



EMPLOYEE SPOTLIGHT

Gwendolyn Dyal, Center Leader

As a Center Leader for our Lake City facility, Gwen is responsible to help maintain a well functioning center by providing support for all departments when needed. This includes everything from speaking with a patient that has a concern, coordinating staff coverage and making sure everyone has the needed tools to provide the exceptional care that our patients have grown to love. Gwen has worked in the capacity of receptionist/medical records clerk, billing supervisor and nurse for CCCNF.

Gwen is married and the mother of three sons and grandmother of one. She graduated from Santa Fe Community College's Practical Nursing program. She enjoys gardening, spending time with my family and reading anything she can get her hands on.

APRIL IS HEAD AND NECK CANCER AWARENESS MONTH

Most head and neck cancers begin in the cells that line the mucosal surfaces in the head and neck area, e.g., mouth, nose, and throat. Mucosal surfaces are moist tissues lining hollow organs and cavities of the body open to the environment. Normal mucosal cells look like scales (squamous) under the microscope, so head and neck cancers are often referred to as squamous cell carcinomas. Some head and neck cancers begin in other

types of cells. For example, cancers that begin in glandular cells are called adenocarcinomas.

Cancers of the head and neck are further identified by the area in which they begin:

- **Oral cavity.** The oral cavity includes the lips, the front two-thirds of the tongue, the gingiva (gums), the buccal mucosa (lining inside the cheeks and lips), the floor (bottom) of the mouth under the tongue, the hard palate (bony top of the mouth), and the small area behind the wisdom teeth.
- **Salivary glands.** The salivary glands produce saliva, the fluid that keeps mucosal surfaces in the mouth and throat moist. There are many salivary glands; the major ones are in the floor of the mouth, and near the jawbone.
- **Paranasal sinuses and nasal cavity.** The paranasal sinuses are small hollow spaces in the bones of the head surrounding the nose. The nasal cavity is the hollow space inside the nose.
- **Pharynx.** The pharynx is a hollow tube about 5 inches long that starts behind the nose and leads to the esophagus (the tube that goes to the stomach) and the trachea (the tube that goes to the lungs).

The pharynx has three parts:

- **Nasopharynx.** The nasopharynx, the upper part of the pharynx, is behind the nose.
- **Oropharynx.** The oropharynx is the middle part of the pharynx. The oropharynx includes the soft palate (the back of the mouth), the base of the tongue, and the tonsils.
- **Hypopharynx.** The hypopharynx is the lower part of the pharynx.
- **Larynx.** The larynx, also called the voicebox, is a short passageway formed by cartilage just below the pharynx in the neck. The larynx contains the vocal cords. It also has a small piece of tissue, called the epiglottis, which moves to cover the larynx to

prevent food from entering the air passages.

- **Lymph nodes in the upper part of the neck**
Sometimes, squamous cancer cells are found in the lymph nodes of the upper neck when there is no evidence of cancer in other parts of the head and neck. When this happens, the cancer is called metastatic squamous neck cancer with unknown (occult) primary.

Cancers of the brain, eye, and thyroid as well as those of the scalp, skin, muscles, and bones of the head and neck are not usually grouped with cancers of the head and neck.

Healthy Connections is a publication of Community Cancer Center of North Florida and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

JOIN IN ON THE RELAY FOR LIFE EVENT



Event Date: April 15, 2011

Event Location: Santa Fe Community College

Event Schedule: Relay begins at 6:00PM

Event Contact: Merrissa.Snyder@cancer.org

Fiesta !



With Cinco de Mayo right around the corner, try this fabulous Bobby Flay recipe for fish tacos !

TACOS:

- 1 pound white flaky fish, such as mahi mahi or orata
- 1/4 cup canola oil
- 1 lime, juiced
- 1 tablespoons ancho chili powder
- 1 jalapeno, coarsely chopped
- 1/4 cup chopped fresh cilantro leaves
- 8 flour tortillas

GARNISH:

- Shredded white cabbage
- Hot sauce
- Crema or sour cream
- Thinly sliced red & green onion
- Chopped cilantro leaves
- Pureed Tomato Salsa, recipe follows

DIRECTIONS: Preheat grill to medium-high heat. Place fish in a medium size dish. Whisk together the oil, lime juice, ancho, jalapeno, and cilantro and pour over the fish. Let marinate for 15 to 20 minutes. Remove the fish from the marinade place onto a hot grill, flesh side down. Grill the fish for 4 minutes on the first side and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork. Place the tortillas on the grill and grill for 20 seconds. Divide the fish among the tortillas and garnish with any or all of the garnishes.

APRIL 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	ANNUAL GUEST CHEF COCKTAIL PARTY 6PM - 8PM 14	RELAY FOR LIFE STARTING AT 6PM 15	16
17	18	CANCER HOME SUPPORT FORUM 5:30PM - 7PM 19	20	UNITED WAY THANK YOU RALLY 11:30AM - 1PM 21	22	23
24	25	26	27	28	29	30

CALL (352) 331-0900 FOR MORE EVENT INFORMATION

7000 NW 11th Place • Gainesville, FL 32605
phone: (352) 331-0900 • *fax:* (352) 331-1511

4520 West US Hwy 90 • Lake City, FL 32055
phone: (386) 755-0601 • *fax:* (386) 755-0602