

May 2018



IN THE SPOTLIGHT

## Skin Cancer Awareness Month & Survivors Day at Hall-Perrine

### Skin Cancer Awareness Month

Skin cancer is the most common cancer in the United States. May focuses on the prevention, early detection and treatment of skin cancer. Most skin cancers are caused by exposure to harmful sunlight or man-made UV light such as tanning beds. Preventing skin cancer can be done by limiting that exposure. Steps you can take to decrease your exposure are: cover your skin, wear sun screen, avoid tanning beds and remember that exposure to UV rays can occur anytime you step outside.

Skin cancers have various shapes, sizes, and colors. To detect skin cancer, an easy rule to follow is the ABCDE rule. This rule assesses symmetry, border, color, diameter, and behavior of moles or spots on the skin. While this rule helps evaluate moles, if you have concerns for anything on your skin, seek a physician right away. For more information on this rule, visit [www.cancer.org/cancer/skin-cancer/prevention-and-early-detection](http://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection) or [www.hallperrinecancercenter.com](http://www.hallperrinecancercenter.com) under the Cancer's We Treat section.

### Cancer Survivors Day at Hall-Perrine Cancer Center

*Demonstrating that life after a cancer diagnosis can be a reality.*

**Thursday, May 31 from 4 to 6 p.m.**

Hall-Perrine Cancer Center atrium

Enjoy ice cream, popcorn, activities, and a live performance by local musician, Marcy Each.

*This free event is open to the community — all are welcome to attend and celebrate.*



**DID YOU KNOW?**

The prostate support group is back! More details on page two.



## 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](mailto: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](mailto:Cedarrapids-ia@thyca.org)

**NOTE DATE CHANGE FOR MAY MEETING. Group will meet on Tuesday, May 15.**

### *Especially For You*<sup>®</sup> 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 [jkbarnell@gmail.com](mailto:jkbarnell@gmail.com) or Deb Piffner at [dpiffner@mercy.org](mailto:dpiffner@mercy.org)

### NEW! Prostate Cancer Support Group

**STARTING JUNE 5** – this support group will meet the first Tuesday of the month from 6:30 to 7:30 p.m. at Hall-Perrine Cancer Center. June's topic: Long-term effects of hormone therapy, with Stephanie Miller, ARNP. For more information contact Peg Weston-Kolarik, LMSW, OSW-C, at (319) 221-8405, or [pkolarik@mercy.org](mailto:pkolarik@mercy.org).

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

To update your mailing address call (319) 365-HOPE



## SUPPORT GROUPS

### 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@mercy.org](mailto:tbuseman@mercy.org)



## COMMUNITY EVENTS

### Journey to Wellness: Nutrition and Cancer

Wednesday, July 18 | Noon to 1 p.m.  
Hall-Perrine Cancer Center Community Room  
Together with registered dietitian, Nancy Jolliffe, you will discuss and learn about healthy diets, healthy weights and the benefits of increasing your daily physical activity to decrease risk of cancer. Call (319) 365-4673 for information.

### Gems of Hope Beading & Card-Making Workshop

Tuesday, May 8, 6:30 to 7:30 p.m.  
Hall Radiation Conference Room at Hall-Perrine Cancer Center  
This workshop is offered five times each month at various locations. Visit, [www.gemsofhope.com/events](http://www.gemsofhope.com/events) to learn more.

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CANCER CENTER**

