

November 2018



IN THE SPOTLIGHT

## Flu season: What you need to know

### Flu Shot – Facts and Benefits ([www.cdc.gov/flu](http://www.cdc.gov/flu))

The flu is a contagious respiratory illness caused by influenza viruses. The best way to prevent the virus is through a flu vaccine each year.

**“Stomach flu” is not *the* flu.** While vomiting, diarrhea, and being nauseous can sometimes be related to the flu, these are rarely symptoms of influenza. The flu is a respiratory disease, not a stomach or intestinal disease.

Some people who get vaccinated may still get sick. However, flu vaccination has been shown in some studies to reduce the severity of the symptoms — a 2018 study demonstrated that those who received a vaccination were 59 percent less likely to be admitted to the Intensive Care Unit.

**The flu shot does not give you the flu.** There are reports of common side effects including soreness, redness, tenderness or swelling. Some people may experience low-grade fever, headache, cough, runny nose, sore throat and muscle aches. These side effects are considerably less severe than symptoms of the actual influenza virus.

#### Benefits of the flu shot:

- Helps prevent influenza.
- Reduces the risk of flu-associated hospitalization for children, working-age adults and older adults.
- Helps reduce the severity of the symptoms if you do get influenza.
- Protects not only you, but those around you who are vulnerable to serious flu illness like babies, young children, elderly and people with certain chronic health conditions.



#### DID YOU KNOW?

**November is lung cancer awareness month.** Lung cancer is the leading cause of death and second most common cancer among men and women in the U.S. The most important thing you can do to lower your lung cancer risk is to quit smoking and avoid secondhand smoke. Eighty to 90 percent of lung cancers are linked with cigarette smoke. Quit smoking with help from Mercy’s Smoking Cessation Program. To register, visit [mercy.org/events](http://mercy.org/events) and search “smoking.”



## 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) or (319) 298-9347 or Rae Debner at [rdebner@mercy.org](mailto:rdebner@mercy.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](mailto: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](mailto:jkbarnell@gmail.com) or Deb Piffner at [dpiffner@mercy.org](mailto:dpiffner@mercy.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. For more information contact Peg Weston-Kolarik, LMSW, OSW-C, at (319) 221-8405, or [pkolarik@mercy.org](mailto:pkolarik@mercy.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@mercy.org](mailto:tbuseman@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



## COMMUNITY EVENTS

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

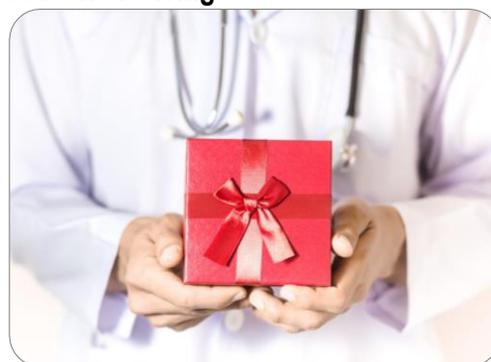
Tuesday, Nov, 13, 6:30 to 7:30 p.m.  
Hall Radiation Conference Room at Hall-Perrine Cancer Center. This workshop is offered five times each month at various locations. Visit, [www.gemsofhope.com/events](http://www.gemsofhope.com/events) to learn more.

Reminder - no December workshops.

Save the date! The Gems of Hope Volunteer Appreciation Celebration will take place on April 16, 2019. More details to follow as the date draws near. Visit, [www.gemsofhope.com/events](http://www.gemsofhope.com/events) to learn more.

### **Dollars at Work**

#### Season of Giving



Want to honor a Hall-Perrine Cancer Center doctor or nurse? Consider a gift in their name. Charitable donations support patient care, research and the most advanced cancer treatments available. For more information about giving, visit [hallperrinecancercenter.org](http://hallperrinecancercenter.org), or call the Mercy Foundation at (319) 398-6206.

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