



Insights

Geisinger - Community Medical Center • Geisinger Wyoming Valley Medical Center, Henry Cancer Center • Mid-Valley Hospital • Moses Taylor Hospital
Regional Hospital of Scranton • Special Care Hospital • Tyler Memorial Hospital • Wayne Memorial Health System • Wilkes-Barre General Hospital

SAVE LIVES - Become a C.A.S.U.A.L. Day Team Captain!

The Northeast Regional Cancer Institute will host the 9th Annual C.A.S.U.A.L. (Colon cancer Awareness Saves Unlimited Adult Lives) Day on March 29, 2012 in memory of Helen Phillips, a courageous woman who fought a battle against colon cancer and died in the summer of 2002.

Colon and rectal cancers are one of the most frequently diagnosed cancers in areas of Northeastern Pennsylvania, with incidence rates about 18% higher than the United States average (In some areas of the region, incidence is as much as 24% higher than the national average). By getting your organization or business involved in C.A.S.U.A.L. Day, you can potentially save the lives of friends, co-workers, and family by raising awareness of proper screening guidelines and preventative measures.

Individuals and businesses interested in participating in C.A.S.U.A.L. Day can do so by selecting someone to serve as a team captain. Team captains will be in charge of ordering and distributing this year's gold C.A.S.U.A.L. t-shirts for \$15, and pins, for \$5.

On March 29th dress C.A.S.U.A.L., as determined by your workplace or school, and spread the word about colorectal cancer prevention and screening.

All proceeds from C.A.S.U.A.L. Day support the ongoing efforts by the Cancer Institute to raise awareness about colorectal cancer risk factors and the importance of screening.

For more information or to register to be a C.A.S.U.A.L. Day Team Captain please call 1-800-424-6724 or visit our website at www.cancernepa.org.



Wrap Up Celebration!

March 29th
Farley's suaL
5:00 - 7:30 pm

Join us for a guest bartender event, with all tips and some sales proceeds supporting C.A.S.U.A.L. Day! It's sure to be a fun night with lots of surprises!



Pictured are members of the CASUAL Day planning committee wearing this year's gold awareness shirt. Front row (l to r): Barbara Barrett, CASUAL Day 2012 Spokesperson; Mary Densvich, Event Co-Chair; Marie Santilli; Karen Saunders; Donna Molinaro; and Pete Danchak, Event Co-Chair. Back row (l to r): Jessika Haynos, Cancer Institute staff; Jane Oswald, Cancer Institute staff; and Kate O'Malley.

Barbara Barrett – Story of Survivorship

On this shining sunny day I say “Good Morning” to the t-shirt hanging in my closet that says “I’m not dead yet.”

I bought the shirt at the musical Spamalot in 2006, just two weeks before I was diagnosed with colon cancer. I wore it for the first time in the hospital after surgery. Today, and on every beautiful day, I rejoice in having worn my “designer” shirt for the last five years; years with my six wonderful children and their families.

I give thanks for splendid family and friends with whom I talk, sing, pray, laugh, complain, travel, garden, read, go to school, celebrate class reunions, watch movies, explore museums, and volunteer. I give thanks for medical researchers, for my surgeon, Dr. Delserra, and my oncologist, Dr. Hyzinski, and his remarkable staff, and for the treatment available here in Scranton.

Colon cancer...who, me? I was looking forward to a trip to Spain. I was the proverbial “healthy horse.” However, in 2006, I decided to finish a yearly physical exam by having a suggested colonoscopy. The test had been recommended by my doctor for the prior 18 years, but I delayed it, having never had any health worries.

Surprise, surprise! My examining doctor asked grimly, “Is this really your first colonoscopy?”

He didn’t add that I was flat out stupid for waiting so long.

My personal message? Repeat after me: **OFTEN THERE ARE NO SYMPTOMS** of colon or rectal cancer. If you are age 50 or older, or have a family history, **GET TESTED.**

We are incredibly fortunate to have the Northeast Regional Cancer Institute, which serves to conduct local research and to inform you by spreading awareness of life-saving cancer testing. We can all, in some way, serve others by making a connection with Cancer Institute efforts. Please go for annual physicals and screenings, spread awareness to others, participate in all of the March Colon Cancer Awareness Month activities, and dress “C.A.S.U.A.L.” on C.A.S.U.A.L. Day!

Donate generously.
Live long and well!



Barbara Barrett is the 2012 C.A.S.U.A.L. Day spokesperson and a retired school teacher.

Pink Game Benefits Cancer Institute



The Scranton Preparatory and Abington Heights girls’ basketball teams recently worked together to raise \$5,400 for the Northeast Regional Cancer Institute during their fourth annual “Pink” game!

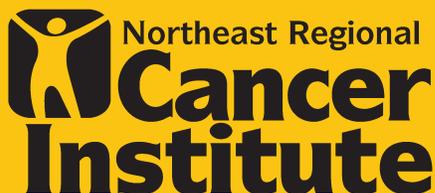
Judi H Rock On 2 Raises \$27,000!



The Judi H Rock on volunteer committee hosted their second annual fundraiser to benefit the Cancer Institute on February 4th, 2012. The night of music, dancing, and fun at the Scranton Cultural Center drew hundreds of attendees!

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