

Radiation Therapy Center

Of Morris Hospital



Patient Services Newsletter

April 2024



ORAL, HEAD AND NECK
CANCER AWARENESS MONTH
— APRIL —



AWARENESS MONTH
TESTICULAR CANCER
APRIL



ESOPHAGEAL CANCER
AWARENESS MONTH
— APRIL —

National Garden Month: Nothing says springtime more than the sprouts and shoots of a garden!

Any day is a good day to celebrate burritos. But Thursday, April 4, has been deemed National Burrito Day



INTERNATIONAL
CARROT DAY
APRIL 4



National Pet Day on April 11th dedicates the day to those pets who may not always get the companionship and attention pets deserve.



On April 17th you can celebrate **Go Fly a Kite Day** and enjoy a banana for **National Banana Day**, or maybe some cheese for **National Cheese Ball Day**!

Celebrate **World Penguin Day** on April 25th



April 27th insists that we celebrate **National Gummi Bear Day!** YUM!!

Not everyone enjoys celebrating **National Raisin Day**, but how could you not when celebrating **National Oatmeal Cookie Day**. **National Honesty Day** shows who wants a cookie without the raisins all on April 30th!



GOOD
DEEDS
DAY

April 14th

Head and neck cancer often refers to cancers that start in the mouth, throat, sinuses and salivary glands. There are many kinds of cancer that can happen in the head and neck. Each kind begins as a growth of cells that can invade and destroy healthy body tissue. Other cancers can happen in the head and neck and are sometimes considered part of this category too.

Head and neck cancer isn't a diagnosis. Instead, it's a category of cancers that have some things in common sharing some risk factors and treatments. Which treatment you'll have for your head and neck cancer depends on many factors including the location of the cancer, its size and the type of cells involved.

Head and neck cancer symptoms may include a sore in the mouth and pain when swallowing. Symptoms might depend on where the cancer starts. Head and neck cancers include cancers that start in the mouth, throat, sinuses and salivary glands.



Symptoms can include:

A lump in the neck that you might be able to feel through the skin. Typically the lump isn't painful.

- A sore in the mouth that won't heal
- Hoarse voice
- Stuffy or blocked nose that doesn't go away
- A sore on the skin of the face, neck or lips that doesn't heal
- Coughing up blood
- Pain when swallowing
- Losing weight without trying.
- Nosebleeds
- Ear pain.

Head and neck cancers have some risk factors in common include using tobacco and drinking alcohol.

- Using any kind of tobacco.
- Drinking alcohol.
- Being exposed to HPV.
- Exposure to chemicals in the air.
- Sun or tanning bed exposure.



Testicular cancer is a growth of cells that starts in the testicles. Testicular cancer isn't a common type of cancer. It can happen at any age, but it happens most often between the ages of 15 and 45. The first sign of testicular cancer often is a bump or lump on a testicle. The cancer cells can grow quickly and can often spread outside the testicle to other parts of the body. Testicular cancer is highly treatable, even when it spreads to other parts of the body. Treatments depend on the type of testicular cancer that you have and how far it has spread. Common treatments include surgery and chemotherapy.

Signs and symptoms of testicular cancer include:



- A lump or swelling in either testicle
- A feeling of heaviness in the scrotum
- A dull ache in the lower belly or groin
- Sudden swelling in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlargement or tenderness of the breast tissue
- Back pain




Factors that may increase your risk of testicular cancer include:

- Having an undescended testicle
- Having a family history of testicular cancer
- Being a young adult

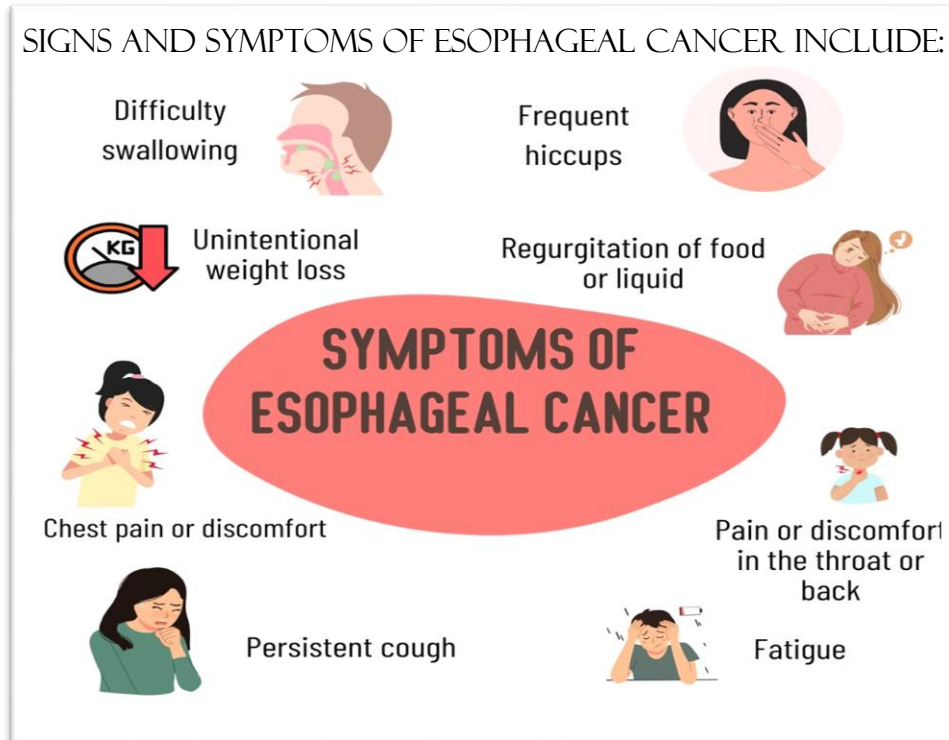
TESTICULAR CANCER IS THE MOST COMMON CANCER IN MALES 15-34 YEARS OLD.

I MALE IS DIAGNOSED EVERY HOUR  **&** **I MALE DIES A DAY FROM IT.** 

WHEN DETECTED EARLY, 99% OF GUYS DIAGNOSED SURVIVE. 

Esophageal cancer is cancer that occurs in the esophagus. Your esophagus helps move the food you swallow from the back of your throat to your stomach to be digested. Esophageal cancer usually begins in the cells that line the inside of the esophagus. Esophageal cancer is the sixth most common cause of cancer deaths worldwide. Incidence rates vary within different geographic locations. In some regions, higher rates of esophageal cancer may be attributed to tobacco and alcohol use or particular nutritional habits and obesity.

Early esophageal cancer typically causes no signs or symptoms



It's thought that chronic irritation of your esophagus may contribute to the changes that cause esophageal cancer. Factors that cause irritation in the cells of your esophagus and increase your risk of esophageal cancer include:



- Gastroesophageal reflux disease
- Smoking
- Barrett's esophagus
- Being obese
- Drinking alcohol
- Difficulty swallowing
- Not eating enough fruits and vegetables

- * April is named for the Greek goddess of love, Aphrodite.
- * April is the Humor month, so laugh it up!
- * America's first astronauts were announced by NASA on April 9, 1959
- * The 1st Webster Dictionary was copyrighted by Noah Webster on April 14, 1828
- * The Titanic sank on April 15, 1912



* Our First President George Washington was inaugurated on April 30, 1789

* The phrase "April Showers bring May Flowers" comes from a poem from the 1500's by Thomas Tusser.

* The April full moon earns the name April's Full Pink Moon not due to its color but because it's named after the pink phlox flowers that bloom in early spring.

* Tornadoes are more common in spring than are thunderstorms.



Hello Spring

Saying goodbye may be
Painful. But just like the sun
Rises and lights pour
Into your window, all
Nights must end for a
Greater day to start

Pork Saltimbocca with Peas



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy
Total: 35 min
Active: 35 min
Yield: 4 servings

Ingredients:

4 boneless center-cut pork chops (1/2 inch thick; 5 ounces each)
Kosher salt
3 tablespoons extra-virgin olive oil
1/2 cup all-purpose flour
1 large shallot, finely chopped
8 fresh sage leaves
1/2 cup dry white wine
1 1/4 cups low-sodium chicken broth
5 thin slices prosciutto (about 3 ounces), 1 slice chopped
1 cup grated fontina cheese (about 2 ounces)
1/4 cup grated parmesan cheese
1 10-ounce package frozen peas

Directions:

- 1 Preheat the broiler. Season the pork with salt. Heat 2 tablespoons olive oil in a large ovenproof skillet over medium-high heat. Working in batches, dredge the pork in the flour and add to the skillet; reserve the flour. Cook until browned, 1 minute per side. Transfer to a plate.
- 2 Reduce the heat to medium; add the shallot to the skillet and cook, stirring, until soft, 3 minutes. Increase the heat to medium high. Add the sage and 2 teaspoons of the reserved flour. Cook until sizzling, 30 seconds. Add the wine; bring to a boil. Cook until reduced by half, 2 minutes. Add 1 cup broth; return to a boil and cook until thickened, 2 minutes. Add the pork; return to a simmer. Top each chop with a prosciutto slice, then the cheeses. Broil until bubbling, 1 to 2 minutes.
- 3 Heat the remaining 1 tablespoon olive oil in a small saucepan over medium heat. Add the chopped prosciutto; cook until crisp, 1 to 2 minutes. Add the peas, the remaining 1/4 cup broth and 1/4 teaspoon salt. Cover; cook until the peas are tender, 5 minutes. Uncover; increase the heat to medium high. Cook until the liquid is reduced, 1 minute. Serve with the pork.



Courtesy of Food Network Magazine