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Sun Safety in Northeastern Pennsylvania

The Northeast Regional Cancer Institute has partnered with Maternal and Family Health Services, the Pennsylvania Department of Health, Blue Cross of Northeastern Pennsylvania, and Lackawanna Valley Dermatology Associates, Limited to kick-off the 2008 *Sun Safety in Northeastern Pennsylvania* community education program.

Sun Safety is designed to raise awareness of skin cancer prevention, early detection and diagnosis issues throughout Northeastern Pennsylvania. The Sun Safety initiative focuses on education for parents and children since approximately 80 percent of lifetime sun exposure occurs before age 18, and sun exposure and sunburns early in life increase the risk of skin cancer.

Throughout the summer literature on skin cancer and samples of sunscreen will be distributed along with colorful hats to approximately 8,000 families through a regional network of pediatricians, Maternal and Family Health Services WIC Nutrition Centers, and at community venues including public swimming pools.

Available now!

Valuable skin cancer prevention information from



and your doctor

THE ABC's of Sensible Sun Protection:

Always remember to wear sunscreen with an SPF of 30 or greater.

Be sure to watch the time. The sun's rays are most intense between 10 a.m. and 4 p.m.

Cover up whenever possible with a long-sleeved shirt and pants. Wear a wide-brimmed hat, and sunglasses too!

Thank You to Our Program Sponsors!




Visit www.cancernepa.org to take the Sun Safety Quiz

pediatricians, Maternal and Family Health Services WIC Nutrition Centers, and at community venues including public swimming pools.

For more information on the *Sun Safety in Northeastern Pennsylvania* program, please contact the Northeast Regional Cancer Institute at 570/941-7984 in Scranton or 570/970-6543 in Wilkes-Barre.

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Please visit www.cancernepa.org and click on the E-Listing link to sign up to receive an electronic version of the latest *Insights* newsletter as well as other event and program updates.



Healthy Recipe: Tomato - Mushroom Topped Fish

Provided by: Helen Kishel
From Helen's Kitchen

- 1 pound frozen cod fillets, cut into 4 pieces
- 1/2 teaspoon thyme
- 1/2 (10 1/2 ounce) can low-fat cream of mushroom soup
- 1 medium tomato, sliced
- 1 teaspoon reduced-fat margarine
- 1/2 teaspoon dill weed
- Directions:
- Preheat oven to 350°.
- Place fish fillet in ungreased baking dish.
- Stir thyme into soup.
- Spoon over fish.
- Bake uncovered for 25 minutes.
- Remove from oven.
- Place 1 slice tomato on each fillet.
- Brush tomato with margarine and sprinkle with dill weed.
- Return fish to oven and bake 5 minutes longer until fish flakes easily with fork.
- Serves 4



Free Breast and Cervical Cancer Treatment Available

The Pennsylvania Breast Cancer Coalition and Blue Cross of Northeastern Pennsylvania, in partnership with the Northeast Regional Cancer Institute, hosted a free seminar on the Commonwealth of Pennsylvania's Breast and Cervical Cancer Prevention and Treatment Program. Healthcare professionals who work directly with breast cancer patients were invited to the free seminar to learn about the Commonwealth's Breast and Cervical Cancer Prevention and Treatment Program. The Breast and Cervical Cancer Prevention and Treatment Program offers free treatment for women diagnosed with breast cancer in Pennsylvania who do not have insurance coverage or are underinsured and meet certain eligibility criteria. For more information about this program, visit www.pahealthywoman.com or call 1-800-215-7494.



Pictured during the free seminar on the Breast and Cervical Cancer Prevention and Treatment Program is (left to right) Pat Halpin-Murphy, President & Founder, PA Breast Cancer Coalition with Regina Allen, Community Outreach Coordinator; Christina Phillips, RN, OCN, Community Nurse Educator; and Natalie Woronchuk, RN, BSN, Community Nurse Educator - all from the Northeast Regional Cancer Institute.



Pain Management Initiative Promotes Open Dialogue

The National Cancer Institute estimates that 80 – 85% of cancer pain can be relieved through pain management. Yet many cancer patients – 30 – 70% of patients, in fact – are reluctant to discuss pain symptoms with their doctor because they feel it might take away from discussions about the disease itself.

A new initiative by the Pennsylvania Cancer Control Consortium (PAC3) is working to bridge that gap. PAC3, of which the Northeast Regional Cancer Institute is a member, has developed a pain management tool designed to improve and facilitate communication about pain management issues between patients and doctors.

You Have a Right to Pain Control is an easy-to-use card designed to help cancer patients talk about any pain they may be experiencing. Patients are encouraged to use the card to talk to healthcare providers about pain issues.

The printed card contains a series of direct and easy-to-understand questions followed by blanks on which patients can print their responses. The first series of questions deals with things that patients should be ready to tell their healthcare provider, such as where it hurts, what it feels like, or what makes the pain

feel better or worse. There is also a series of icons matched to a ranking of 0 – 5 to help patients rate their level of pain.

The second group of questions is designed to help patients after speaking with their healthcare provider. These questions help patients to understand how often they should take pain medication, what they can do if they have side effects, or what to do if the pain medication isn't working.

“These questions and answers are designed to promote an informative dialogue between patient and healthcare provider, with the goal of improving the quality of life of cancer patients,” said Robert F. Durkin, president of the Cancer Institute and vice chairman of the Board of PAC3.

You Have a Right to Pain Control was developed by the PAC3 Quality of Life and Survivorship Team with input from many audiences, and uses an evidence-based assessment of pain. PAC3 is a non-profit volunteer organization working to reduce the burden of cancer for Pennsylvanians. For additional information, or to obtain a copy of the publication *You Have a Right to Pain Control*, visit www.pac3.org, or call 412-623-0033.

You have a right to pain control for cancer. And you should ask for it.

Use this card when talking with your doctor or nurse. During the visit, be ready to tell your doctor or nurse the following:

Where it hurts: _____

When it hurts more: _____

When it hurts less: _____

It feels like, for example, sharp, dull, throbbing or steady, tingling or electrical. Does it move around or stay in one place?

How much does it hurt?

Choose the face that describes how you feel.

0	1	2	3	4	5
No pain	Hurts little bit	Hurts little more	Hurts even more	Hurts whole lot	Hurts worst

What would you like to do but can't because it hurts too much?

What makes you feel better? _____

What makes you feel worse? _____

List the current medicine(s) you are taking for pain control.

C.A.S.U.A.L. Day

- Over **170** Participating Businesses
- Distributed over **4,000** pins
- Distributed over **1,700** T-shirts
- Support from **7 County Governments**
- Over **20,000** pieces of Colorectal Cancer Awareness information circulated
- Nearly **\$47,000** raised for Colorectal Cancer Awareness

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*The Northeast Regional Cancer Institute
would like to thank everyone who participated in the
5th Annual C.A.S.U.A.L. Day*

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*For more photos
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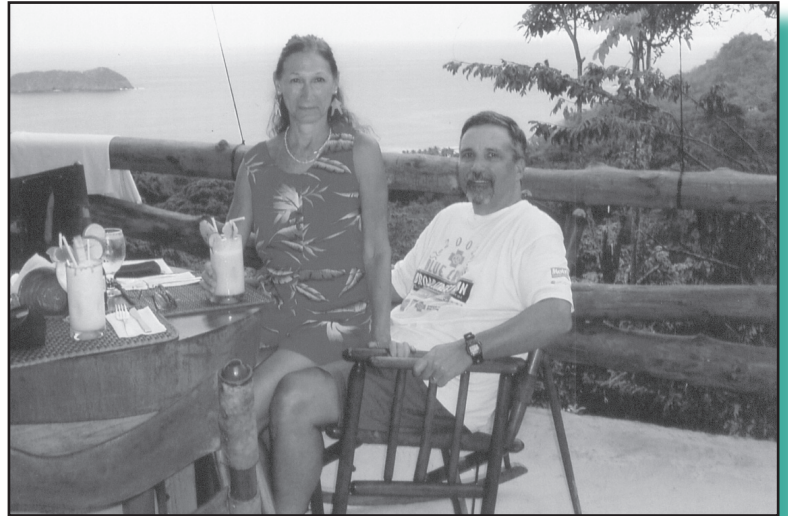


My Life-Saving Kodak Moment

By Fran Jud, RN

March 2005, I was in my fifties and in the best shape of my life. I trained hard for an adventure trip to Costa Rica. My husband Bob and I would be white-water rafting, horseback riding, biking 12 miles to an active volcano, and zip-lining through the cloud forest high in the mountains. The trip was perfect-beautiful beyond our expectations. Everything went well, until our last night there. We were in a remote jungle paradise etched into the side of a mountain. While hiking, I developed sudden shortness of breath and chest pain, dropping me to my knees. It passed, but it certainly triggered my nurse instincts, I was sure it was my heart!

Two days after we got home, I was in the cardiologist's office, undergoing a battery of tests—all were negative for any cardiac problems. Yet, shortness of breath persisted. I continued working as a pediatric nurse at CMC Hospital, feeling worse and worse. My family doctor just happened to have a patient there and I approached him with my medical dilemma. He ordered stat blood work. I got a shocking answer...I was severely anemic!! WHY? That was the question. An avalanche of tests followed. All the results were negative...a daunting mystery now. The only option remaining was Virtual Endoscopy. "What the heck was that?" was my immediate response. It actually was a space-age miracle, a tiny camera, complete with miniscule flash, inside a capsule, which is swallowed. It takes photos as it travels through your intestines, relaying images to a computer, and then passes from your body naturally. Mine DID NOT!



Fran and Bob Jud in Costa Rica, just after Fran experienced shortness of breath and her first thought that something was wrong.

I believe DIVINE INTERVENTION stopped that camera. I had it in my body for three weeks! The camera was surgically removed, along with more than three feet of small intestines; it was lodged against a very rare Adenocarcinoma of the small intestine.

My husband was by my side constantly, from surgery, to New York's Sloan-Kettering hospital, where we went for a second opinion; through a year of chemotherapy. He was always with me. I received my chemotherapy right here in NEPA, only 10 minutes from my home. Once again, I was blessed, by a magical bond with my wonderful chemo nurse-Liz.

Love, support, faith and optimism, along with daily calls from my children and friends, kept me going through the toughest year of my life. Last June, I attended the Cancer Survivors Celebration, as a year and a month SURVIVOR.

Share Your Story of Survivorship

We would like to feature your story in our upcoming newsletter. To share your story with our readers, please send your story to editor@cancernepa.org or write to Cancer Survivor Story, Northeast Regional Cancer Institute, 334 Jefferson Avenue, Scranton, PA 18510.



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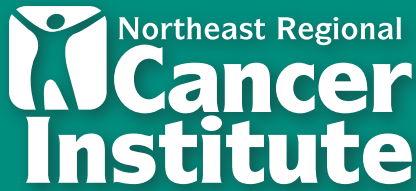
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The Northeast Regional Cancer Institute is a non-profit community-based agency working to ease the burden of cancer in Northeastern Pennsylvania. Focusing on research, education, and survivorship, the Cancer Institute invests all of its resources in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



This publication was supported by funding provided by the Pennsylvania Department of Health



Financial support for Cancer Institute educational programs and services is provided by the **Harry and Jeanette Weinberg Foundation**

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Skin Cancer Education & Outreach



Pictured (left) are Sun Safety in Northeastern Pennsylvania program partners, (center) SKIN (Students Keep It Natural) Ban-A-Tan Pledge Banner, and (right) Sun Safety story and program for children. Remember to stay Sun Safe this summer!

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