



COMMUNITY CANCER CENTER

The Leader in Cancer Care.

Newsletter

March 2010

March is National COLORECTAL CANCER Awareness Month

OUR MISSION

Our mission is to improve the health status of individuals by providing comprehensive, community-based cancer care.

LIBRARY HOURS

Monday-Friday
8 a.m. to 5 p.m.

Library volunteers are available to assist you from
9 a.m. to Noon
&
1 p.m. to 4 p.m.

Colorectal cancer is one of the most commonly diagnosed cancers and is the second leading cause of cancer-related deaths in the United States. The risk of developing colorectal cancer increases with age. According to the Center for Disease Control, more than 90% of colorectal cancer diagnoses occurs in people over the age of 50. The CDC also estimates, however, that approximately 60% of colorectal cancer deaths could be prevented if patients had undergone regular screening. In the majority of cases, colorectal cancer develops from benign, abnormal growths known as polyps. Screening tests such as a colonoscopy can find these polyps so they can be removed before they turn into cancer. These exams can also identify colon cancer in the earlier stages when it is most treatable.

Early stages of colorectal cancer generally do not cause symptoms. Advanced

stages of the disease may cause rectal bleeding, blood in the stool, change in bowel habits, stomach discomfort, diarrhea, vomiting, weight loss, or constant fatigue. Although these symptoms are not always associated with cancer, you should consult your healthcare physician if you are experiencing one or more of these symptoms.

Luckily, it is possible to reduce your risk and your family's risk of developing colorectal cancer. It is important to exercise regularly and maintain a healthy weight. You should try to eat a fiber-rich diet that includes fruits, vegetables, nuts, and whole grains. Calcium rich foods such as low-fat or skim milk are also beneficial. You should attempt to limit red meat consumption and avoid processed meat. Drink alcohol in moderate amounts, and talk to your healthcare provider

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UPCOMING PROGRAMS AT CCC



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about quitting smoking if you are a smoker. Choosing to live a healthy lifestyle and get regular cancer screenings can help you and your family reduce your risk for cancer.

For more information on colorectal cancer screening, visit our website at www.cancercenter.org or call (309) 451-8500 for a copy of our colon cancer screening guidelines.

Recipe Resource...

BAKED FENNEL WITH A CRUMB CRUST

Makes 6 servings

- 3 fennel bulbs, cut lengthwise into 6-8 pieces
- 3 tbsp olive oil
- 2 garlic cloves, minced
- 1 cup day-old whole wheat bread crumbs
- 3 tbsp fresh Italian parsley, chopped
- 3 tbsp finely grated parmesan cheese
- Salt and black pepper

Preheat the oven to 375 F. Cook the fennel in a saucepan of boiling salted water for 6 minutes or until just tender.

Spread a teaspoon of the olive oil on a baking dish. Drain the fennel and spread on the baking dish, then brush the fennel with half the olive oil.

In a small bowl, mix together the garlic, bread crumbs, parmesan, and parsley with the remainder of the olive oil. Sprinkle the mixture evenly over the fennel, then sprinkle with salt and pepper.

Bake for 30 minutes or until the fennel is tender and the bread crumbs are crisp and golden. Serve hot.

There is still time to join us for



MANDALACLASSES

A Journey into Well-being and Self-expression

March 11 & 25, 5:30-6:30 pm
Community Cancer Center Library

Facilitated by

Kathryn Bell, MSW, LMT

Please register by calling
309-451-8500.

**DON'T
FORGET!**

Women's
Health Night

March 9, 2010

3:00-7:30 pm at the Interstate Center
(Free Admission)

The Community Cancer Center will have 3 different booths and will be offering a free skin cancer screening from 4:00-6:00 pm that evening.

For more detailed information visit the Illinois Heart & Lung Foundation Website at

www.ihlf.org



Please visit us on the web at www.cancercenter.org



March is National Nutrition Month. The theme for 2010 National Nutrition Month is “Improving Your Nutrition from the Ground Up.”

The theme is a reminder from the American Dietetic Association that an easy way to focus on eating better is to start with the basics and build your nutrition from the ground up. A good nutritional foundation can help you build a healthier lifestyle.

Here are some tips to build a good foundation:

- Focus on color from fruits and vegetables and try to get a variety of colors throughout the day and week.
- Eat locally by purchasing fresh foods in your area whenever you can.
- Make your calories count by choosing foods that are loaded with vitamins and minerals such as vegetables, fruit, whole grains, dried beans, nuts and seeds.

The Community Cancer Center offers cancer patients a variety of nutrition services provided by a Registered Dietitian to help you “Improve Your Nutrition From the Ground Up” whether you are in treatment for cancer or beyond.

For more information call 309-451-8500.

CHILDREN AND TEEN SUPPORT GROUPS

New Schedules are now Available

At the Community Cancer Center, we offer support groups for children and for teens, who are dealing with cancer in their family....

Cool Club

A support group for children (ages 5-12) who have a loved one with cancer.

Courageous Kids

A support group for children (ages 5-12) who have experienced the death of a loved one to cancer.

Teen Support Groups

For teens (ages 13-18) who have a loved one with cancer & who have experienced the death of a loved one to cancer.

There is growing awareness that kids whose parents have cancer can benefit from support groups. The main goal of a child’s support group is to give children the chance to meet other kids whose parents have cancer. For more information about group meeting dates and times or to register your children or teens for these groups, **call Candi at (309) 451-8500**

CELEBRATE SOCIAL WORK MONTH – MARCH 2010

The 2010 Social Work Month theme is

“Social Workers Inspire Community Action”



This year’s Social Work Month celebration showcases the expertise and dedication of professional social workers in helping to improve community life. Since its inception, the social work profession has worked to improve life for

millions every day. Social workers operate from values that recognize each person as relevant to society and believe that, when needed, society should help each person achieve his or her fullest potential.

At the Community Cancer Center, patients and their families have access to a comprehensive range of psychosocial support services. An oncology social worker is a part of the oncology team and provides a wide range of services directly to persons with cancer and their families. Our masters-level oncology social worker is clinically licensed by the State of Illinois and certified by the Board of Oncology Social Work. She works exclusively with cancer patients and families and focuses on ways to improve the quality of life for patients with cancer. The social worker can guide patients and families to resources that can make it easier to focus on your health.

Social Work Services include assistance with any of the following:

- Advance Directives
- Counseling
- End of Life Care
- Financial Assistance
- Disability
- In-home support and Home care
- Hospice
- Medication Financial Assistance
- Resources
- Support Groups
- Transportation

For more information about meeting with our social worker, please call (309) 451-8500.

Sources: Hematology Oncology News & Issues article April 2004; AOSW Social Work Toolbox and NASW.



COMMUNITY CANCER CENTER

407 East Vernon Avenue

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www.cancercenter.org

The Community Cancer Center, a joint venture of Advocate BroMenn Healthcare and OSF St. Joseph Medical Center, combines the resources of both to meet its mission of improving the health status of individuals by providing comprehensive, community-based cancer care.

- Medical Oncology
- Radiation Oncology - Cyberknife Service
- Promotion of Prevention, Early Detection and Screening
- Support Groups
- Nutrition
- Library
- Cancer Registry
- Coordination for Multidisciplinary Treatment Planning
- Comprehensive Breast Service
- Social Work
- Community Education

To receive this newsletter by mail, please fill out an address card at the brochure table in the entry room of the CCC or call (309) 451.8500 and we will put you on our mailing list.



UPCOMING PROGRAMS AT CCC

Look inside for further details on these upcoming programs.



Women's
Health Night



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