

Radiation Therapy Center

Of Morris Hospital

Patient Services Newsletter



JuLY 2024



JULY IS SARCOMA & BONE CANCER AWARENESS MONTH

Sarcomas are a rare group of cancers in which malignant cells form in the bones or soft tissues of the body.

More than 13,000 cases of soft tissue sarcoma and approximately 3,600 cases of bone sarcoma are expected to be diagnosed in the United States, according to data from the National Cancer Institute's Surveillance, Epidemiology, and End Results Program (SEER). Some 5,350 and 1,720 people are expected to die from soft tissue and bone sarcomas, respectively. The five-year survival rate for soft tissue sarcomas is 64.7 percent, while the survival rate is 66.0 percent for bone sarcomas.

What is Sarcoma Cancer?

When the word sarcoma is part of the name of a disease, it means the tumor is malignant (cancer). A sarcoma is a type of cancer that starts in tissues like bone or muscle. Bone and soft tissue sarcomas are the main types of sarcoma. Soft tissue sarcomas can develop in soft tissues like fat, muscle, nerves, fibrous tissues, blood

vessels, or deep skin tissues. They can be found in any part of the body. Most of them start in the arms or legs. They can also be found in the trunk, head and neck area, internal organs, and the area in back of the abdominal (belly) cavity (known as the retroperitoneum). Sarcomas are not common tumors.

However, sarcoma is still considered to be the “forgotten cancer.” Efforts to encourage research and drug development are made more challenging due to a lack of awareness and understanding. Sarcoma affects more than 50,000 Americans and the families and friends who are by their side. It can touch lives no matter what age and at any location on the body.

Risk Factors

Unfortunately, scientists do not fully understand why some people develop sarcomas while the vast majority do not. However, by identifying common characteristics in groups with unusually high occurrence rates, researchers have been able to single out some

N indicators that may play a role in causing sarcomas.

Inherited syndromes.

Some syndromes that increase the risk of cancer can be passed from parents to children.

Examples of syndromes that increase the risk of sarcoma include familial retinoblastoma and neurofibromatosis type 1.

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Chronic swelling (lymphedema).

Lymphedema is swelling caused by a backup of lymph fluid that occurs when the lymphatic system is blocked or damaged. It increases the risk of a type of sarcoma called

Ngiosarcoma.

Radiation therapy for cancer.

N Radiation treatment for cancer increases the risk of developing a sarcoma later.

Exposure to chemicals.

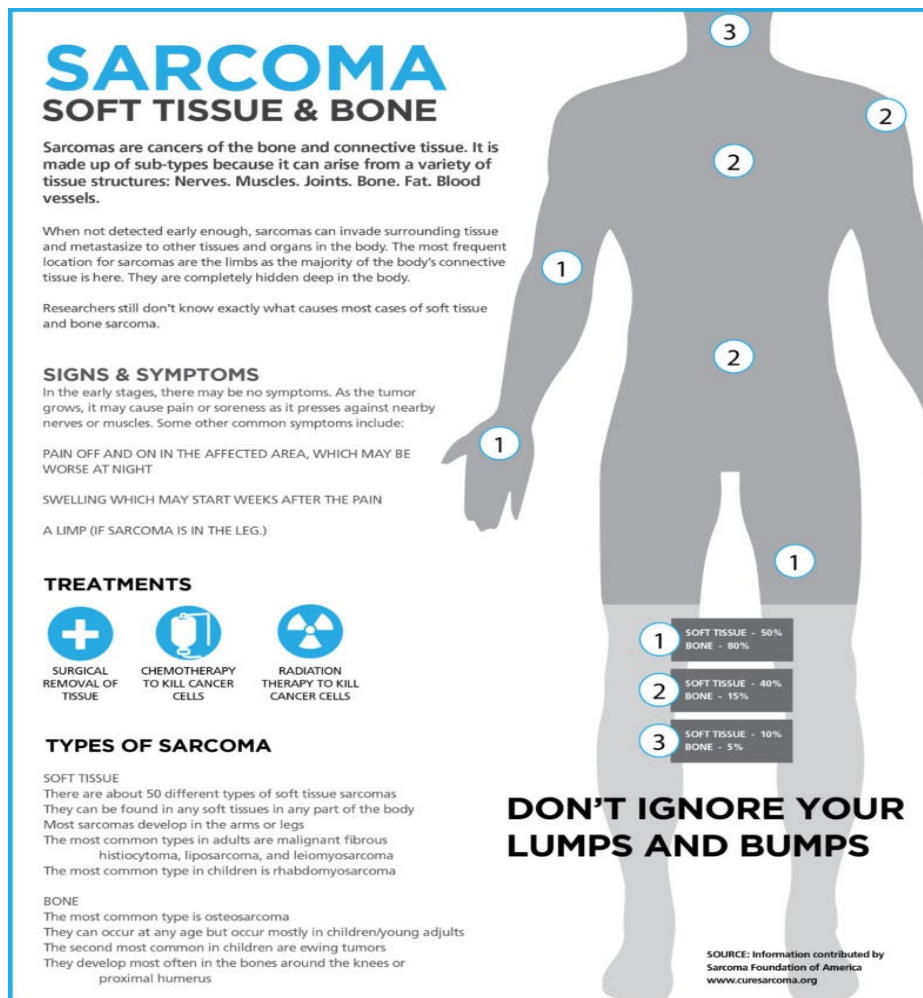
Certain chemicals, such as some industrial chemicals and herbicides, can increase the risk of sarcoma that affects the liver.

Exposure to viruses.

The virus called human herpesvirus 8 can increase the risk of a type of sarcoma called Kaposi's sarcoma in people with weakened immune systems.

Sarcoma Overview Infographic

This infographic, provided by the Sarcoma Foundation of America, is a great infographic that summarizes what sarcoma really is.



July marks UV Awareness Month

So, how can you protect yourself from UV radiation? Here are some tips:

- 1. Wear protective clothing.** This includes hats with wide brims, sunglasses with UV protection, and long-sleeved shirts and pants made from breathable fabrics that provide UPF (Ultraviolet Protection Factor).
- 2. Use sunscreen.** Apply sunscreen with a sun protection factor (SPF) of at least 30 to all exposed skin, including your face, ears, and the back of your neck. Be sure to reapply every two hours or after swimming or sweating.
- 3. Seek shade.** Try to stay in the shade during peak UV hours, which are typically from 10 a.m. to 4 p.m.
- 4. Avoid tanning beds.** Tanning beds expose your skin to UV radiation, which increases your risk of skin cancer and premature aging.
- 5. Get regular skin exams.** Check your skin regularly for any new or unusual growths and see your medical provider if you notice anything that concerns you.



SENIOR HEALTH FAIR

THURSDAY, AUGUST 1, 2024

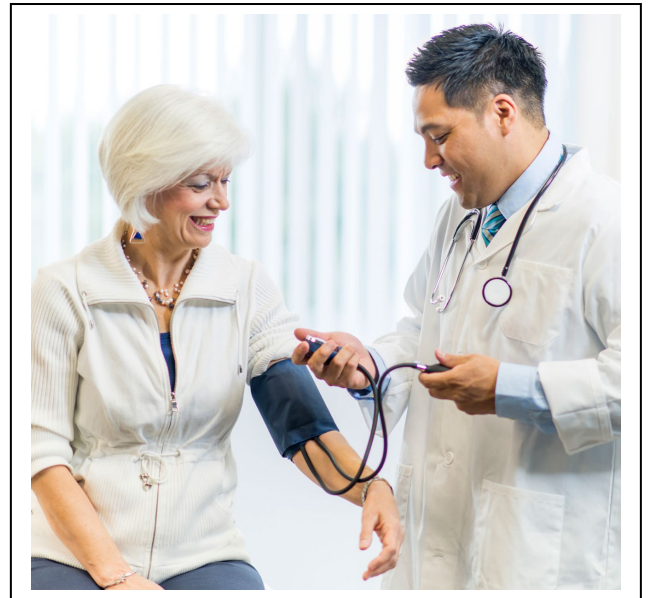
9-11 AM

SARATOGA ELEMENTARY
SCHOOL

(GYMNASIUM)

4040 N DIVISION ST

MORRIS, IL 60450



FREE ADMISSION, FREE
REFRESHMENTS AND FREE
SCREENINGS!

JOIN US TO LEARN ABOUT ALTERNATIVE WAYS TO LEAD A HAPPIER AND HEALTHIER LIFESTYLE. VACCINATIONS AND BLOOD PRESSURE CHECKS WILL BE AVAILABLE. A VARIETY OF LOCAL VENDORS WILL BE ON HAND TO DISCUSS PROGRAMS AND SERVICES THAT BENEFIT SENIORS. LEGISLATIVE BROCHURES WILL ALSO BE AVAILABLE TO YOU. JOIN US FOR THIS FUN EVENT!