

The Link

Connecting patients, survivors and caregivers
with cancer-related information and activities.



March 2018



IN THE SPOTLIGHT

**National Colorectal Cancer Awareness Month:
What you need to know about colon cancer.**

Colorectal cancer is the fourth most common type cancer diagnosed in the United States. It often starts as a growth in the colon called a polyp, which has the potential to turn cancerous over time. Colon rectal screenings and fecal occult blood tests have decreased the death rate of colon cancer for the past several decades.

Signs and symptoms of colon cancer include changes in bowel habits, rectal bleeding, cramping or abdominal pain, weakness and fatigue, and unintended weight loss. Many of these symptoms are associated with other colorectal disease but, if these symptoms are occurring, schedule a visit with your physician.

Controllable factors that can increase your chance of developing colon cancer include being overweight, physical inactivity, eating red or processed meats, smoking and heavy alcohol use.

The best reason to obtain a colonoscopy is to find and remove polyps before they can develop into cancers, or to find the cancer early to increase the chance of successful treatment.

Inflatable Colon Coming to Hall-Perrine Cancer Center

The Hall-Perrine Cancer Center is hosting an event to support colon cancer education. An inflatable colon will allow visitors to stroll through and learn about various stages of diseases with explanations on normal colon tissue, Crohn's disease, polyps, malignant polyps, colon cancer and advanced colon cancer.

Event Date: Wednesday, March 21, 2018 **Time:** 10 a.m. to 2 p.m.



DID YOU KNOW?

According to the Fight Colorectal Cancer Organization, 1 in 3 people are not up to date with colorectal cancer screening and 60 percent of colorectal cancer death could be prevented with appropriate screening. Ask your doctor if you should be screened for colon rectal cancer at your next physician visit.

Visit cancer.org for more facts on colon cancer.



SUPPORT GROUPS

Cedar Rapids Multiple Myeloma Support Group

Meets every second Thursday of the month from 6:30 to 8 p.m. at Hall-Perrine Cancer Center.

For more information, contact Dave Lensch at dclensch@q.com (319) 298-9347.

Cedar Rapids Thyroid Cancer Support Group

Meets every first Thursday of the month from 6:30 to 7:30 p.m. at the Edgewood Road Hy-Vee. For more information contact Jamie Cumberworth at Cedarrapids-ia@thyca.org

Especially For You® Breast Cancer Support Group

Meets every fourth Tuesday of the month from 5:30 to 6:30 p.m. at Hall-Perrine Cancer Center.

For more information contact Krista Barnell at Krista.barnell@kcrq.com or Deb Pfiffner at dpfiffner@mercyare.org

Hall-Perrine Cancer Center Prayer Group

Individual needs for spiritual care or prayer are available by contacting Chaplain Tammy Buseman, Mercy Pastoral Care, at (319) 398-6106 or tbuseman@mercyare.org

For information on any of these activities call (319) 365-HOPE or visit, www.hallperrinecancercenter.org



DID YOU KNOW?

Stephanie Miller, ARNP Joins Dr. Reid's Team in Surgical Oncology

Stephanie will see patients in follow up, perform skin biopsies and conduct minor office procedures. She will continue her work with the Advanced Prostate Cancer Clinic and Survivorship Program. Patients requiring gastrostomy tube placement for nutritional support will also be managed by Stephanie.



Mercy's Urology Clinic is relocating to HPCC

Mercy Urology Clinic, formally in the 901 Medical Building, will be seeing patients in their new location on the second level of the cancer center starting March 26.



COMMUNITY EVENTS

Journey to Wellness: Nutrition and Cancer

Wednesday, April 18 | Noon to 1 p.m.
Hall-Perrine Cancer Center Community Room
Meet Nancy Jolliffe, registered dietitian, to learn ideas to decrease the risk of cancer. She will discuss a healthy diet, weight and the benefits of increasing your daily physical activity. Call (319) 365-4673 for information.

Gems of Hope Card Making Workshop

Tuesday, March 13, 6:30 to 7:30 p.m.
Hall Radiation Conference Room at Hall-Perrine Cancer Center
Become a creator by making gifts of hope. These gifts are given to cancer patients at the Hall-Perrine Cancer Center and throughout the Corridor. Check out www.gemsofhope.com for more info.

Gems of Hope "Gifts of Education" scholarship application now available

Gems will award up to 12, \$1,500 scholarships to Corridor seniors who have been directly impacted by cancer. More detail can be found at <https://gemsofhope.com/scholarships/>.