

## HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.



## THINK "HEALTHY" FOR 2006: THE AMERICAN CANCER SOCIETY CANCER SCREENING GUIDELINES

It's the New Year and time to think about those New Year Resolutions! Have you considered setting goals to take care of yourself? The following information is reprinted from the American Cancer Society's (ACS) web site and offers guidelines for the screening and early detection of cancer. These recommendations are meant for those people at average risk for cancer and who do not have any suspicious symptoms for cancer.

People who are at increased risk for certain cancers may need to follow a different screening schedule, such as starting at an earlier age or being screened more often. Those with symptoms that could be related to cancer should see their doctor right away.

### **Cancer-Related Checkup**

For people having periodic health examinations, a cancer-related checkup should include health counseling and depending on a person's age might include examinations for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries as well as for some non-malignant diseases.

Special tests for certain cancer sites are recommended as outlined below.

### **Breast Cancer**

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exams (CBE) should be part of a periodic health exam, about every three years for

women in their 20s and 30s and every year for women 40 and over.

- Women should report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.
- Women at increased risk (e.g., family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g., breast ultrasound or MRI), or having more frequent exams.

### **Colon and Rectal Cancer**

Beginning at age 50, both men and women at average risk for developing colorectal cancer should follow one of these five testing schedules:

- Yearly fecal occult blood test (FOBT)\* or fecal immunochemical test (FIT).
- Flexible sigmoidoscopy every 5 years.
- Yearly FOBT\* or FIT plus flexible sigmoidoscopy every 5 years\*\*.
- Double-contrast barium enema every 5 years.
- Colonoscopy every 10 years.

\*For FOBT, the take-home multiple sample method should be used.

\*\*The combination of yearly FOBT or FIT plus flexible sigmoidoscopy every 5 years is preferred over either of these options alone.

All positive tests should be followed up with colonoscopy.

People should begin colorectal cancer screening earlier and/or undergo screening more often if they have any of the following colorectal cancer risk factors.

- A personal history of colorectal cancer or adenomatous polyps.
- A strong family history of colorectal cancer or polyps (cancer or polyps in a first-degree relative younger than 60 or in two first-degree relatives of any age) Note: a first degree relative is defined as a parent, sibling, or child.
- A personal history of chronic inflammatory bowel disease.
- A family history of a hereditary colorectal cancer syndrome (familial adenomatous polyposis or hereditary non-polyposis colon cancer).

## Cervical Cancer

The American Cancer Society recommends:

All women should begin cervical cancer screening about 3 years after they begin having vaginal intercourse, but no later than when they are 21 years old. Screening should be done every year with the regular Pap test or every 2 years using the newer liquid-based Pap test.

- Beginning at age 30, women who have had 3 normal Pap test results in a row may get screened every 2 to 3 years with either the conventional (regular) or liquid-based Pap test. Women who have certain risk factors such as diethylstilbestrol (DES) exposure before birth, HIV infection, or a weakened immune system due to organ transplant, chemotherapy, or chronic steroid use should continue to be screened annually.
- Another reasonable option for women over 30 is to get screened every 3 years (but not more frequently) with either the conventional or liquid-based Pap test, *plus* the HPV DNA test.
- Women 70 years of age or older who have had 3 or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop having cervical cancer screening. Women with a history of cervical cancer, DES exposure before birth, HIV infection or a weakened immune system should continue to have screening as long as they are in good health.
- Women who have had a total hysterectomy (removal of the uterus and cervix) may also choose to stop having cervical cancer screening, unless the surgery was done as a treatment for cervical cancer or precancer. Women who have had a hysterectomy without removal of the cervix should continue to follow the guidelines above.

## Endometrial (Uterine) Cancer

The American Cancer Society recommends that all women should be informed about the risks and symptoms of endometrial cancer, and strongly encouraged to report any unexpected bleeding or spotting to their doctors. For women with or at high risk for hereditary nonpolyposis colon cancer (HNPCC), annual screening should be offered for endometrial cancer with endometrial biopsy beginning at age 35.

## PROSTATE CANCER

Both the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) should be offered annually, beginning at age 50, to men who have at least a 10-year life expectancy. Men at high risk (African-American men and men with a strong family of one or more first-degree relatives (father, brothers) diagnosed at an early age) should begin testing at age 45. Men at even higher risk, due to multiple first-degree relatives affected at an early age, could begin testing at age 40. Depending on the results of this initial test, no further testing might be needed until age 45.

Information should be provided to all men about what is known and what is uncertain about the benefits and limitations of early detection and treatment of prostate cancer so that they can make an informed decision about testing.

Men who ask their doctor to make the decision on their behalf should be tested. Discouraging testing is not appropriate. Also, not offering testing is not appropriate.

Information used (with permission) from: American Cancer Society website on January 3, 2006 at [http://www.cancer.org/docroot/PED/content/PED\\_2\\_3\\_X\\_ACS\\_Cancer\\_Detection\\_Guidelines\\_36.asp](http://www.cancer.org/docroot/PED/content/PED_2_3_X_ACS_Cancer_Detection_Guidelines_36.asp)

## References

American Cancer Society. *Cancer Facts & Figures 2005*. Atlanta, GA: American Cancer Society; 2005.

Smith RA, Saslow D, Sawyer KA, et al. American Cancer Society Guidelines for Breast Cancer Screening: Update 2003. *CA Cancer J Clin*. 2003;53:141-169.

## **BLOOD CANCER SUPPORT GROUPS**

*Submitted by: Mary Morris, LSW  
Adult Oncology Social Worker*

Recognizing the needs of patients and family members dealing with blood related cancer diagnoses may be different than the needs of patients with solid tumors, the Cancer CareCenter offers support groups specifically for patients with blood cancers.

The Myeloma Family Support Group provides an opportunity for adults diagnosed with myeloma, their adult friends and family members to join others with similar experiences to gain

information, share concerns, and gather for support. The group meets the third Monday of the month, at 6:30 p.m. at Denny's Restaurant, 4020 Belmont Avenue, Youngstown, Ohio 44501. Call Donna Detwiler, RN, at (330) 884-3500, or (330) 757-6036 for further information.

The Youngstown/Warren Blood Cancer Support Group is offered for adults or parents of children diagnosed with Leukemia, Lymphoma, Hodgkin's Disease and their family and friends. The group provides the opportunity to learn the latest information, network with other survivors, and have an opportunity to discuss issues that may be unique to those who have a blood related cancer. The group meets the third Thursday of the month, at 5:00 p.m., at the Cancer CareCenter, Forum Health Regional Referral Center, 500 Gypsy Lane, Youngstown, Ohio 44501. Call Mary Morris, LSW, at (330) 884-4189 for further information.

Groups are facilitated by professional staff of Forum Health and the Leukemia and Lymphoma Society.



### **A WAY WITH WORDS. FOUNDATION. INC.**

*Submitted by Brenda M. Rider*

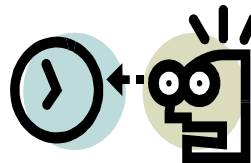
A Way With Words Foundation, Inc. is currently waiting for the arrival of their second publish book called "The Gift of Giving" It's not a gift till you give it away. Last minute celebrity entrees have caused the one month delay.

ROCck children's choir performed at Tod's Children's Hospital over the holidays. They brought gifts, shared music and time with pediatric oncology patients. In January they are scheduled to perform at Belden Village Mall in Canton, Ohio. The Stark County ACS invited the choir to "Kick-off" their Relay for Life events.

The ROCck choir currently has a 5 song CD for sale by contacting Brenda Rider at (330)360-3300 or you can order on line [www.awaywithwordsfoundation.com](http://www.awaywithwordsfoundation.com)

The choir is comprised of children ages 4-18 who have been touched by cancer. This can be as a patient, caregiver, or as a love one. The only ability required is a love of music. When we listen with our

hearts the music is beautiful. For more information on joining the choir or asking the choir to perform, please contact Brenda Rider (330) 360-3300.



### **STRESS MANAGEMENT AND RELAXATION – 10 WAYS TO DEAL WITH WORK STRESS**

*Submitted By Debbie Anastasiadis, RN, MSN, OCN, Clinical Nurse Specialist*

1. Deep Breathing lowers blood pressure, calms you and gives your body extra oxygen to maintain your focus and energy.
2. Take a quick break, stretch, walk around.
3. Organize you workspace.
4. Walk at lunch.
5. Learn to laugh more. You will combat those stress hormones with a hearty release of endorphins through laughter.
6. Make your environment work friendly and comfortable.
7. Exercise regularly.
8. Take up a hobby. This gives your mind something to think about other than work.
9. Read something positive and uplifting.
10. Get plenty of rest. Even little things get blown out of proportion if you are tired and cranky.

### **HOW TO HANDLE ADVERSITY**

*Submitted by Rev. Jim Melick, ThD, BCC Corporate Director, Pastoral Care*

The following reflection by Lu Haidnick about adversity offers encouragement to all who are facing challenges. There are times when we need to be reminded that we're not the only ones who go through problems and difficult times.

A daughter complained to her father about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In one he placed carrots, in the second he placed eggs, and the last he placed ground coffee beans. He let them sit and boil, without saying a word.

The daughter sucked her teeth and impatiently waited, wondering what he was doing. In about twenty minutes he turned off the burners. He fished the carrots out and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out and placed it in a bowl. "What do you see?" he asked. "Carrots, eggs, and coffee," she replied.

He asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard boiled egg. Finally, he asked her to sip the coffee. She smiled at its rich aroma. She humbly asked, "What does it mean Father?"

He explained that each of them had faced the same adversity, boiling water, but each reacted differently. The carrot went in strong, hard, and unrelenting. But after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you," he asked his daughter? "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean? "

How about you? Are you the carrot that seems hard, but with pain and adversity do you wilt and become soft and lose your strength? Are you the egg, which starts off with a malleable heart? Were you a fluid spirit, but after a death, a breakup, a divorce, a layoff or a difficult life experience, have you become hardened and stiff. Your shell looks

the same, but are you bitter and tough with a stiff spirit and heart? Or are you like the coffee bean? The bean changes the hot water, the thing that is bringing the pain, to its peak flavor reaches 212 degrees Fahrenheit. When the water gets the hottest, it just tastes better.

How do you handle adversity? Are you a carrot, an egg, or a coffee bean?

If you are like the bean, when things are at their worst, you get better and make things better around you. When the hour is the darkest and trials are their greatest, does your faith and trust in God elevate to another level?



## **AROUND THE BEND**

*Submitted by Brenda M. Rider*

On The highway of life  
Mile markers blur by.  
Until we reach one to recall,  
And then remember why.

A storyline crossing  
Day to day, coast to coast.

Every road and day  
has a new set of markers.  
To count as you pass.  
What do you leave behind,  
When all is moving so fast.

How far you came,  
How far you need to go.  
The landscape looks the same,  
But how do you know?

Each marker a location,  
A place with direction.  
Perhaps a vacation  
With forgotten affection.

This new set of markers  
Will define  
Where you're going  
And what you left behind.  
Count the markers as victories  
To where you've been  
And savor the markers  
Just around the bend.