

Radiation Therapy Center

Of Morris Hospital



MORRIS
HOSPITAL
& HEALTHCARE CENTERS

Patient Services Newsletter



October 2024



October not only brings the fall season, pumpkins, hayrides, football, sweaters, and campfires, but it also brings National Breast Cancer Awareness Month. National Breast Cancer Awareness Month aims to make people throughout the country more knowledgeable about this global health issue.

Government agencies, medical societies, and nonprofit organizations work with survivors during October to raise money to fund research, educate women about the importance of getting regular mammograms, and detail prevention and early detection methods.

HOW DID NATIONAL BREAST CANCER AWARENESS MONTH ORIGINATE?

National Breast Cancer Awareness Month dates back to October 1985. This is when the first organized movement to bring attention to the dangers of breast cancer occurred in the United States. Since then, campaigns to educate the public about this disease have continued to thrive and multiply.

STATISTICS ABOUT BREAST CANCER

Breast cancer is the most common form of cancer affecting women. For example, as of 2008, 1.38 million new cases were reported worldwide. Also, there were 458,000 deaths contributed to this disease on a global scale. Currently, the region of the world with the highest rate of breast cancer-related cases is North America.

WHAT IS THE SIGNIFICANCE OF THE PINK RIBBON?

A pink ribbon is the international symbol of National Breast Cancer Awareness Month. In October 1992, SELF Magazine created a pink ribbon concept to symbolize the importance of breast cancer awareness. Later, SELF editor Alexandra Penney teamed up with **Cosmetics Company Estée Lauder** and their then vice president, Evelyn H. Lauder.

As a result, 1.5 million pink ribbons were distributed at Estée Lauder cosmetics counters worldwide. **Then, Lauder, a breast cancer survivor, formed The Breast Cancer Research Foundation, which has raised more than \$325 million for cancer research.**



FACTS REGARDING BREAST CANCER

According to the **National Breast Cancer Foundation**, the following information reflects how breast cancer has currently impacted woman in the U.S.:

- In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. and 48,530 new cases of non-invasive breast cancer.
- 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
- This year, an estimated 42,170 women will die from breast cancer in the U.S.
- Although rare, **men get breast cancer too**. In 2020, it's estimated that 2,620 men will be diagnosed with breast cancer in the U.S., and approximately 520 will die.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020, approximately 30% of all new cancer diagnoses in women will be breast cancer.
- There are more than 3.5 million breast cancer survivors in the United States.
- On average, every 2 minutes, a woman is diagnosed with breast cancer in the United States.

5 WAYS TO HONOR NBCA MONTH



- ♥ Wear a pink ribbon every day in October.
- ♥ Organize a walk/run in support of NBCA Month.
- ♥ Collect scarves and hats you can donate to breast cancer patients.
- ♥ Post items that support NBCA Month on your social media pages.
- ♥ Encourage the women in your life to get a regular mammogram.

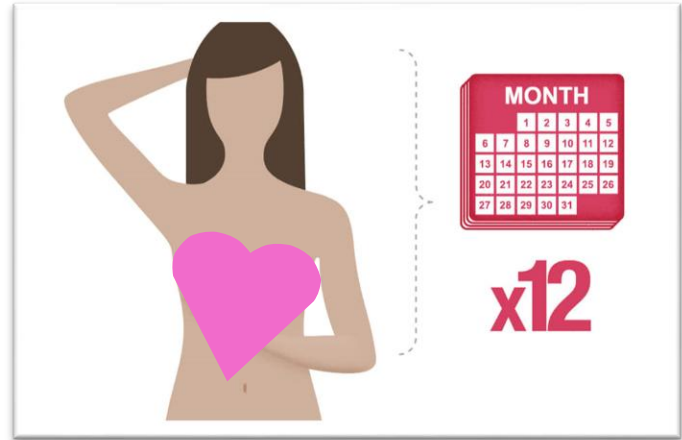
♥♥ Anyone who needs more information about breast cancer or National Breast Cancer Awareness Month can visit www.cancer.org. ♥♥

How Often Should A Breast Self-Exam Be Performed?

Adult women of all ages are encouraged to perform breast self-exams at least once a month. Lillie D. Shockney, Johns Hopkins University Distinguished Service Professor of Breast Cancer states, *“Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”*

For women still menstruating, a breast self-exam should be performed a few days after her period ends. For those who are post-menopausal, a breast self-exam should be performed on the same day of each month, such as the 1st or 15th day of the month.

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts normally look and feel. Alert your healthcare professional if you notice any changes in your breasts, such as a new lump, sore spot, changes in the appearance of the skin, or nipple discharge.



What Are the Signs and Symptoms of Breast Cancer?

Every person should know the signs and symptoms of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Most people who have breast cancer signs and symptoms will initially notice only one or two, and the presence of these signs and symptoms do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breasts. Be sure to talk to your healthcare professional if you notice anything unusual.

A Change in How the Breast or Nipple Looks or Feels

- Nipple tenderness or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture)
- A lump in the breast (It's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous.)

A Change in the Breast or Nipple Appearance

- Any unexplained change in the size or shape of the breast

- Dimpling anywhere on the breast
 - Unexplained swelling or unexplained shrinkage of the breast (especially if on one side only)
 - Recent asymmetry (unequal or lack of sameness) of the breasts. Although it is common for women to have one breast that is slightly larger than the other, if the onset of asymmetry is recent, it should be checked.
 - Nipple that is turned slightly inward or inverted
 - Skin of the breast, areola, or nipple that becomes scaly, red, or swollen or may have ridges or pitting resembling the skin of an orange
 - Any nipple discharge—particularly clear discharge or bloody discharge
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What Does a Breast Lump Feel Like?

- A breast lump often feels like a solid or thick spot in or around the breast tissue, or in the underarm area. A breast lump will be noticeably more solid than the surrounding breast tissue.
 - Breast lumps can vary in size, shape, and feel. Some may be the size of a pea, while others may be larger than a golf ball. Breast lumps may feel **round**, smooth, and moveable, or may be hard, jagged, and stationary. Breast lumps may be present in one or both breasts.
 - Some breast lumps may cause pain or discomfort, but many do not. A painful breast lump is not necessarily a sign of breast cancer, but should be looked at by a healthcare professional
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What Can I Do To Reduce My Risk Of Breast Cancer?

When it comes to breast cancer, there are some risk factors that you can't control, such as your age and genetics. But there are other risk factors that are in your power to control. Although breast cancer cannot be completely prevented, taking control of these risk factors and adopting healthy habits can help reduce your risk for breast cancer.

- **Maintain a healthy weight:** Obesity is a risk factor for developing cancer in both men and women. Maintaining a healthy weight can help reduce your risk of obesity and of developing cancer.
 - **Eat fruits and vegetables:** Eating 3.5 to 5 cups of fruits and vegetables daily has been shown to reduce the risk of breast cancer.
 - **Stay physically active:** Studies have shown that women who are physically active have a lower risk of breast cancer than inactive women. Try to move your body at least 20 minutes every day.
 - **Do not smoke:** Smoking and even breathing second-hand smoke is a risk factor for developing many types of cancer, including breast cancer.
 - **Limit alcohol consumption:** Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater your risk.
 - **Schedule your screenings:** Staying proactive about your health through receiving regular health screenings, such as mammograms, well-woman exams, and other screenings as recommended by your doctor, can help identify health problems in their early stages when they are easier to treat.
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October is also Liver Cancer Awareness Month. About 42,000 new cases of Liver Cancer will be diagnosed in the United States this year, nearly 3-1 in men compared to women. Liver cancer incidence has more than tripled since 1980.

Liver cancer is much more common outside the United States, especially in sub-Saharan Africa and Southeast Asia. In many countries it is the most common type of cancer with more than 800,000 people diagnosed each year world-wide.

Liver cancer is cancer that begins in the cells of your liver. Your liver is a football-sized organ that sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach. Several types of cancer can form in the liver. The most common type of liver cancer is hepatocellular carcinoma, which begins in the main type of liver cell (hepatocyte). Other types of liver cancer, such as intrahepatic cholangiocarcinoma and hepatoblastoma, are much less common.

Most people don't have signs and symptoms in the early stages of primary liver cancer. When signs and symptoms do appear, they may include:

- Losing weight without trying
- Loss of appetite
- Upper abdominal pain
- Nausea and vomiting
- General weakness and fatigue
- Abdominal swelling
- Yellow discoloration of your skin and the whites of your eyes (jaundice)
- White, chalky stools



Causes

Liver cancer happens when liver cells develop changes (mutations) in their DNA. A cell's DNA is the material that provides instructions for every chemical process in your body. DNA mutations cause changes in these instructions. One result is that cells may begin to grow out of control and eventually form a tumor — a mass of cancerous cells.

Sometimes the cause of liver cancer is known, such as with chronic hepatitis infections. But sometimes liver cancer happens in people with no underlying diseases and it's not clear what causes it.

Risk factors

Factors that increase the risk of primary liver cancer include:

- **Chronic infection with HBV or HCV.** Chronic infection with the hepatitis B virus (HBV) or hepatitis C virus (HCV) increases your risk of liver cancer.
- **Cirrhosis.** This progressive and irreversible condition causes scar tissue to form in your liver and increases your chances of developing liver cancer.
- **Certain inherited liver diseases.** Liver diseases that can increase the risk of liver cancer include hemochromatosis and Wilson's disease.
- **Diabetes.** People with this blood sugar disorder have a greater risk of liver cancer than those who don't have diabetes.
- **Nonalcoholic fatty liver disease.** An accumulation of fat in the liver increases the risk of liver cancer.
- **Exposure to aflatoxins.** Aflatoxins are poisons produced by molds that grow on crops that are stored poorly. Crops, such as grains and nuts, can become contaminated with aflatoxins, which can end up in foods made of these products.
- **Excessive alcohol consumption.** Consuming more than a moderate amount of alcohol daily over many years can lead to irreversible liver damage and increase your risk of liver cancer.

Prevention

Reduce your risk of cirrhosis



Cirrhosis is scarring of the liver, and it increases the risk of liver cancer. You can reduce your risk of cirrhosis if you:

- **Drink alcohol in moderation, if at all.** If you choose to drink alcohol, limit the amount you drink. For women, this means no more than one drink a day. For men, this means no more than two drinks a day.
- **Maintain a healthy weight.** If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If

you need to lose weight, reduce the number of calories you eat each day and increase the amount of exercise you do. Aim to lose weight slowly – 1 or 2 pounds (0.5 to 1 kilograms) each week.

Get vaccinated against hepatitis B

You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine. The vaccine can be given to almost anyone, including infants, older adults and those with compromised immune systems.

Take measures to prevent hepatitis C

No vaccine for hepatitis C exists, but you can reduce your risk of infection.

- **Know the health status of any sexual partner.** Don't engage in unprotected sex unless you're certain your partner isn't infected with HBV, HCV or any other sexually transmitted infection. If you don't know the health status of your partner, use a condom every time you have sexual intercourse.
- **Don't use intravenous (IV) drugs, but if you do, use a clean needle.** Reduce your risk of HCV by not injecting illegal drugs. But if that isn't an option for you, make sure any needle you use is sterile, and don't share it. Contaminated drug paraphernalia is a common cause of hepatitis C infection. Take advantage of needle-exchange programs in your community and consider seeking help for your drug use.
- **Seek safe, clean shops when getting a piercing or tattoo.** Needles that may not be properly sterilized can spread the hepatitis C virus. Before getting a piercing or tattoo, check out the shops in your area and ask staff members about their safety practices. If employees at a shop refuse to answer your questions or don't take your questions seriously, take that as a sign that the facility isn't right for you.

Seek treatment for hepatitis B or C infection

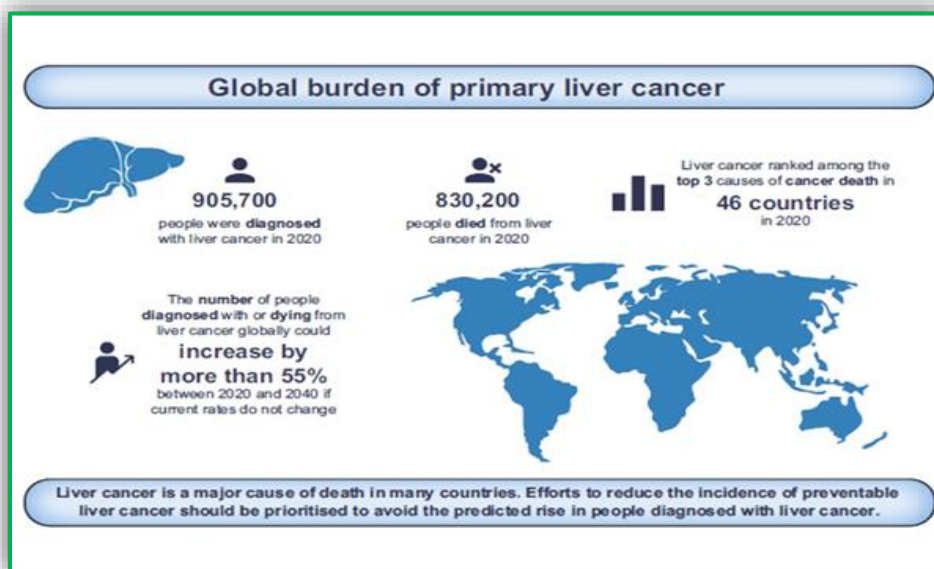
Treatments are available for hepatitis B and hepatitis C infections. Research shows that treatment can reduce the risk of liver cancer.

Ask your doctor about liver cancer screening

For the general population, screening for liver cancer hasn't been proved to reduce the risk of dying of liver cancer, and it isn't generally recommended.

People with conditions that increase the risk of liver cancer might consider screening, such as people who have:

- Hepatitis B infection
- Hepatitis C infection
- Liver cirrhosis



Discuss the pros and cons of screening with your doctor. Together you can decide whether screening is right for you based on your risk. Screening typically involves a blood test and an abdominal ultrasound exam every six months.

LIVER CANCER IN THE U.S.

Liver cancer is currently the...



most common cause of cancer death in men.



most common cause of cancer death in women.

From 1990 to 2014, liver cancer death rates rose by...



in blacks.



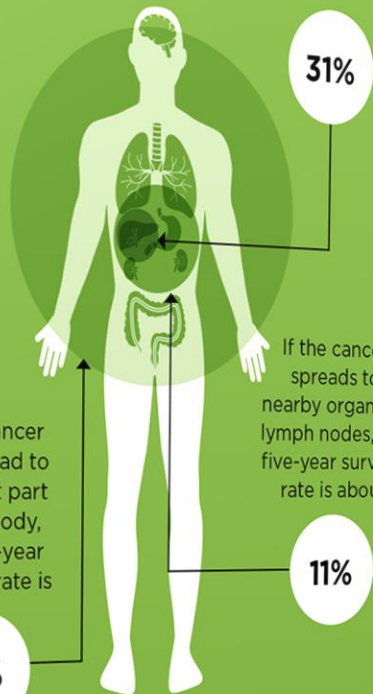
in Hispanics.



in non-Hispanic whites.

Among American Indians/Alaska Natives, the death rate more than doubled from 5.4 to 11.9 per 100,000.

About 43% of patients with liver cancer will be diagnosed at an early stage; their five-year survival rate is...



If the cancer has spread to a distant part of the body, the five-year survival rate is

If the cancer spreads to nearby organs or lymph nodes, the five-year survival rate is about



Chicken and White Bean Soup

A store-bought rotisserie chicken offers incredible versatility at mealtime. Here it makes a quick and flavorful “homemade” chicken soup. Instead of traditional noodles, this soup is made with protein-packed beans. Choose a rotisserie chicken with mild seasoning—both plain and lemon-pepper work well. Adding the wings and some bones to the broth adds richer flavor. For a burst of green, add a few handfuls of baby spinach or 2 tablespoons chopped fresh parsley right before serving. For classic chicken noodle soup, substitute $\frac{1}{2}$ cup of egg noodles for the beans.

Serves: 6 to 8

Prep time: 15 minutes or less

Total time: 1 hour or less

Ingredients

- 1 rotisserie chicken breast section or 3 cups chopped white chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced-sodium chicken broth
- 1 (15-ounce) can Great Northern beans, rinsed and drained
- Salt and freshly ground black pepper

Directions

1. Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breastbones.
2. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breastbones for 8 to 10 minutes, or until vegetables soften.
3. Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add additional broth or water. Discard bones and wings before serving. Season with salt and pepper.



- International Coffee Day - October 1st
- National Golf Lovers Day - October 4th
- National Taco Day - October 4th
- Cinnamon Roll Day - October 4th
- World Animal Day - October 4th
- International Ships-in-Bottles Day - October 4th
- National Walk and Bike to School Day - October 5th
- World Smile Day - October 7th
- World Octopus Day - October 8th
- I Love Yarn Day - October 8th
- Christopher Columbus Day - October 10th
- Indigenous Peoples' Day - October 10th
- National Mushroom Day - October 15th
- National Sports Day - October 16th
- National Apple Day - October 21st
- National Pumpkin Day - October 26th
- World Cat Day - October 29th
- National Candy Corn Day - October 30th
- Halloween – October 31st



However you want to celebrate in October, just remember to have some FUN!