- [No Stomach for Cancer](#)

Genetics and Genetic Counselors

A gene is a basic unit of heredity. A gene mutation is a change in a gene. Genetics is the study of genes and inherited diseases.

Approximately 5-10% of all cancers are inherited. People who have certain cancers and risk factors should consider seeing a [genetic counselor](#) (a specialist in genetics) who can talk with that person about their personal and family history and help them choose if testing is right for them. Reasons for seeing a genetic counselor include: a personal history of more than one cancer, a family history of cancer (especially in more than one close blood relative like a parent or grandparent), personal/family history of cancer at a young age, or belonging to a high risk group such as being of Ashkenazi Jewish ancestry.

Direct-to-consumer genetic tests, products purchased online or at the store, are not recommended for identifying gene mutations and do not take the place of genetic counseling.

Use the resources on the next page to learn more.

Resources:

- [Facing Our Risk of Cancer Empowered \(FORCE\)](#)
- [Genetic and Rare Diseases \(GARD\)](#)
- [Lynch Syndrome](#)
- National Cancer Institute: [Genetics](#)
- [National Family Health History Day](#) (24)

Cancer in Dogs and Cats

Dogs and cats get cancer too. One in four dogs will be diagnosed with cancer, and it's the leading cause of death in pets who are beyond middle age. Lymphoma is the most common type of cancer in both dogs and cats - [Veterinary Cancer Society](#). Learn more from Pet Cancer Foundation <https://petcancerfdn.org/>.

Palliative Care and Hospice

Palliative care is a field of medicine with a specialized team of doctors and nurses who address all aspects of pain (and suffering)—physical, psychological, relational, social, spiritual, and religious. (National Institute of Health). Palliative care and hospice are not interchangeable terms. Both provide comfort but palliative care can begin, and should be considered, as early as possible.

Resources:

- [Barbara Karnes Books](#) blog, end of life books
- [Get Palliative Care](#)
- [Hospice Foundation of America](#) has CEs
- [National Association for Home Care and Hospice](#)
- [Palliative Nursing Network](#)
- [Visiting Nurses Association](#)

Caregivers

Caregivers are the relatives, partners and friends who help people through their cancer journey. Caregiving has many challenges and responsibilities and it can be emotionally draining. Caregivers can sometimes suffer more distress than their loved ones. Many of the one on one support resources for patients are also available for caregivers. Many of the cancer websites also have good information for caregivers.

Resources:

- [Caregiver Action Network](#)
- CancerCare: [Caregiving](#)
- [Family Caregiver Alliance](#)
- [Help for Cancer Caregivers](#)
- [National Alliance for Caregiving](#)

Smoking, Diabetes and GERD can all be risk factors for cancer.

Per the CDC, cigarette **smoking** causes about one of every five deaths in the United States each year. Smoking is a risk factor in at least 12 types of cancers. It doesn't just affect the lungs or just smokers. Secondhand smoke puts people and pets at risk for many health problems including cancer.

Type 2 **Diabetes** is believed to be a risk factor for several cancers including pancreatic, liver, endometrial, colorectal, breast and bladder cancers. A new diagnosis of type 2 diabetes can also be a sign of pancreatic cancer.

GERD (Gastro-esophageal Reflux Disease) is the frequent or long-term backward flow (reflux) of acid into the esophagus. This can cause damage to the lining of the esophagus and lead to a precancerous condition called Barrett's Esophagus.

Resources:

- [Diabetes and Cancer](#)
- [Don't Be a Turkey](#) (GERD Awareness Week)
- [GERD Awareness Week](#)
- [Great American Smokeout](#) (17)
- [Smokefree.com](#)
- [Smoking and Tobacco Use](#)

Movember

The month of Movember is committed to raising awareness to help reduce early mortality in men from prostate and testicular cancer and mental health problems. Learn more at <https://us.movember.com/about/foundation>.

Veterans and Cancer

Since World War I, many veterans have been exposed to chemicals or radiation. This has led to cancer in many vets as they age – OncoLink. In 2021, the US Department of Veterans Affairs reported that bladder cancer was added to the list of presumptive conditions related to Agent Orange exposure, joining chronic B-cell leukemia, Hodgkin's disease, multiple myeloma, non-Hodgkin's lymphoma, prostate cancer, respiratory cancers (including lung cancer), and some soft tissue sarcomas. Learn more at [Veterans, Military Service, and Cancer Risk](#)

Celebrating the Cancer Team:

Please celebrate these members of the cancer multi-disciplinary team this month: [Nurse Practitioner Week \(13-19\)](#), [Genetic Counselor Awareness Day \(10\)](#) and [veterans \(11\)](#).



Resources for you and your Patients

1. [American Cancer Society](#) has information on cancer and tobacco cessation.
2. NCCN has [patient guidelines](#) (e-books) for Small Cell and Non-Small Cell Lung Cancers, lung cancer screening, neuroendocrine tumors, pancreatic cancer and stomach cancer.
3. NCI has videos on lung cancer, pancreatic cancer, cancer risk factors and more at <https://seer.cancer.gov/statistics/videos/>.
4. [Patient Resource](#) has guides for lung cancer and genomic testing.
5. [Patient Advocate Foundation](#) (PAF) has a Lung Cancer Careline, Genetic and Genomic Testing: Personalized Medicine CareLine and a Diabetes Health Equity fund.
6. PAF also has assistance and tools for open enrollment as does [Triage Cancer](#) and Cancer Support Community North Texas. CSCNT also has a list of [financial assistance and open funds](#).

Upcoming Education & Events

What's In Your First Aid Kit? Support and Resources for Cancer Caregivers, Online Speaker Series throughout November. Get details at [here](#).

Lung Cancer Screenings at the Center for Cancer and Blood Disorders. Free to first responders, \$50 for all others. Various dates and locations. Get details at <https://thecentertx.com/lung-screening/>

Dallas/Ft. Worth Holiday Heroes 2022 Sunday, December 4, 2022, Las Colinas. Join Heroes for Children in making a memorable Holiday experience for families in Texas who have a child battling cancer. Get more details at www.heroesforchildren.org/dfwhh.

ONS: Dallas chapter events

<https://communities.ons.org/dallas/events/recentcommunityeventsdashboard>

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.

[Tarrant County](#) November 6, 2022

Quotable Quotes for Thanksgiving

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time." Douglas Wood

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." Melody Beattie

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." -John F Kennedy

The board members of the North Texas Regional Chapter of AONN+ would like to wish all of you a happy Thanksgiving. We are thankful for you and hope your holiday will be full of an abundance of blessings.

Happy



- DFW Oncology Navigators
<https://dfwnavigators.nursingnetwork.com/>