

In sights

A PUBLICATION
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NORTHEAST
REGIONAL
CANCER INSTITUTE
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issue...

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You're invited...

6th Annual

Family of Survivors Program

Saturday, October 7, 2006

10:30 a.m. - 12 noon

Cancer Survivors Park, McDade Park,
Scranton

** Dedicated in memory of Frances Acker Fuller **



A member of the Family of Survivors will offer words of hope and encouragement. Event features include music and a Survivors Circle.

The Northeast Regional Cancer Institute invites you to join us for a tribute to all those touched by cancer... survivors, their families, friends, and caregivers, as well as family members and friends of those who have died from cancer.

If you plan to join us,
please RSVP by October 3rd.
(570) 941-7984 in Scranton
(570) 970-6543 in Wilkes-Barre



Seasonal Healthy Recipe: Roasted Beets

A Recipe Provided by **Mary B. Klem, M.S., R.D.** - Dietitian

1. Wash beets and pat dry. Do **NOT** peel skins.
2. Cut off beet tops leaving at least 1" stem intact.
3. Wrap each beet in aluminum foil.
4. Place in baking dish.
5. Bake at 350 degrees for 1 hour until knife tender. (Larger beets will take longer)
6. Cool beets enough to handle. Cut off root and stem ends and rub off skins under cool running water.
7. Slice, dice or cube. Enjoy!

Beets are very high in fiber, magnesium, potassium and Vitamin C, and iron.



1 cup provides:
58 calories
.2 g fat
0 cholesterol
13g carbohydrate
3.8 g fiber

Spotlight on Support Groups

Ostomy Association Support Group of Northeastern Pennsylvania

The Ostomy Association is a volunteer-based health organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

Regular monthly meetings are held at 7:00 pm in the East Wing Café meeting room, 2nd floor of Mercy Hospital, Scranton. The next planned meeting will take place Monday, October 9th.

For more information on The Ostomy Association Support Group of Northeastern Pennsylvania please contact Joyce McDonough at 570/348-7738.

Freedom's Voices

Freedom's Voices is a support group for the new or soon to be laryngectomy patients and their families.

The goal of the support group meeting is to share experiences.

Freedom's Voices meets the second Wednesday of each month at 7:00 pm at the John Heinz Rehabilitation Center on Mundy Street in Wilkes-Barre. New individuals are always welcome.

Freedom's Voices provides speakers for tobacco education presentations in schools and youth groups. Speakers are also available on an individual basis to help individuals through their surgery and recovery.

For more information on Freedom's Voices please contact Stan Mruk at 570/693-0897 or via e-mail at smruk454@aol.com.





Breast Cancer: A focus for all women throughout October and continuing for life

October is National Breast Cancer Awareness Month. Breast cancer accounts for more than 30% of all cancers in women. Approximately 43,500 women and 400 men die from this disease each year.

In the United States, new cases of breast cancer have been increasing at a rate of just more than one percent per year since the 1940's. The number of reported new cases rose considerably in the 1980's - most likely due to increased screening. Since that time, the rate has leveled off.

The incidence of breast cancer in the U.S. varies from state to state and among ethnic groups. In Pennsylvania, approximately 131 in every 100,000 women were diagnosed each year with a new case of breast cancer between 1996 and 2000. Pennsylvania, along with two other states, rate 18th highest among the 50 states for the diagnosis of new breast cancer cases between 1996 and 2000.

The incidence of breast cancer is higher among Caucasian women than in Latino, Asian or African American women.

Symptoms

The most common sign of breast cancer is a lump or thickening of the breast tissue. Lumps that do not appear to change in the way they feel or do not go away are of particular concern.

Other signs include swelling, soreness of the skin, redness, or changes in the nipple, including it being drawn toward the chest, changing shape, or becoming crusty.

Pain or tenderness in the breast that lasts throughout the menstrual cycle should be reported to a physician, as this can be another indication of cancer.

For more information or to receive a free information pamphlet on breast cancer please contact the Northeast Regional Cancer Institute at (570) 941-7984 in Scranton or (570) 970-6543 in Wilkes-Barre.

Life Insurance Companies

Taking another look at policies for survivors

Life expectancy for breast and prostate cancer survivors has increased over the years with the advancements in cancer care.

This increase in survival rates has recently prompted life insurance companies to re-evaluate their policies for certain types of cancer survivors.

Traditionally, cancer survivors obtained life insurance at a premium cost, but; with statistics showing an increase for life expectancy of breast and prostate can-

cers, many life insurance companies are able to offer a standard cost for coverage.

According to Steven N. Weisbart of the *Journal of the National Cancer Institute*, this new cost for life insurance is much more affordable, but certainly not "the best price".

Weisbart suggests cancer survivors be truthful when applying for a life insurance policy and find an agent who can help identify policy guidelines that may cover cancer patients.

Lung Cancer Survivor Speaks about Determination

A Story of Survivorship

"I am a cancer survivor today because of my faith and the great support I received throughout my entire battle," said Jim Dobbs, a 2 1/2 year lung cancer survivor.

Jim credits his survivorship to his tremendous faith and his ability to fight his cancer.

"I was diagnosed with lung cancer in May of 2003. I went to the emergency room with my son after experiencing shortness of breath," said Jim. "The doctors ran some tests. Before I left they did an X-Ray."

Doctors diagnosed Jim with Stage IV lung cancer.

"Throughout my entire diagnosis and treatment I received excellent care," explained Jim. "I received my radiation and chemotherapy locally in Scranton and had my surgery in Philadelphia. I developed relationships with my doctors, my nurses and the maintenance staff at the locations where I received treatment. Dr. Christian Adonizio, Hematology and Oncology Associates of NEPA in Dunmore; Dr. Walter Scott, Fox Chase Cancer Center; Dr. James Sheerer, Family Physician in Scranton; and Dr. Chi K. Tsang, Northeast Radiation Oncology Center in Dunmore

gave me great hope."

Jim was determined to win the battle over cancer.

"I never won any other battle, but this was something I planned to win," said Jim.

"After surgery I was in great pain. I didn't even know what pain was until that surgery, but everyone was so supportive," said Jim. "My wife,

"I never won any other battle, but this [beating cancer] was something I planned to win," said Jim

Pat, and my family were behind 100% of my recovery. My three kids and four grandchildren came to visit me and help keep my spirits high. My church

and friends prayed for me."

Jim and his wife have been married for 41 years and see each day as a gift.

"We have so much to be thankful for. We spend more time with each other and our children and grandchildren, we laugh, and certainly don't take everything so serious," said Jim.

"Life is not over when you hear cancer. It is scary, but you have to keep your chin up and keep a positive attitude," said Jim. "Don't ever give up – never, ever give up!"

Monsignor Andrew McGowan

His presence lives on through the work of the Cancer Institute



Msgr. McGowan

With a renowned ability to marry wit and wisdom, Monsignor Andrew J. McGowan stood at a podium on October 11, 1991, amidst a crowd of community leaders, to bolster support for the newly formed Northeast Regional Cancer Institute. He followed up on those words over the years by providing sound advice and resources to this organization – resulting in the development of critical aspects of the cancer control services currently offered through the Institute.

Msgr. McGowan's passing on July 19th may have signaled the end of his amazing life – but not his impact on this organization, the healthcare community, or the citizens of northeastern Pennsylvania. May he rest in peace.



It's all in the **GAME!**
Save the Date...



Thursday, November 16, 2006 6 - 9 p.m.
Radisson Lackawanna Station Hotel, Scranton

Thursday, November 30, 2006 6 - 9 p.m.
Genetti Hotel & Conference Center, Wilkes-Barre

Join your colleagues and friends for a night of fun and games to benefit the Cancer Resources Guide

For more information, please contact the Northeast Regional Cancer Institute
(570) 941-7984 (570) 970-6543 www.cancernepa.org

November is Lung Cancer Awareness Month

Lung cancer is the number one cause of death from cancer in the United States. Between 1991-2000, more than 1.5 million Americans died from the disease, according to a 2003 report from the American Cancer Society.

It's no wonder, then, that so many people are turning their attention to understanding lung cancer - its causes, diagnosis and treatment.

Lung cancer is caused by the uncontrolled growth of abnormal cells in one or both lungs. This uncontrolled growth forms tumors that prevent the lungs from functioning properly.

For more information or to receive a free information pamphlet on lung cancer please contact the Northeast Regional Cancer Institute at (570) 941-7984 in Scranton or (570) 970-6543 in Wilkes-Barre.

QUICK FACTS

Smoking Shortens Lifespan

On average, men who smoke cut their lives short by 13.2 years.
Women lose 14.5 years.

Source: Surgeon General's Report, May 2004

The Pennsylvania's
Free Quitline
phone number
has changed to
1-800-QUIT-NOW.

Each year
600 cases of lung cancer are detected
and 480 deaths result from lung cancer,
making lung cancer the
2nd leading cause of death in
Northeastern Pennsylvania.





Cancer Institute Researcher Presents at International Conference

Samuel M. Lesko, MD, MPH; Director of Research and Medical Director at the Northeast Regional Cancer Institute recently attended the Second North American Congress of Epidemiology Conference in Seattle, Washington.

This international conference is the largest regular meeting of epidemiologists in North America.



Dr. Samuel Lesko

Dr. Lesko presented the results of a study examining *The Effect Of Age on The Treatment Of Stage III Colorectal Cancer*. "Our experience treating this stage of cancer in Northeastern Pennsylvania is similar to what is being done in Washington State and other regions of the country," said Dr. Lesko.

"In addition to presenting local cancer research specific to Northeastern Pennsylvania this International conference showcases other epidemiological studies in the field of cancer," said Dr. Lesko. "Meeting with other researchers helps identify new approaches to studying cancer that researchers in Northeastern Pennsylvania can use."

Thank You for your support!

For every massage therapy appointment at Birchwood Fitness in Clarks Summit ten percent of the cost will be donated to one of five area non-profit organizations, one of which is the Northeast Regional Cancer Institute.

Throughout June and July, Birchwood Fitness matched the total contribution made to each of the five non-profits organizations. The Northeast Regional Cancer Institute received the highest amount of contributions for the month of July.

David Jennings, Owner of Harmony Restored, is extending this contribution match throughout August and September.

Birchwood Fitness offers a massage therapy session for one hour and an extended session for 90 minutes. For more information or to make an appointment please contact David Jennings at Birchwood Fitness at 570/335-2283.

Member Hospital News

Wayne Memorial Hospital Introduces New CT Scan

Wayne Memorial Hospital has a new advanced Computed Tomography or CT Scan with 64 slices. Each "slice" is a cross section of the body being x-rayed by the CT. WMH is one of only three area medical centers to have this state-of-the-art CT. Procedure times are now as short as 20 seconds, compared to five minutes with the old unit. The new system will also allow WMH to do cardiac imaging, CT angiographies and virtual colonoscopies. Pictured clockwise: Gary Armstrong, RTRCT; Bill Lewis, RTR; Lead CT Tech Doug Buchinski, RTRCT; Kim Hodorowis, RTR; and Michelle Murray, RTRCTM.





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Northeast Regional Cancer Institute

.....
*Easing the burden
of cancer in
Northeastern
Pennsylvania*

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Geisinger South
Wilkes-Barre, *Wilkes-Barre*

Marian Community
Hospital, *Carbondale*

Mercy Health Partners
Scranton

Mid-Valley Hospital,
Peckville

Moses Taylor
Hospital, *Scranton*

Wayne Memorial Health
System, *Honesdale*

Wyoming Valley Health
Care System, *Wilkes-Barre*

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(570) 941-7984,
or email
editor@cancernepa.org.*

The Northeast Regional Cancer Institute is a non-profit community-based agency working to ease the burden of cancer in Northeastern Pennsylvania. Focusing on research, education, and survivorship, the Cancer Institute invests all of its resources in this region.

Partnering with the Cancer Institute to achieve its goals are community leaders, volunteers, healthcare professionals, and a cooperative network of eight partner organizations in Northeastern Pennsylvania.

 Northeast Regional
**Cancer
Institute**



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Harry and Jeanette Weinberg Foundation

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