

The Link

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



September 2018

September National Cancer Awareness Month Observances:

Childhood Cancers

Gynecologic Cancers

Blood/Leukemia/Lymphoma Cancers

Ovarian Cancer

Prostate Cancer

Thyroid Cancer



IN THE SPOTLIGHT

Overview of prostate cancer facts:

Prostate cancer is the most common cancer among men (with the exception of skin cancer). The American Cancer Society [ACS] estimates that 1 in 9 will be diagnosed with prostate cancer during his lifetime. Although prostate cancer is a serious disease, it's not usually fatal — 2.9 million prostate cancer survivors live in the United States.

Not much can be done to prevent prostate cancer, but there are steps that can to lower the risk of developing it. These steps, ACSs says, include eating 2 ½ cups of vegetable and fruits each day, remaining physically active and maintaining a healthy weight.

Most prostate cancers often grow slowly and without symptoms but, with proper screening, prostate cancer can be found early through a blood test that measures prostate-specific antigen. Discuss when you should start screening for prostate cancer with your physician, as the recommendations are different for everyone.

Mercy Urology – Now at Hall-Perrine Cancer Center

Mercy urologists Dr. Matthew Smith, Dr. Jeremiah Murphy and Dr. Nathaly Francois, are now located on the second floor of the Hall-Perrine Cancer Center in the Mercy Urology Clinic. Call (319) 398-6865 or visit online at mercy.org/urology to learn more about services.



DID YOU KNOW?

The annual Power of Pink and *Especially for You*[®] race are just around the corner!

Mark your calendar and join us on Thursday, Oct. 4 at Hall-Perrine Cancer Center to celebrate the Power of Pink and support breast cancer survivors.

Then, walk or race to show support at the 28th Annual *Especially for You*[®] Race Against Breast Cancer on Sunday, Oct.7. Sign up today at www.especiallyforyourace.org



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 or (319) 298-9347 or Rae Debner at rdebner@mercyare.org or (319) 538-7780.

Cedar Rapids Thyroid Cancer Support Group

Meets every first Thursday of the month from 6:30 to 7:30 p.m. at 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 jkbarnell@gmail.com or Deb Pfiffner at dpfiffner@mercyare.org.

NEW! Prostate Cancer Support Group

Meets the first Tuesday of the month from 5:30 to 6:30 p.m. at Hall-Perrine Cancer Center. This months speaker is Nathaly Francois, MD from Mercy's Urology Clinic. For more information contact Peg Weston-Kolarik, LMSW, OSW-C, at (319) 221-8405, or pkolarik@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

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



COMMUNITY EVENTS

Journey to Wellness: Nutrition and Cancer

Wednesday, Oct. 17 | 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, Sept. 11, 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 to learn more.

Share The Mercy Touch



Do you want others to experience the same level of The Mercy Touch you've received? Ensure compassionate and comprehensive care by donating now. Visit www.hallperrinecancercenter.org/donate

**HALL-PERRINE
CANCER CENTER**

