

Insights

Community Medical Center Healthcare System • Geisinger Wyoming Valley, Geisinger Cancer Institute • Marian Community Hospital
 Mercy Health Partners • Moses Taylor Hospital / Mid-Valley Hospital • Wayne Memorial Health System • Wyoming Valley Health Care System

Cancer Surveillance and Risk Factors Study Results Summarized

Local cancer surveillance and risk factors were studied by the Northeast Regional Cancer Institute. Study results identified several cancers with unusually high incidence and mortality rates. The study concluded that incidence rates for cancers of the lung, colon and rectum, bladder, uterus, kidney, thyroid, esophagus, and larynx were higher than expected in NEPA, during a five year time period from 2001-05.

Breast, prostate, melanoma, non-Hodgkin's lymphoma, leukemia, myeloma, and liver cancer incidence rates were lower than expected in NEPA in the same five year time period.

"We don't exactly know why incidence for some cancers are higher than expected and others are lower than expected. I suspect that our high prevalence of tobacco use may increase our risk for tobacco related cancer," said Dr. Lesko. "An analysis of cancer risk factors documented that cigarette smoking was significantly more common in NEPA than in Pennsylvania or the U.S. In fact, 28.3% of adults in NEPA are smokers."

"Lack of regular exercise, a high prevalence of obesity, and diets low in fiber and high in fat were observed in our study and may increase risk for some cancers," said Dr. Lesko.

Until researchers can determine why certain cancers have an increased or decreased incidence and/or mortality rates, it is important that individuals schedule regular appointments with their healthcare provider and continue to stay current with recommended screenings.

For more information about this study [click here](#) to read the result summary.



c.a.s.u.a.l. (Colon cancer Awareness Saves Unlimited Adult Lives) is a program to raise awareness about colon cancer and the importance of screening and early detection, as well as raise funds and awareness for the Northeast Regional Cancer Institute.

**Join us on Thursday, March 25
 and dress c.a.s.u.a.l.
 for a good cause!**

Become involved in c.a.s.u.a.l. Day

Call the Northeast Regional Cancer Institute at
 (570) 941-7984 in Scranton
 (570) 970-6543 in Wilkes-Barre
 1-800-424-6724

Visit our website at www.cancernepa.org and sign up to receive more information about c.a.s.u.a.l. Day

Proceeds to benefit:
 Colon Cancer Education & Research



941-7984 & 970-6543 | www.cancernepa.org

Charles Saxe – Story of Survivorship

In 2006 my father passed away, I had bypass surgery and I was diagnosed with testicular cancer.

During my doctor's appointment in August, 2006, I talked to my doctor about an odd spot on my testicle that my wife and I noticed. My doctor was able to do an ultrasound that confirmed I had some type of growth. Shortly after, my surgery was scheduled where my doctor learned that my testicle and the connecting tissue were cancerous, Seminoma to be exact, but it had not spread.

Hearing that I had cancer was tough. My first worry was that I would need to travel to

Philadelphia for treatment, but Scranton had all the technology I needed to receive the best care. My treatment included 15 radiation treatments.

My wife, Leile, and my son and daughter in law helped me get to my appointments and keep my spirits high. All of my doctors and nurses made me feel so comfortable throughout the entire process.

I am amazed at how many men don't check themselves on a regular basis! It is so simple to do. Most importantly, if you find something that doesn't feel right don't be afraid to talk to your doctor. It saved my life and it could save your life!

Local Businesses Invest in Smoking Cessation Counseling

For individuals looking to quit smoking, the Northeast Regional Cancer Institute has smoking cessation counseling for individuals and groups in Lackawanna County with funding supported by the Tobacco Free Northeast PA. This program is also available for businesses with on-site counseling available for their employees.

In the 2008 – 2009 fiscal year, 20 individuals took part in smoking cessation counseling. Additionally, five Lackawanna based businesses offered smoking cessation counseling and a total of 79 individuals took advantage of this free programming to help them quit smoking.

Penn Foster in Scranton offered the program to their employees. Lisa Lomeo, Mail Operations Manager at Penn Foster, participated in that program and is proud to be tobacco free.

"I would like to thank Penn Foster for caring about people enough to put a program like this together for their employees, for me it was very successful," said Lisa Lomeo.

If you are interested in offering smoking cessation counseling at your worksite, please contact the Northeast Regional Cancer Institute at 570/941-7984 or visit <http://www.cancernepa.org/tobacco/>.

Businesses offering smoking cessation counseling:

Cinram - 24 employees participating
Penn Foster – 19 employees participating
Moses Taylor – 16 employees participating
St. Mary's Villa – 10 employees participating
University of Scranton – 10 employees participating

Become a Facebook Fan of the Northeast Regional Cancer Institute

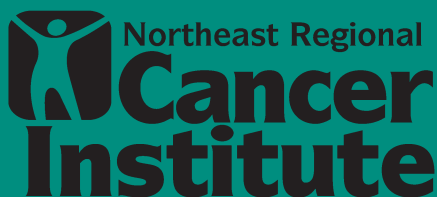


Search for "Northeast Regional Cancer Institute" or [click here](#) to visit our Facebook Page!

Become a Fan and learn about upcoming events, view photos and join discussion topics!

SERVING NORTHEASTERN PENNSYLVANIA COUNTIES

Carbon | Lackawanna | Lehigh | Luzerne | Monroe | Northampton | Pike | Susquehanna | Wayne | Wyoming



334 Jefferson Avenue
Scranton, PA 18510

63 North Franklin Street
Wilkes-Barre, PA 18701

1247 South Cedar Crest Boulevard
Allentown, PA 18103

(570) 941-7984 (Scranton) • (570) 970-6543 (Wilkes-Barre) • (800) 424-6724

www.cancernepa.org