

Radiation Therapy Center

Of Morris Hospital

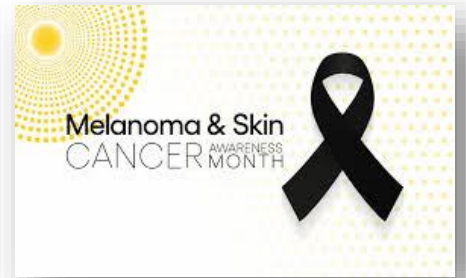


MORRIS HOSPITAL & HEALTHCARE CENTERS

Patient Services Newsletter



May 2024



Star Wars Day- May 4th



May Day- May 1st

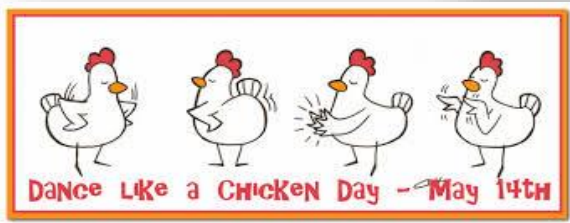


Cinco De Mayo- May 5th



Mother's Day- May 12th

National Cactus Day- May 10th



Dance Like a Chicken Day - May 14th



Memorial Day- May 27th



BBQ Month



National Strawberry Month



National Pet Month

Bladder cancer is a common type of cancer that begins in the cells of the bladder. Bladder cancer most often begins in the cells that line the inside of your bladder. Urothelial cells are also found in your kidneys and the ureters that connect the kidneys to the bladder.

Most bladder cancers are diagnosed at an early stage, when the cancer is highly treatable. But even early-stage bladder cancers can come back after successful treatment. For this reason, people with bladder cancer typically need follow-up tests for years after treatment to look for bladder cancer that recurs.

Bladder cancer signs and symptoms may include:

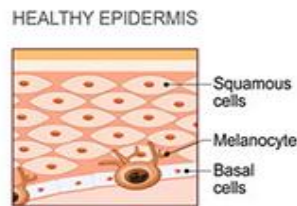
- Blood in urine which may cause urine to appear bright red or cola colored. Sometimes the urine appears normal and blood is detected on a lab test
- Frequent urination
- Painful urination
- Back pain

Factors that may increase bladder cancer risk include:

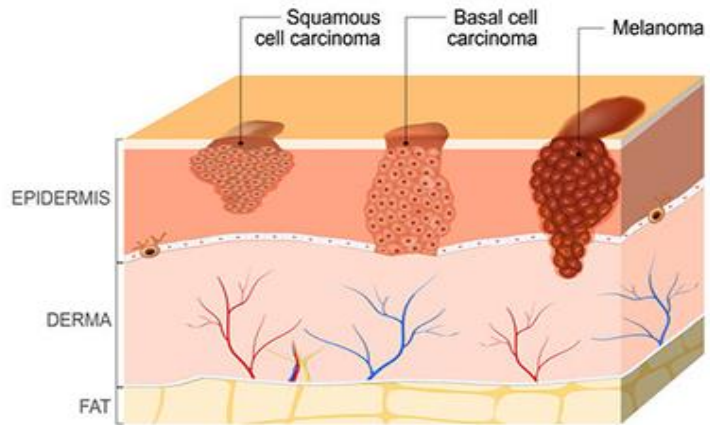
- **Smoking.** When you smoke, your body processes the chemicals in the smoke and excretes some of them in your urine. These harmful chemicals may damage the lining of your bladder, which can increase your risk of cancer.
- **Increasing age.** Bladder cancer risk increases as you age. Though it can occur at any age, most people diagnosed with bladder cancer are older than 55.
- **Being male.** Men are more likely to develop bladder cancer than women are.
- **Exposure to certain chemicals.**
- **Previous cancer treatment.** Treatment with the anti-cancer drug cyclophosphamide increases the risk of bladder cancer. People who received radiation treatments aimed at the pelvis for a previous cancer have a higher risk of developing bladder cancer.
- **Chronic bladder inflammation.** Chronic or repeated urinary infections or inflammation.
- **Personal or family history of cancer.** If you've had bladder cancer, you're more likely to get it again. If one of your blood relatives, such as a parent, sibling or child, has a history of bladder cancer, you may have an increased risk of the disease



SKIN CANCER



Skin cancer most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight. There are three major types of skin cancer; **basal cell carcinoma, squamous cell carcinoma and melanoma.**



Basal cell carcinoma begins in the basal cell, a type of cell within the skin that produces new skin cells as old ones die off. Basal cell carcinoma often appears as a slightly transparent bump on the skin, though it can take other forms. Basal cell carcinoma occurs most often on areas of the skin that are exposed to the sun, such as your head and neck. Basal cell carcinoma appears as a change in the skin, such as a growth or a sore that won't heal.

These changes in the skin usually have one of the following characteristics:

A shiny, skin-colored bump that's translucent, meaning you can see a bit through the surface. The bump may bleed and scab over. A brown, black or blue lesion with a slightly raised, translucent border. A flat, scaly patch with a raised edge. Over time, these patches can grow quite large. A white, waxy, scar-like lesion without a clearly defined border.

Factors that increase your risk of basal cell carcinoma include:

- Chronic sun exposure
- Fair skin
- Increasing age
- Exposure to arsenic
- A personal or family history of skin cancer
- Immune-suppressing drugs

To reduce your risk of basal cell carcinoma you can:

- Avoid the sun during the middle of the day
- Wear sunscreen year-round Use a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days. Apply sunscreen generously, and reapply every two hours or more often if you're swimming or perspiring.
- Wear protective clothing
- Avoid tanning beds
- Check your skin regularly and report changes to your doctor

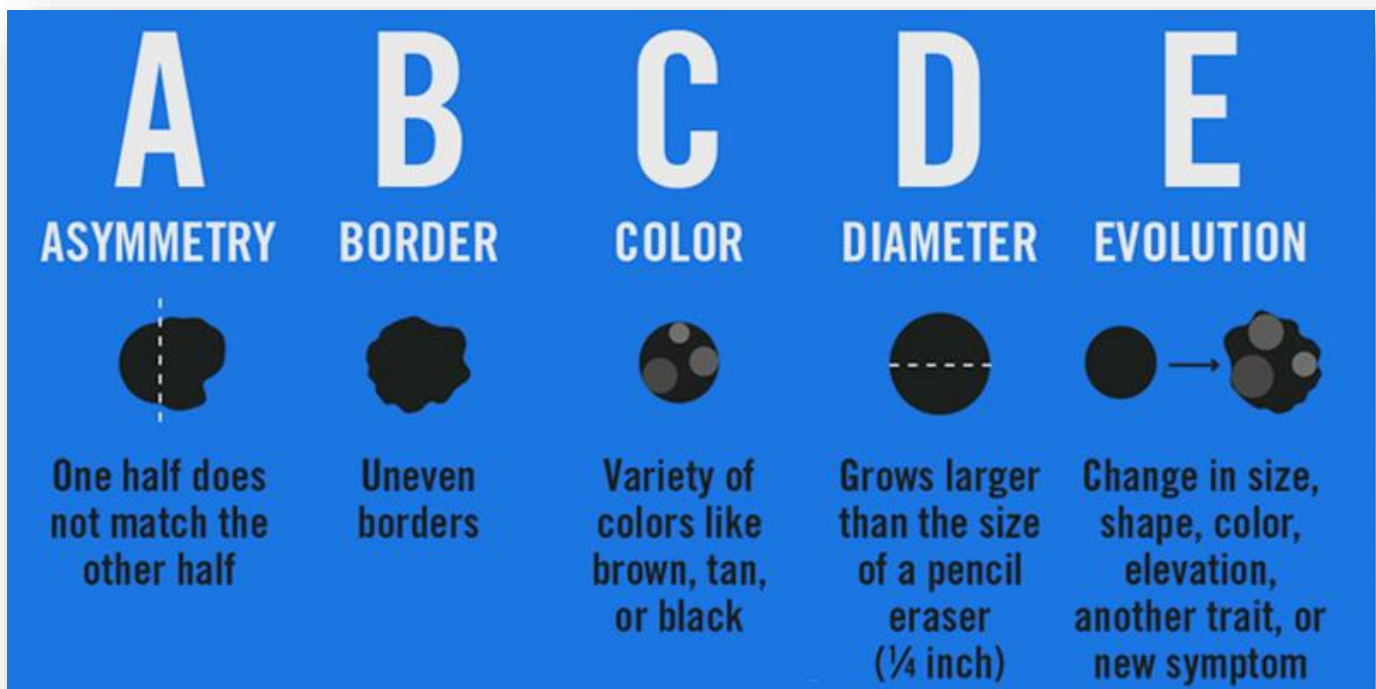
Squamous cell carcinoma of the skin is a type of cancer that starts as a growth of cells on the skin. The squamous cells make up the middle and outer layers of the skin. Squamous cell carcinoma is a common type of skin cancer and is usually not life-threatening, but if it's not treated, squamous cell carcinoma of the skin can grow large or spread to other parts of the body. Squamous cell carcinoma of the skin most often occurs on sun-exposed skin. This includes the scalp, the backs of the hands, the ears or the lips. But it can occur anywhere on the body. It can even occur inside the mouth, on the bottoms of the feet or on the genitals.

Symptoms of squamous cell carcinoma of the skin include:

- A firm bump on the skin, called a nodule. The nodule might be the same color as the skin, or it might look different. It can look pink, red, black or brown, depending on skin color.
- A flat sore with a scaly crust
- A new sore or raised area on an old scar or sore
- A rough, scaly patch on the lip that may become an open sore
- A sore or rough patch inside the mouth
- A raised patch or wart like sore on or in the anus or on the genitals

Factors that can increase the risk of squamous cell carcinoma of the skin include:

- Having skin that sunburns easily
- Being in the sun too much
- Having a history of sunburns
- Having a history of precancerous skin lesions
- Having a history of skin cancer
- Having a weakened immune system
- Using tanning beds
- Having scars or long-lasting wounds on the skin



Melanoma is a kind of skin cancer that starts in the melanocytes. Melanocytes are cells that make the pigment that gives skin its color. Melanoma typically starts on skin that's often exposed to the sun. The exact cause of all melanomas isn't clear, but knowing the symptoms of skin cancer can help ensure that cancerous changes are detected and treated before the cancer has spread. Melanoma can be treated successfully if it is found early.

The first melanoma signs and symptoms often are a change in an existing mole, or the development of a new pigmented or unusual-looking growth on the skin. Melanoma doesn't always begin as a mole. It also can happen on otherwise healthy skin. Typical moles are generally a uniform color. They might look pink, tan, brown or black. Typical moles have a distinct border separating the mole from the surrounding skin. They're oval or round and usually smaller than 1/4 inch (about 6 millimeters) in diameter.

Some moles aren't typical. They may have certain characteristics that indicate melanomas or other skin cancers.

Characteristics may include:

- **Asymmetrical shape.** Look for moles with unusual shapes, such as two very different-looking halves.
- **Changes in color.** Look for growths that have many colors or unusual color patterns.
- **Changes in size.** Look for new growth in a mole larger than 1/4 inch (about 6 millimeters).
- **Changes in symptoms.** Look for changes in symptoms, such as new itchiness or bleeding.
- **Unusual border.** Look for moles with unusual, notched or scalloped borders.

Melanomas also can develop in areas of the body that have little or no exposure to the sun. These are sometimes referred to as hidden melanomas because they occur in places most people wouldn't think to check. These include:

- * Melanoma inside the body, known as **mucosal melanoma**, develops in the mucous membrane. This tissue lines the nose, mouth, esophagus, anus, urinary tract and vagina. Mucosal melanomas are especially difficult to detect because they can easily be mistaken for other far more common conditions.
- * Melanoma in the eye also is called **ocular melanoma**. It most often occurs in the layer of tissue beneath the white of the eye. An eye melanoma may cause vision changes and may be diagnosed during an eye exam.
- * **Acral lentiginous melanoma** is a rare form of melanoma that can occur on the palms, soles, or under the nails. Acral lentiginous melanoma tends to be very dark, flat and have very unusual borders

Factors that may increase the risk of melanoma include:

- A family history of melanoma
- A history of sunburn
- One or more severe, blistering sunburns
- Exposure to UV light
- Skin that sunburns easily
- Weakened immune system
- Having many moles or moles that aren't typical
- Living closer to the equator or at a higher elevation

You can reduce your risk of melanoma and other types of skin cancer if you:

- Avoid tanning lamps and beds.
- Avoid the sun during the middle of the day
- Become familiar with your skin so that you'll notice changes. Check your skin often for new skin growths. Look for changes in existing moles, freckles, bumps and birthmarks. With the help of mirrors, check your face, neck, ears and scalp.
- Wear protective clothing and don't forget sunglasses. Look for those that block both types of UV light that come from the sun, called UVA and UVB.
- Wear sunscreen year-round. Use a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days. Apply sunscreen generously. Reapply every two hours, or more often if you're swimming or sweating.

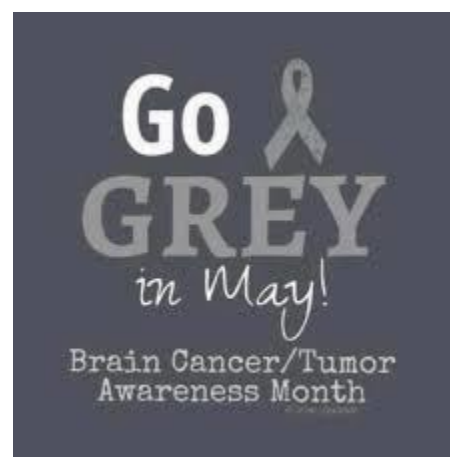
A brain tumor is a growth of cells in the brain or near it. Brain tumors can happen in the brain tissue or happen near the brain tissue. Nearby locations include nerves, the pituitary gland, the pineal gland, and the membranes that cover the surface of the brain.

Brain tumors can begin in the brain. These are called primary brain tumors. Sometimes, cancer spreads to the brain from other parts of the body. These tumors are secondary brain tumors, also called metastatic brain tumors.

Many different types of primary brain tumors exist. Some brain tumors aren't cancerous. These are called noncancerous brain tumors or benign brain tumors. Noncancerous brain tumors may grow over time and press on the brain tissue. Other brain tumors are brain cancers, also called malignant brain tumors. Brain cancers may grow quickly and the cancer cells can invade and destroy the brain tissue. Brain tumors range in size from very small to very large. Some brain tumors are found when they are very small because they cause symptoms that you notice right away. Other brain tumors grow very large before they're found. Treatment options depend on the type of brain tumor you have, as well as its size and location. Common treatments include surgery and radiation therapy.

The signs and symptoms of a brain tumor depend on the brain tumor's size and location. Symptoms also might depend on how fast the brain tumor is growing. General signs and symptoms caused by brain tumors may include:

- Headache or pressure in the head that is worse in the morning.
- Headaches that happen more often and seem more severe.
- Headaches that are sometimes described as tension headaches or migraines.
- Nausea or vomiting.
- Eye problems, such as blurry vision, seeing double or losing sight on the sides of your vision.
- Losing feeling or movement in an arm or a leg.
- Trouble with balance.
- Speech problems.
- Feeling very tired.
- Confusion in everyday matters.
- Memory problems.
- Having trouble following simple commands.
- Personality or behavior changes.
- Seizures, especially if there is no history of seizures.
- Hearing problems.
- Dizziness or a sense that the world is spinning, also called vertigo.
- Feeling very hungry and gaining weight.



Headaches are the most common symptom of brain tumors. Headaches happen in about half of people with brain tumors. Headaches can happen if a growing brain tumor presses on healthy cells around it, or it can cause swelling in the brain that increases pressure in the head and leads to a headache. Headache pain caused by brain tumors is often worse when you wake up in the morning, however it can happen at any time. Some people have headaches that wake them from sleep. Brain tumor headaches tend to cause pain that's worse when coughing or straining. People with brain tumors most often report that the headache feels like a tension headache or like a migraine.

Patriotic Berry Trifle



Recipe courtesy of Sunny Anderson

From: Food Network Magazine



Level: Easy

Total: 35 min

Prep: 35 min

Yield: 8-10 servings

Ingredients:

1/4 cup plus 2/3 cup sugar

1/4 cup fresh lemon juice

1/4 teaspoon almond extract

1 pre-made angel food cake, cut into 1-inch slices

1 pound cream cheese, at room temperature

2 cups heavy cream, at room temperature

2 pints blueberries

2 pints strawberries, hulled and sliced

Directions:

1 Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract.

2 Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes.

3 Beat the remaining 2/3 cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.

4 Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.



Photograph by Steve Giralt

Recipe courtesy of Sunny Anderson for Food Network Magazine

Who you are inside is
what helps you make and
do everything in life.

MISTER ROGERS

The chance to love and
be loved exists no matter
where you are.

OPRAH

Your life is about to
be incredible.

TIM STOREY