



June 2012

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## Mark Your Calendar!

- June 4**
- Introduction to Insulin Pump Therapy<sup>®</sup> Educational Seminar  
5:30 - 6:30 p.m.
- June 5**
- Prime Time Coffee at 10 a.m. - Hy-Vee "Know Your Produce"  
Tonya Heunink, RD, LD  
Hy-Vee Deliitian  
Please register by calling 546-3410
  - Stroke Screening (\$40 each or \$95 for all 3 tests)  
Appointments necessary  
546-3401
- June 6**
- Free Adult Hearing Screening  
8:30 a.m. - 12:30 p.m.  
Appointments necessary  
546-3401
- June 8 & 9**
- Plymouth County Relay for Life
- June 9**
- Home Alone Class (\$10)  
8:00 - 11:00 a.m.
- June 12**
- "Helping Children Benefit Golf Tourney" (\$45 per golfer)  
7:30 a.m. - 2:00 p.m.  
546-6849
- June 13 - 16**
- Ice Cream Days  
lemarslow.com
- June 23**
- Healthcare CPR (\$43)  
8:00 a.m. - 12:00 p.m.
- \*\* For more information or to register for the above classes, please call 712-546-3401.*

## Celebrating Cancer Survivors

On Sunday, June 3rd we hope you join in celebrating National Cancer Survivor Day. With advancements in the medical field for both detection and treatment of cancer, many are fighting and surviving cancer and living a rich life after diagnosis.

According to the American Cancer Society, there are some key components to good care of cancer survivors:

- 1) Good communication. Not only open communication between the cancer survivor and every member of the health care team, but communication involving everyone including other family members. Having a clear and concise understanding of who is in charge of each aspect of your future health care is vital. Who will order future screenings, manage cancer prevention methods and overall mental health?
- 2) Summary of care and care plan. This is a document that outlines the discussions between the patient and treating physician for understanding of treatments and potential side effects as well as future tests that may be needed to check for cancer recurrence, including frequency and regular screenings for potential new cancers.
- 3) Attend to your overall health. While results vary, studies in some cancers show a possible association with reduced recurrence with healthier lifestyles. Healthy living includes:
  - a) Not using tobacco products
  - b) Limiting alcohol intake
  - c) Maintaining a healthy weight
    - Limiting high-calorie food
    - Drinking fewer beverages high in fat and/or added sugar
    - Eating more low-calorie foods like vegetables, fruits and whole grains
    - Include more fish and poultry instead of red and processed meats
    - Include low-fat versus full-fat dairy products
    - Includes nuts and olive oil instead of less healthy alternatives such as butter or trans fats found in processed snacks
  - d) Add more physical activity throughout the day
    - Many studies have shown the benefits of being physically active. Recent studies have demonstrated a correlation of physical activity and lower risks of recurrence and improved survival rates among multiple cancer survivors including breast, colon, prostate and ovarian cancer.

As a cancer survivor you may have finished treatment, but there are still many life-style changes that can improve your post-cancer quality of life. If you have questions or concerns, please check with your physician or give the Oncology Department a call.

Sources:  
American Cancer Society cancer.org

## Did You Know?

- The National Cancer Institute estimates that nearly 12 million Americans with a history of cancer were alive in January 2008.
- The five-year survival rate for all cancers diagnosed between 2010 - 2007 was 67% up from 49% from 1975 - 1977.
- About 1,638,910 new cancers are expected to be diagnosed in 2012.
- Cancer is the second most common cause of death in the U.S., exceeded only by heart disease, accounting for 1 out of every 4 deaths.
- Though the leading diagnosed cancer is prostate cancer for men and breast cancer for women, the leading cause of cancer death is lung and bronchus cancer.
- Among breast cancer survivors, a recent analysis showed that getting exercise after diagnosis was associated with 24% lower risk of breast cancer deaths, a 41% lower risk of dying from all causes, and a 24% lower risk of breast cancer recurrence.
- The American Cancer Society urges survivors to exercise for at least 150 minutes per week including 2 days of strength training.
- Both you and your caregivers may face some mental health needs, most commonly stress, depression and anxiety. Be sure to talk to your health care provider about these issues and get the help that you need.