

Radiation Therapy Center

Of Morris Hospital



MORRIS
HOSPITAL
& HEALTHCARE CENTERS

Patient Services Newsletter



September 2022



There is no better time than September, during Prostate Cancer Awareness Month, for men to talk with their health care providers about this disease so that they can make informed decisions about maintaining their prostate health. Although prostate cancer is the second leading cause of cancer death among men, when detected early it also boasts some of the highest survival rates.

This year, approximately 248,530 men will learn they have prostate cancer and more than 34,130 men will die from the disease in 2021. African- American men are at higher risk than all other racial or ethnic groups. Almost one third of prostate cancer cases are found in men during their prime years.

Today, 1 in 6 will get prostate cancer during his lifetime, but only 1 in 34 will die of this disease. More than 2 million men in the US who have been diagnosed with prostate cancer are still alive today.

When detected during the early stages, the 5 year survival rate is close to 100%.

Men at average risk should start talking to their doctors at age 50.

Men at higher risk should start talking to their doctors at age 45.

Men who've had an immediate family member diagnosed with prostate cancer, should talk to their doctor at age 40.



Gynecologic Cancer Awareness Month in September is essential to be celebrated since it brings to light information regarding different gynecologic cancers, and how they affect women across the globe. What are gynecological cancers, you ask? These are forms of cancers that affect the female reproductive system, including the cervix, ovaries, fallopian tubes, uterus, vulva, and vagina. The fact that makes it essential to discuss gynecological cancers is that every woman is at risk and not all survive. This month, celebrate the day by getting checked or ensuring women around you visit the nearest hospital. The more you know about this form of cancer, the better!

The different categories of gynecological cancers include cervical cancer, an infection of the cervix with human papillomavirus (HPV), and uterine cancer, a type of disease where the cancer is formed in the tissues of the uterus. The two types of uterine cancer are endometrial cancer and uterine sarcoma. Then there is ovarian cancer that has three types: ovarian epithelial cancer, which begins in the tissue covering the ovary, lining of the fallopian tube, or the peritoneum; ovarian germ cell tumors, which start in the egg or germ cells; and ovarian low malignant potential tumors that form in the tissue covering the ovary. Other forms of gynecological cancers that require attention include vaginal cancer, uterine sarcoma, and vulvar cancer.

Due to the threat of such critical cancers, Gynecologic Cancer Awareness Month was formed by the Foundation for Women's Cancer (FWC). The purpose behind the month was to spread awareness and encourage research that provides a cure to the thousands of women suffering. According to the American Association for Cancer Research, 16,900,000 gynecologic cancer survivors are living in the U.S.



September is Blood Cancer Awareness Month. The Leukemia & Lymphoma Society® (LLS) is a global leader in the fight against cancer and has helped advance 54 of the 64 blood cancer treatment options approved by the U.S. Food and Drug Administration since 2017. This month the LLS announced it is launching the first clinical trial dedicated solely to leukemia and lymphoma patients infected with the COVID-19 virus. As a vulnerable population, studies show between 30-60% of blood cancer patients are at risk of death if infected with the COVID-19 virus compared to patients who are cancer-free. There is still much more work to be done.

Leukemia is a cancer of the blood. It begins when the bone marrow starts to rapidly produce abnormal white blood cells called leukemia cells. There are two primary types of white blood cells: myeloid cells and lymphoid cells. Leukemia can occur in either type. In people who are affected by leukemia, the white blood cells do not function normally, meaning that they don't aid the immune system in warding off invasions. Additionally, because of the sheer volume of these cells, they can affect the function of major organs. Over time, there aren't enough red blood cells to provide the body with the proper amount of oxygen or platelets to clot the blood. Also, there aren't enough normal white blood cells present to fight off infections. The risk factors include but are not limited to hereditary and environmental factors that may play a role in developing the disease; mutations in the DNA and chromosome translocation can also promote activation of oncogenes (the cancer inducing genes), which can lead to disease progression. Depending on the type of leukemia, current treatment options include single or combinations of chemotherapy drugs to destroy leukemia cells; biological or immune therapy to help the immune system recognize and attack cancer cells; or targeted therapy drugs, whereby a specific drug targets only the cancerous cells



Every September, a gold ribbon is shown to commemorate Childhood Cancer Awareness month. This is an annual awareness month to raise support, funding, and awareness of childhood cancers and the impact for sufferers and families of sufferers of childhood cancer. Cancer remains the leading cause of death by disease for children under the age of 15.

Every year, approximately 300,000 families around the world will hear, “Your child has cancer.” Childhood cancer is not only devastating to the growth and development in children but also impacts their families and friends. When children should be focusing on school, play and making new friends, if they have cancer, their focus ends up being on treatment, medication, operations, not to mention the physical and emotional effects on all those involved.

Parents of childhood cancer sufferers can feel helpless watching their children suffer. The stress of making life-altering decisions on medications and treatments as well as missing work and school takes a toll. And what’s worse is trying to explain to a child what is happening to them, questioning life and faith, and not knowing the ultimate outcome.

Some forms of cancer are mostly or exclusively only seen in children, and that is something highlighted by the awareness month. On a positive note, children can be more resilient to cancer and cancer treatments than adults, and there are many cases of successful treatment and complete recovery where these children grow up to live a normal life.

Awareness, education, and support of childhood cancer is vital and is the purpose of Childhood Cancer Awareness Month.

To find how you can support Childhood Cancer, visit [St. Jude’s website](#)

ORAL, HEAD AND NECK CANCER SUPPORT GROUP

SEPTEMBER 28, 2022
2:00PM-3:00PM

Support for People with Oral and Head and Neck Cancer (SPOHNC) is a FREE, patient-directed, self-help organization dedicated to meeting the emotional, physical and humanistic needs of people with oral and head and neck cancer, along with their caregivers. The SPOHNC Morris chapter meets the last Wednesday of each month from 2-3 p.m. at the Radiation Therapy Center of Morris Hospital and is led by a Morris Hospital speech pathologist and oncology nurse.

Location
Radiation Therapy Center of Morris Hospital

For Information, call 815-364-8915

One-Pan Creamy Chicken & Gnocchi

INGREDIENTS

1 1/2 lb. boneless skinless chicken breasts
Kosher salt
Freshly ground black pepper
2 tbsp. extra-virgin olive oil, divided
1 small shallot, diced
8 oz. baby bella mushrooms, sliced
2 cloves garlic, minced
2 tsp. fresh thyme leaves
1 tsp. dried oregano
1 c. low-sodium chicken broth
1 1/4 c. half and half
Pinch crushed red pepper flakes
1 (17-oz.) package gnocchi
3/4 c. shredded mozzarella
1/2 c. freshly grated Parmesan
3 c. packed baby spinach

DIRECTIONS

Season chicken on both sides with salt and pepper. In a large skillet over medium-high heat, heat 1 tablespoon oil. Add chicken and cook until golden, 4 minutes per side. Remove from skillet.

Reduce heat to medium and add remaining 1 tablespoon oil. Add shallot and mushrooms and cook until golden, 5 minutes. Add garlic, thyme, and oregano and cook until fragrant, 1 minute more. Add broth and scrape up any brown bits on bottom of pan, then slowly add in half and half. Bring to a simmer and season with salt, pepper, and a pinch of red pepper flakes. Stir in gnocchi and return chicken to pan. Let simmer until chicken is cooked through and internal temperature reaches 165°, 8 to 10 minutes, stirring occasionally. Remove chicken from skillet.

Add cheeses and stir until melted, then add spinach and stir until wilted.

Slice chicken and return to skillet. Season with more salt and pepper to taste.

