You might have noticed that event-wise, things have been a bit livelier at Community Cancer Center lately. We’ve set a goal to offer more of them to our community — and with good reason.

**Education and prevention**
One of our central outreach goals is to host events that educate our community about cancer and cancer prevention. Cancer is the second leading cause of death in our area. And events like June’s no cost Skin Cancer Screening and May’s Mamm and Glamm for breast cancer prevention work directly to help reduce the incidence of the most common cancers in our area.

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**Building a future can be fun**
The people we serve here at the Community Cancer Center are the biggest advocates for our facility. They are the voice for the level of care we provide.

That’s why we are pleased that our events bring together people from all walks of life. It’s a chance to get to know our medical team, staff, our patients and caregivers.

Events allow people who don’t yet know us to discover our healing environment, to stroll our peaceful gardens, to walk our centering labyrinth or even to set butterflies free.

**A future built on fundraising**
In the future, you can expect to see more and better events here at Community Cancer Center. And that’s good news.

It’s also about bringing individuals together in the cause of fighting cancer. Because fighting cancer is a cause that affects us all.

Joe Prosser
Executive Director
As summer winds down, we savor those last golden days and take time out with family and friends. We might even stop to literally smell the last of summertime’s roses.

We may have the beauty of life on our minds, but we’re not necessarily mindful. It’s always important to understand and take advantage of our blessings. And one of life saving importance is the blessing of cancer screening.

Screening gives us a chance to diagnose many of our most commonly diagnosed cancers, such as breast and lung cancers, early and greatly increase our chance of survival. Some colorectal cancers can even be prevented through appropriate screening!

Screening gets personal

The healthcare field is always learning. And we’ve now come to realize just how individual the issue of screening can be.

Today, we understand that recommendations for screening are more like guidelines than hard and fast rules. There isn’t always a one-size-fits-all. We have to take into account a person’s medical history, as well as their family’s medical history.

A gift of life: Your family medical history

Every family has gifts they pass down from person to person, and from generation to generation. But one not so often shared is the family’s medical history.

A family’s medical history is a gift that is important to share with every member of the family. It’s equally as important to make sure all of the details in your history are correct, because so often they’re not.

Why accuracy is important

An accurate family medical history is critically important. When we know the specific kind of cancer that a family member had, doctors can make sure that family members are screened for that type of cancer, or any associated cancers, if there is a familial or genetic connection.

Many times in older generations, conditions were not talked about, or euphemisms were used to discuss them. They might talk about a relative’s "stomach cancer", for example. But it might actually have been colon cancer.

Often, a person will report that a relative suffered from lung or liver cancer, when actually, the cancer originated elsewhere.

Accurate information will help to ensure that, if necessary, the right screening test is considered and ordered.

Knowledge is power

Knowing your family history can even guide daily decisions, such as lifestyle and nutrition choices. These can help prevent certain forms of cancer.

The most loving family project

In the months to come, you might be gathering the family for reunions, school events and holidays.

This year, put the most caring family project on the agenda: The creation of a complete and accurate family medical history.

It might be one of the most important steps you’ll ever take to keep your family together and healthier for a long, long time.

If you’d like to know more about screening for particular types of cancer, go to the Community Cancer Center website at cancercenter.org/screening-guidelines. And be sure to talk to your doctor!
On Saturday, September 16, the Community Cancer Center will host its inaugural motorcycle Cruise for Cancer on Route 66.

The ride will leave the Community Cancer Center grounds at 407 E. Vernon Ave, Normal, at 10 a.m. The cruise will make three stops along the way: Chuck’s Harley-Davidson in Bloomington, the town of Atlanta, Illinois, and the Sprague Super Service/Ryburn Place in Normal.

The group will then return to the Community Cancer Center. Motorcyclists and non-motorcyclists alike will gather at the cancer center at 2 p.m. for a street party.

Join the after party
Eighties rock band, RetroFit, will fire up their amps to get the party started. Also featured will be a 50/50 raffle, along with beverage and food sales from DESTIHL® and Longhorn Smokehouse. A visit from Pink Heals fire trucks will be another event highlight.

How to get cruisin’
The entrance fee for all participants is $10. Tickets can be purchased online at www.cancercenter.org under the fundraising events tab or by calling (309) 451-2209.

The purpose of Cruise for Cancer is to raise funds for Mister Hula — the nickname given to the new PET/CT unit the cancer center hopes to purchase in 2019.

Who is Mister Hula?
The idea to name the scanner arose because the camera in the unit rotates around patients like a hula hoop. It's part of the Community Cancer Center’s promise to provide leading edge comprehensive cancer care under one roof for years to come.

The cancer center treats patients from 11 counties in Illinois. If the cancer center is unable to procure the new PET/CT, those patients may have to travel far and wide to receive diagnostic scans.

A cause that counts for our community
Doing without the scanner would place an added hardship on patients, some of whom have limited financial resources. The cost of the new PET/CT is roughly $1 million. $443,000 of that amount is what the Community Cancer Center Foundation is required to raise.

The Community Cancer Center will make arrangements to cover the remainder of the cost. Joe Prosser, Executive Director of the Community Cancer Center, says, “Cruise for Cancer is a great premier event to build awareness about our funding need and remind people about the little gem in our community called the Community Cancer Center. The event is a new way of informing attendees about the services we provide in one location. We are truly blessed to have such a great facility dedicated to delivering high quality cancer care close to home.”

Thanks to our sponsors!
The Community Cancer Center is grateful for these sponsors of Cruise for Cancer: Picture This Outdoor Advertising, WGLT 89.1 FM, Goodfellas Motorcycle Club, Smoke and Iron Motorcycle Club, Holiday Inn & Suites, Terry Reid, Walgreens, Chuck’s Harley-Davidson, DESTIHL®, Longhorn Smokehouse, State Farm Insurance Companies, Ryburn Place, RetroFit, Johnny on the Spot, CZ Designs, and The Pantagraph.
Did you know that in the past few years, prostate cancer screening guidelines have changed? Now, they’re more reflective of the actual risks, uncertainties and potential benefits for individual patients.

The American Cancer Society recommends the following for Prostate Cancer Early Detection:

- Age 50 for men who are average risk of prostate cancer and are expected to live at least 10 more years.
- Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

Rather than “set in stone” guidelines, today’s best advice is to work with your health care provider to make an informed decision.

A top cancer risk for men in Illinois

Prostate cancer is the third most common cancer for our community. In 2015, 122 men were diagnosed with prostate cancer. Of those reported, a little more than half were diagnosed between the ages of 60 and 70.

Only breast cancer (197 patients) and lung cancer (162 patients) have higher rates of diagnosis and treatment here locally.

In Illinois, the Illinois Department of Public Health (IDPH) reported 7,526 cases of prostate cancer in 2014. This ranks prostate cancer as the most common type of cancer in Illinois men.

Determining your need for screening

It’s important that you work with your doctor or health care practitioner to decide on a plan for screening that is based on your health profile. Your doctor will take into account factors such as:

- **Age**: 6 in 10 prostate cancers are found in men older than 65.
- **Race/ethnicity**: Prostate cancer is more common in men of African ancestry.
- **Geography**: Prostate cancer is more common in developed countries.
- **Family History**: Having a father or brother with prostate cancer doubles the risk.
- **Gene changes**: Certain inherited gene changes raise prostate cancer risk.

Details related to these factors can have a direct impact on your need for screening.

Other factors that your physician might take into consideration include: diet, obesity, smoking, chemical exposures, inflammation of the prostate, sexually transmitted infections and vasectomies. The impact that these factors have on prostate cancer risk is less clear.

For more details about today’s prostate cancer screening guidelines, see the American Cancer Society’s Recommendations for Prostate Cancer Early Detection at http://bit.ly/2uiC4OI.

Join UsTOO® Prostate Cancer Group

The UsTOO® support group provides an opportunity for men diagnosed with prostate cancer to learn about various educational topics surrounding the disease and to chat with other men dealing with prostate cancer.

This quarterly group meets from 7–8 p.m. on the second Tuesday in January, April, July, and October. Mark it on your calendar or contact Candi Gray, the social worker at the Community Cancer Center, for more information 309-451-2217.
Skin Cancer Screening Event Success

The free skin cancer screening event hosted at the Community Cancer Center in June was a healthy success! Twenty-seven people were examined during the 2-hour screening with six potential skin cancers found.

Skin cancer prevention and screening is one of the Community Cancer Center’s priorities. McLean County ranks third in the state for melanoma of the skin with an incidence rate of 30.2 per 100,000 cases. Additionally, skin cancer is one of our community’s top five cancer sites.

Check this newsletter for future cancer prevention events at the Community Cancer Center. Community prevention is one of the reasons we’re the cancer center of choice for the Eastern region of Central Illinois.

Celebrating Cancer Survivor’s Day
Community Cancer Center hosts Celebration in the Garden

By Candi Gray, Certified Oncology Social Worker

National Cancer Survivors’ Day® is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUT-REACH to the community.

Celebrations of Life events are held annually around the nation. And here in Normal, on May 31, the Community Cancer Center hosted its ‘Celebration in the Gardens’ at the Community Cancer Center. The event honored the courage and strength of cancer survivors and their caregivers! It was truly a special evening for all who attended.

One of our Foundation Board members who attended commented, “a lot of thought and work went into this event by so many dedicated staff and volunteers which contributed to its success...the weather was perfection and the grounds of the Center couldn’t have been a more perfect setting.” And we agree!
BE BOLD. BE FEARLESS. BE MORE.
RACE FOR THE CURE®

2017 Komen Bloomington/Normal Race for the Cure
September 9, 2017
Register today. Help reduce the number of breast cancer deaths in the U.S. by 50% by 2026.

7:30 a.m. — Race site opens
8 a.m. — Survivor Parade
8:20 a.m. — Aerobic Warm-up
9 a.m. — Race starts

State Farm Corporate South Campus
Three State Farm Plaza
Bloomington/Normal IL 61710

For parking, maps, schedule and more, visit the Bloomington/Normal race website at http://bit.ly/2tk4pBh

Thursday September 7, 2017
6:30pm - 7:30pm
St. John’s Lutheran Church
1617 E. Emerson Street - Bloomington, IL

Guest Speaker: Jamie Wood
2 Year Breast Cancer Survivor, "Forever Fighter"