

Radiation Therapy Center

Of Morris Hospital



Patient Services Newsletter

We hope each day brings a little more strength, determination, and healing your way!

Words cannot change reality, but they can change how people perceive reality. Words create filters through which people view the world around them." This is a gentle reminder that nothing you say or write can change your loved one's diagnosis, but your words can be powerful in shaping the way they choose to view their circumstances.

"Cancer cannot cripple love, cannot shatter hope, cannot conquer the spirit." -Unknown

"Life is mostly froth and bubble, but two things stand like stone; friendship in another's trials and courage in your own." -Princess Diana

"I am not this hair, I am not this skin, I am the soul that lives within." -Rumi

"You are braver than you believe, stronger than you seem, smarter than you think, and twice as beautiful as you'd ever imagined." -A.A. Milne, Winnie-the Pooh

"Difficult roads can lead to beautiful destinations." -Kia Wynn

"When it rains look for rainbows, when it's dark look for stars." -Oscar Wilde

"Just when the caterpillar thought the world was over, it became a butterfly." -Chuang Tzu

To stay safe on snow or ice, walk like a penguin

Walk like a penguin. Sounds funny, right? But think about it. Penguins are seasoned veterans walking on snow and ice. Maybe we could learn something from them. Slips and falls happen when we try to walk when the pavement is clear and dry, but the way we typically walk with one leg in front of us and one leg trailing is inherently unstable on slippery surfaces. Our weight pushes our feet outward along the surface of the ice.

By keeping our center of gravity directly above one flat foot, we use our own weight to pin down our foot, preventing slips and falls. Keeping our arms out not only improves our balance, but it also means we can catch ourselves if we do fall. Winter weather can be beautiful, but it can also be dangerous. Just like adjusting to driving on the snow and ice, we need to remember how to walk on the snow and ice.

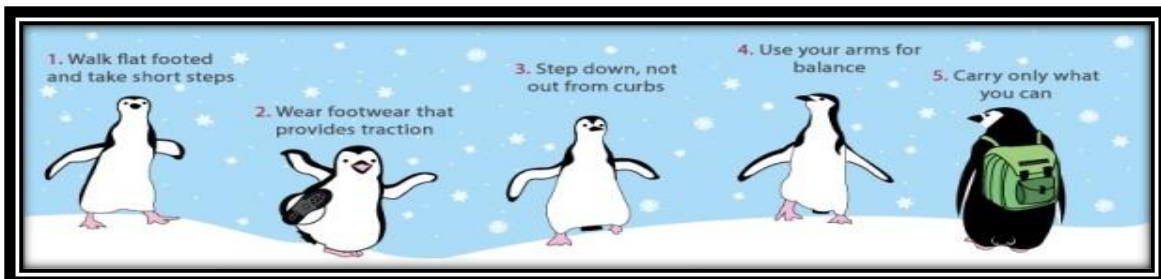
Tips to remember:

- * **Wear shoes/boots that have good traction** – Avoid shoes with smooth soles. Consider carrying your work shoes with you while wearing your boots.
- * **Walk with a broad base** – Bend your knees slightly and take short, slow steps with your feet pointed outward to decrease the chance of slipping and falling. Walk flatfooted not heel toe — think Penguin.
- * **Slow down** – Walk slowly to help identify slippery spots. Be alert to hazards.
- * **Avoid distractions** – Stay off cell phones while trying to walk on slippery areas.
- * **Hands free** – Keep hands out of pockets to help balance yourself. Extend them out to your sides to help you keep your balance – like walking a tight rope.
- * **Use floor mats** – When entering a building, remember to use the floor mat to stomp the snow and ice off your shoes to prevent creating a slippery spot.
- * **Get your footing first** – When stepping out of a vehicle, step down lightly initially to access the area then step straight down flat footed. Use the vehicle door to help balance yourself.
- * **Keep your center of gravity** – With each step, keep your center of gravity above your front leg. Normally, we put our leading foot out and let it pull us forward. When you penguin walk, keep your body directly above your foot as you place it.



So what happens if you have done all the safety tips and you still feel yourself start to fall? Try to tuck your chin so that your back, not your head will hit the ground first. Also, try to twist or roll on your side to help spread the impact of the fall and not just have the impact of the force of your fall on one body area increasing the chances for injury.

Plan Ahead-Pay Attention-Slow Down for a safe winter season!



Bundle up when you go out!

On days when your breath hangs in the air, your clothing strategy is key. Here are our tips for how to dress when the temperatures drop.

Layers, Layers Everywhere

Layering lets you adjust your body's thermostat by putting on and removing items to maintain an even comfort level as conditions and your exertion levels change. This clothing strategy is especially important in wintry weather.



To dress for cold weather, you need three layers to work in concert for maximum warmth:

- * **Base layer:** Your long underwear needs to keep your skin as dry as possible.
- * **Middle layer:** Your fleece or puffy jacket needs to hang onto as much body heat as possible.
- * **Outer layer:** Your rain gear needs to protect you from rain and wind.

How to Keep Your Head, Hands and Feet Warm

To prevent extremities from getting cold, cover up everywhere. You can read [How to Keep Your Hands Warm](#) for some tips. The warmest options in hats, gloves and footwear do the same thing as layers elsewhere: wick, insulate and block rain and wind.

Hats: Wool and synthetic beanies work well, and you can rely on your shell jacket's hood for rain coverage. Full-on winter hats will have insulation inside a shell material. Make sure any headwear covers your ears.

Gloves: Fleece gloves provide basic warmth. Insulated gloves, especially ones with waterproof/breathable shells are better. Mittens, because they let fingers share warmth, will always be a warmer option than a glove made of the same materials.

Boots: Boots with thick, non-cotton socks can provide warmth when conditions are merely cold but not wet or snowy. Waterproof boots are the next step up. Winter boots, in addition to offering traction on snow or ice, will include insulation.

Warming packets: You can also add warmth by slipping hand or foot warmers inside your gloves or socks.

Cancer Awareness Through the Months

Cervical Cancer

Cervical cancer is a growth of cells that starts in the cervix. Various strains of the human papillomavirus, also called HPV, play a role in causing most cervical cancers. HPV is a common infection that's passed through sexual contact. When exposed to HPV, the body's immune system typically prevents the virus from doing harm. In a small percentage of people, however, the virus survives for years. This contributes to the process that causes some cervical cells to become cancer cells. You can reduce your risk of developing cervical cancer by having screening tests and receiving a vaccine that protects against HPV infection.

When it starts, cervical cancer might not cause symptoms. As it grows, cervical cancer might cause signs and symptoms, such as:

- Vaginal bleeding after intercourse, between periods or after menopause.
- Menstrual bleeding that is heavier and lasts longer than usual.
- Watery, bloody vaginal discharge that may be heavy and have a foul odor.
- Pelvic pain or pain during intercourse.



February is National Cancer Prevention Month



The federal government estimates that nearly 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2024, and approximately 611,720 deaths from cancer are expected in the US, which is about 1,680 deaths per day.

Cancer is the second most common cause of death in the US, exceeded only by heart disease. This is a time to reflect on the steps we can take to reduce our risk of cancer. While some factors – like genetics- are beyond our control. By making informed decisions about what we eat, drink, and expose ourselves to, we can significantly lower our cancer risk.

Research shows that more than 40 percent of these cases and nearly half of the deaths can be attributed to preventable causes such as smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others.

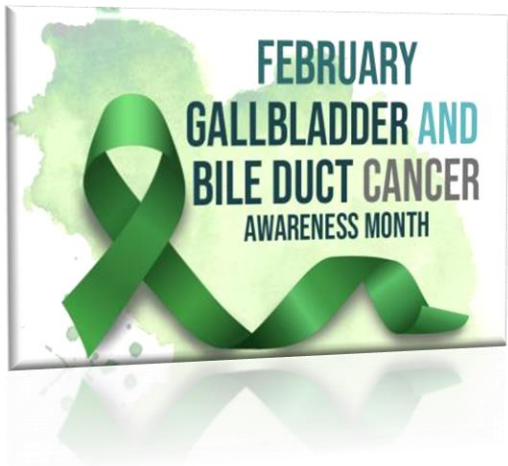
This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers, can dramatically reduce your risk of cancer in many cases.

Gallbladder and Bile Duct Cancer

Unlike other, more common forms of cancer, such as breast, colon and prostate cancer, there is an overall lack of knowledge among the general public about gallbladder and bile duct cancer, which is relatively rare. Therefore, the goal of Gallbladder and Bile Duct Cancer Awareness Month is to get people talking and raise awareness about these conditions.

Gallbladder cancer is an abnormal growth of cells that begins in the gallbladder. Your gallbladder is a small, pear-shaped organ on the right side of your abdomen, just beneath your liver.

The gallbladder stores bile, a digestive fluid produced by your liver. **Gallbladder cancer is uncommon.** When gallbladder cancer is discovered at its earliest stages, the chance for a cure is very good.



Symptoms

Gallbladder cancer signs and symptoms may include:

- Abdominal pain, particularly in the upper right portion of the abdomen
- Abdominal bloating
- Losing weight without trying
- Yellowing of the skin and whites of the eyes (jaundice)

Kidney Cancer

Kidney cancer is cancer that begins in the kidneys. Your kidneys are two bean-shaped organs, each about the size of your fist. They're located behind your abdominal organs, with one kidney on each side of your spine.

In adults, renal cell carcinoma is the most common type of kidney cancer. Other less common types of kidney cancer can occur. Young children are more likely to develop a kind of kidney cancer called Wilms' tumor. The incidence of kidney cancer seems to be increasing. One reason for this may be the fact that imaging techniques such as computerized tomography (CT) scans are being used more often. These tests may lead to the accidental discovery of more kidney cancers. Kidney cancer is often discovered at an early stage, when the cancer is small and confined to the kidney.



Colorectal Cancer

Colon cancer is a growth of cells that begins in a part of the large intestine called the colon. The colon is the first and longest part of the large intestine. The large intestine is the last part of the digestive system. The digestive system breaks down food for the body to use. Colon cancer typically affects older adults, though it can happen at any age. It usually begins as small clumps of cells called polyps that form inside the colon. Polyps generally aren't cancerous, but some can turn into colon cancers over time. Polyps often don't cause symptoms. For this reason, doctors recommend regular screening tests to look for polyps in the colon. Finding and removing polyps helps prevent colon cancer. If colon cancer develops, many treatments can help control it. Treatments include surgery, radiation therapy and medicines, such as chemotherapy, targeted therapy and immunotherapy. Colon cancer is sometimes called colorectal cancer. This term combines colon cancer and rectal cancer, which begins in the rectum.

Many people with colon cancer don't have symptoms at first. When symptoms appear, they'll likely depend on the cancer's size and where it is in the large intestine.

Symptoms of colon cancer can include:

- A change in bowel habits, such as more frequent diarrhea or constipation.
- Rectal bleeding or blood in the stool.
- Ongoing discomfort in the belly area, such as cramps, gas or pain.
- A feeling that the bowel doesn't empty all the way during a bowel movement.
- Weakness or tiredness.
- Losing weight without trying.



Anal Cancer

Anal cancer is a growth of cells that starts in the anal canal. The anal canal is a short tube at the end of rectum. Stool passes through the anal canal as it leaves the body.

Anal cancer can cause symptoms such as rectal bleeding, blood in the stool and anal pain. As it grows, it might cause a growth or lump. Sometimes these symptoms might be mistaken for hemorrhoids.

In the past, most people with anal cancer had surgery to remove the cancer. Often this operation involved making a new way for waste to leave the body. Today, most anal cancer treatment involves chemotherapy and radiation therapy. With this approach, surgery might not be needed.



Anal cancer signs and symptoms include:

- Bleeding from the anus or rectum.
- Blood in the stool.
- Pain in the area of the anus.
- A mass or growth in the anal canal.
- Anal itching.
- Having to go to the bathroom more often.

Multiple Myeloma

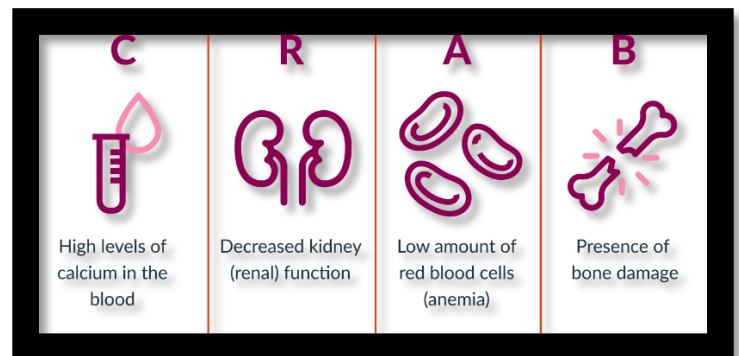
Multiple myeloma is a cancer that forms in a type of white blood cell called a plasma cell. Healthy plasma cells help fight infections by making proteins called antibodies. Antibodies find and attack germs.

In multiple myeloma, cancerous plasma cells build up in bone marrow. The bone marrow is the soft matter inside bones where blood cells are made. In the bone marrow, the cancer cells crowd out healthy blood cells. Rather than make helpful antibodies, the cancer cells make proteins that don't work right. This leads to complications of multiple myeloma.

Multiple myeloma treatment isn't always needed right away. If the multiple myeloma is slow growing and isn't causing symptoms, close watching might be the first step. For people with multiple myeloma who need treatment, there are a number of ways to help control the disease.

Early in multiple myeloma, there might be no symptoms. When signs and symptoms happen, they can include:

- Bone pain, especially in the spine, chest or hips.
- Nausea.
- Constipation.
- Loss of appetite.
- Mental fogginess or confusion.
- Tiredness.
- Infections.
- Weight loss.
- Weakness.
- Thirst.
- Needing to urinate often.



Delicious Recipes Can Be Healthy Too

White Calzones with Marinara Sauce

1 pound fresh prepared pizza dough (at room temperature)
6 ounces shredded low-moisture part-skim mozzarella cheese (about 1 1/2 cups)
3/4 cup ricotta cheese
1 large egg yolk
1/2 teaspoon lemon zest (from 1 lemon)
2 finely grated garlic cloves
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1 large egg
1 ounce grated Parmesan cheese (about 1/4 cup)
1 teaspoon dried Italian seasoning
1 cup warmed jarred marinara sauce



1. Preheat oven to 450°F. Divide pizza dough into 4 equal pieces; form into small balls. Wrap each dough ball with plastic wrap; let rest 20 minutes.
2. Unwrap and roll on a lightly floured surface into flat disks, about 7 inches wide. Place disks on a baking sheet lined with parchment paper.
3. While dough balls rest, stir together mozzarella cheese, ricotta cheese, egg yolk, lemon zest, grated garlic cloves, kosher salt, and black pepper in a medium bowl with a fork until well incorporated. Divide mixture among dough disks, adding mixture to 1 side of the disk and leaving a 1/2-inch border.
4. Lightly beat egg in a small bowl. Brush outside edge of the dough with half of egg; fold into half-moons, and crimp edges with fork. Brush tops of calzones with remaining egg; sprinkle with grated Parmesan and dried Italian seasoning.
5. Bake in preheated oven until golden brown, 16 to 18 minutes. Serve with warm marinara sauce.

Homemade Chicken Burgers

The Pioneer Woman Recipe

Ingredients

- 2 lb. ground chicken
- 3 tbsp. full-fat sour cream
- 1/4 c. panko or regular breadcrumbs
- 1/4 c. chopped chives
- 1 garlic clove, chopped
- 2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1 tbsp. mustard
- 1 tsp. hot sauce, optional
- 1 tbsp. vegetable oil
- 6 toasted hamburger buns



Optional Toppings: buffalo sauce, blue cheese, lettuce, sliced red onion, mayonnaise

Directions

1. In a large bowl, combine the ground chicken, sour cream, breadcrumbs, chives, garlic, salt, black pepper, mustard, and hot sauce (if using). Mix gently to combine well. Divide the mixture into 6 even portions (about 6 ounces each). Pat together into a ball, then press into a patty, about 3/4-inch thick. Place the patties on small squares of parchment or waxed paper to make it easier for transferring to the grill.
2. On the stovetop: Heat a large cast-iron skillet over medium-high heat. Add 1-tablespoon vegetable oil and swirl to coat the pan. Remove the patties from the wax paper, place in the skillet, and let cook for 5 minutes. Flip and cook the other side until the internal temperature of the burger reaches 165°, about 5 more minutes.
3. Alternatively, grill the burgers: Preheat the grill over medium-high heat (400 to 425°) and oil the grill grates. Remove the patties from the wax paper and place on the grill over direct heat. Cook, with the grill covered, until the internal temperature of the burger reaches 165°, about 4 to 5 minutes per side.
4. Serve immediately on toasted buns with whatever toppings that you like!

