

## SUPPORT GROUPS:

### US TOO Prostate Cancer

**Program:** Metastatic Prostate Cancer:

- Why does it sometimes spread
- Where can it spread
- When should I have follow-up exams/labs
- How can it be treated
- What is new in research

**Date/Time:** Thursday, May 12 • 7-8 p.m.

**Location:** Hallagan Education Center,  
Mercy Medical Center

**Speaker:** Jason Greenhalgh, MD

Refreshments are provided.

Please feel free to bring your support person.

### Especially for You®

#### After Breast Cancer

**Program:** Nutrition Tips for Breast  
Cancer Survivors

- Learn how to read food labels
- Newest dietary guidelines will be discussed
- Have some fun with us...test your nutrition knowledge

**Date/Time:** Tuesday, May 24 • 7-8 p.m.

**Location:** Women's Center Waiting Room  
Mercy Medical Center

**Speaker:** Sarah Young, RD, LD

Refreshments are provided.

Please feel free to bring your support person.

### American Cancer Society: I Can Cope

An educational program for cancer patients,  
their families and friends.

**Date:** Thursday, May 5, 2011

**Time:** 5:30 PM – 7:00 PM

**Place:** Iowa Blood & Cancer Care  
855 A Avenue NE, Cedar Rapids

Learning About Cancer –

Sue Rowbotham, RN, BSN, OCN

Understanding Genetics –

Julie Thompson, ARNP, BC

This program is open to everyone and is free  
of charge. Pre-register by calling 319.861.7791

Refreshments served.



*Featured Columnist:*  
John H. Wollner, MD  
Dermatologist

## Melanoma

In the United States, there will be almost 2,000,000 new cases of skin cancer diagnosed each year. That accounts for more than 50% of all cancers. The greatest majority of skin cancers are basal cell cancers and squamous cell cancers. They arise from the cells on the surface of the skin and do not tend to metastasize or spread to other parts of the body. If caught early, they can be treated with simple surgical excision. By contrast, melanoma accounted for 68,000 new cases in 2010. In the year 2000, approximately 44,000 new cases were diagnosed each year, so the incidence is definitely increasing at an alarming rate. While it is the least common skin cancer, it is the most deadly as it accounted for 8,700 deaths in the United States last year. If melanoma is caught at an early stage, then it can be easily cured like basal cell and squamous cell cancers. However, if it is not caught early and it spreads to other parts of the body, then treatment is a lot more difficult and a cure is a lot less likely.

Melanoma begins in the melanocytes of the skin, those cells that produce our skin colored called melanin. Therefore, it is sometimes called the “mole cancer”.

Excessive exposure to ultraviolet radiation of the sun is the most important preventable cause of all skin cancers, including melanoma. The use of artificial ultraviolet radiation, such as with tanning beds, also increases ones risk of melanoma. People who live in areas of the country where the sunlight is more intense are more likely to develop a melanoma. However, melanomas are not entirely sun related and occur in non-exposed areas of the body and possible influences include genetic factors and immune system deficiencies.

Anyone can develop melanoma, but certain people are more at risk. Caucasians with very fair skin, especially redheads and blondes, have a very much higher risk. Your risk is increased if you have multiple moles, usually more than 50 moles, or many atypical (unusual) looking moles. Other risk factors include first degree relatives who have had a melanoma and if you have had a previous melanoma or a basal cell or squamous cell cancer. Another risk factor for developing melanoma is a history of one or more severe sunburns during childhood.

Because melanoma is potentially 100% curable if caught early, it is important to know the warning signs and follow the ABCDE rule:

A Asymmetry. One half does not match the other half.

B Irregular borders.

C Color. Most normal moles are of a light brown and even color. Melanoma may have different shades of both light and dark colors.

D Diameter. Melanomas are usually greater than 6 mm in diameter when diagnosed, but they can be smaller.

E Evolving. A mole or skin lesion looks different from others and it is changing in size, shape or color.

Early detection of melanoma is critical. This means you should examine your entire body as often as you can, usually once a month. If you notice a mole that is different from the others or if it changes or a new lesion that looks irregular, you should make an appointment to see a dermatologist as soon as possible.

Besides early detection, prevention is very important. Prevention tips include the generous application of a broad spectrum, water resistant sunscreen with a SPF of at least 30 to all exposed skin. One should also wear protective clothing such as hats and sunglasses and long sleeved shirts whenever possible and remember that the time of day between 10:00 a.m. and 4:00 p.m. is when the sun's rays are the strongest. Make sure that children learn the principles of good skin care at an early age and avoid tanning beds.

If you remember the warning signs of melanoma and follow the principles of prevention and early detection, you can hopefully prevent melanoma or catch it at an early and treatable stage.

## Free Skin Cancer Screening

Tuesday, May 3  
6 p.m.

Hall Radiation Center,  
Cedar Rapids

By appointment **ONLY** – a local dermatologist will be participating.  
Please call for an appointment at:  
319-221-8771



### 22<sup>nd</sup> Annual Relay For Life Event

June 3-4, 2011

7:00 p.m.-9:00 a.m.

Survivor Lap begins at 9 a.m. June 4

Kirkwood Community College

[www.relayforlife.org/linncountyia](http://www.relayforlife.org/linncountyia)

## Hair | Make-Up | Nails | Skin Care

Monday, May 16<sup>th</sup> • 1:30-3:30p.m.  
4080 1<sup>st</sup> Ave. NE Cedar Rapids

A volunteer stylist will assist those in cancer treatment with a complimentary makeover and skin care session.

Call (319) 861-7791 to reserve your spot!



## DANCERS AGAINST CANCER

Cancer Benefit Show at

Regis Middle School  
735 Prairie Dr. NE, Cedar Rapids  
Saturday, May 21st

1:00 p.m.

Adults – \$10

Ages 12 & under – \$5

**Door prizes, fun giveaways, and several items up for silent auction!**

ALL PROCEEDS WILL BE DONATED TO THE "ESPECIALLY FOR YOU" FOUNDATION



More info @ [www.dancersagaincancer.org](http://www.dancersagaincancer.org)  
or call Jody at (319) 981-2992



### Gems of Hope

Workshop times: 6:30 - 7:30 p.m.

#### Beading Workshop:

Tuesday, May 10  
Mercy Medical Center  
701 10th Street SE  
Hall Radiation Center

#### Card-making Workshop:

Tuesday, May 10  
St. Luke's Hospital  
1026 A Ave. NE  
Heart Center-3rd floor

#### Beading & Card-making Workshops:

Tuesday, May 17  
Benchmark, Inc. Conf. Rm.  
6065 Huntington Ct. NE  
(behind the NE side Post office)

When it comes to cancer,  
NO question is too small

365-HOPE(4673) or  
1-800-642-6329

**Gems of Hope** in conjunction with Houby Days will be sponsoring a family bike ride Sunday, May 15th from 11am-1pm beginning at Sokol Park in the Czech Village. There will be two routes, an easy ride to Green Square Park and back and one to Ely, IA for those wanting a longer ride. Registration fees will provide a t-shirt and goodie bags.

All proceeds will benefit Gems of Hope in service to cancer patients in the Cedar Rapids Area. To register, visit [www.gemsofhope.com](http://www.gemsofhope.com) or [www.GetMeRegistered.com/GOHRide](http://www.GetMeRegistered.com/GOHRide). More questions? Email [mbarnes@lynchdallas.com](mailto:mbarnes@lynchdallas.com)



### What About Us? A Children's program

This program is designed for children ages 5-12 who have a cancer diagnosis in their family. The aim is to build upon the child's strengths and enhance his/her ability to cope with the stress related to their loved one's cancer diagnosis.

The next session will be held **May 11, 18, 25 and June 1** at **Mercy Medical Center** at 701 - 10 St. SE in Cedar Rapids from **5:30-7:00p.m.**

A light meal is provided, followed by activities and kids yoga. This group is led by licensed social workers and a trained yoga instructor. Call our office at **393-9681** to register for this FUN and FREE program!