

The Link

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



January 2019



IN THE SPOTLIGHT

Skin Cancer Awareness

Skin cancer is the most common cancer in the United States. The key to prevention is early detection and treatment. Most skin cancers are caused by exposure to harmful sunlight or man-made UV light (such as tanning beds). Help prevent skin cancer by covering your skin, wearing sun screen, avoiding tanning beds and remembering that exposure to UV rays can occur anytime you step outside.

Skin cancers have various shapes, sizes and colors. An easy rule to help detect skin cancer is the "A-B-C-D-E rule." This rule reminds people to assess symmetry, border, color, diameter, evolution and behavior of moles or spots on skin. If you have any concerns, seek a physician right away. For more information on the rule, visit <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection>.

Overall, there are different ways to treat various types of skin cancer. The first step is to talk to your physician.

PROM 2019: Your Skin Is In Event

Look great without tanning

Who: Any age is welcome!

What: Prom fashion show, expert tips on hair, make-up and sunless tanning. Shop the vendor fair and enjoy refreshments. Enter to win great prizes, such as an Apple watch, Apple AirPods, Beats 3 wireless headphones or gift cards. Hear two cancer survivors' inspirational stories and learn how to decrease your skin cancer risk.

When: Jan. 20, 2019, from 2 to 4 p.m.

Where: Hall-Perrine Cancer Center, Main Lobby
701 10th St. SE, Cedar Rapids



Register at mercy.org/prom



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@mercycare.org or (319) 538-7780.

Cedar Rapids Thyroid Cancer Support Group

Email and phone support available at this time; a new location may be announced in the future. 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@mercycare.org.

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@mercycare.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@mercycare.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

Gems of Hope Beading & Card-Making Workshop

Tuesday, March, 12, 6:30 to 7:30 p.m. Hall-Perrine Cancer Center Community Room. This workshop is offered five times each month at various locations. Visit, www.gemsofhope.com/events to learn more.

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 to learn more.

Dollars at Work



Impacting *The Mercy Touch*®

Last year, 2.6 million in charitable gifts were given to the hospital. These gifts are essential to support the innovative and compassionate care you've come to know as *The Mercy Touch*. State-of-the-art radiation technology, patient-care services and continuing education for cancer center support staff all benefit from the generosity of others.

For more information on giving to the Hall-Perrine Cancer Center, visit www.hallperrinecancercenter.org or call the Mercy Foundation at (319) 398-6206.

**HALL-PERRINE
CANCER CENTER**

