



EMPLOYEE SPOTLIGHT

Jean Katz, Financial Counselor

spends most of her time helping patients navigate the often-overwhelming financial side of cancer care, providing information and guidance that allows them to focus more on their treatment. When asked about her job, Jean says, "I think being able to offer reassurance to patients that we are here to work with them to try and lessen the stress and not let finances interfere with treatment is a very important part of the care we provide." In her other CCCNF role, as self-appointed Homeroom Mom, Jean enjoys putting together monthly newsletters for her co-workers and making sure no staff birthday goes unnoticed. Jean graduated from the University of Florida with a BS degree in Occupational Therapy and pursued graduate studies at New York University, where she met her husband. In her spare time, she enjoys reading and playing with her two grandsons.

INTERVENE EARLY FOR BETTER OUTCOMES: WHY CANCER SCREENINGS ARE IMPORTANT

To raise awareness about skin cancer and empower Floridians to take charge of their health, CCCNF is hosting community-wide skin cancer screening events in July and August. (See event details below.) Dr. Paul G. Goetowski, CCCNF Radiation Oncologist, shares some of his thoughts about the importance of annual skin examinations:

You've heard the old saying, "Give someone a fish, and you feed them for a day. Teach someone to fish, and you feed them for a lifetime," right? (You better keep a close eye on your tackle box, too, I always say.) This proverb applies to many areas of life, especially preventative healthcare. Screening events like the ones we're hosting in July and August provide an opportunity to educate people about what to look for. Some skin cancers, especially melanoma, can grow quickly but go unnoticed until very late. Anytime we can catch a cancer early, the better chance there is to cure it. It's always hard to try to 'fix' someone who has neglected a tumor until it causes problems.

Screenings also give people a chance to be reassured that their 'freckle' is just a freckle, and the education they receive at screenings about how to watch for changes allows them to leave feeling more empowered and less anxious. Even if no new cancers are found, the people who participate come away with a better understanding about skin cancer and can share what they learned and the material they were given with their friends and neighbors.

JULY IS BLADDER CANCER AWARENESS MONTH

Bladder cancer is the 5th most commonly diagnosed cancer in the U.S. - 4th among men (after prostate, lung and colon) and 11th among women. As with most cancers, early detection of bladder cancer is critical to long term survival. The most common symptom of bladder cancer is blood in the urine, which is also a common symptom of urinary tract infection. The cause of bladder cancer is not yet known, but there are certain risk factors, such as smoking or chemical exposure, that can lead to the disease. For more information, go to www.bcan.org.

FREE SKIN CANCER SCREENING EVENT

Mark your calendars and join us for a skin cancer screening event at one of our CCCNF centers. Screenings will be held from 9 AM until noon on *July 30th in Lake City*, or on *August 13th in Gainesville*. In Lake City, the free examinations for skin cancer will be conducted by Dr. Paul Goetowski from CCCNF and Dr. Anthony Trott from Coast Multi Specialty Group. In Gainesville, the exams will be conducted by Dr. Laurel Warwicke. Our licensed massage therapist, Lily Van Halen, will be offering ten-minute massages for participants while they wait. This event is free and open to the public. To pre-register, call 1 (888) 681-6388.

ASK THE DOC:

Q: As a cancer patient being treated for melanoma, I worry that every mole and freckle on my children is going to be cancerous, too. When do family members need to be seen? What do we need to look for when doing skin checks at home?

-Gainesville resident and cancer survivor, Beverly

A: A common concern for many cancer patients is that their children are at risk. While there is a small genetic role in some melanomas, the vast majority of skin cancers are caused from prolonged exposure to the ionizing effects of radiation. Educating your children starts at an early age, and teaching them that sunscreen is a must prior to any activity outside, even on a cloudy day, is important. This also holds true for sunglasses, because while we talk a lot about the harmful effects of the sun on our skin, the same can also be said for the effects on our eyes.

I encourage any person with a skin change that they are worried about to seek the opinion of their physician, but common signs to look for at home include a change in the size or color of a mole, a new growth, scaliness, oozing, bleeding, a change in the appearance of a bump or nodule, the spread of pigmentation of a mole or skin area beyond its border, or a change in the sensation of skin in a particular area, such as itchiness, tenderness, or pain.

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.

JULY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 MESSAGE THERAPY AVAILABLE @ CCCNF, GAINESVILLE 11AM - 3PM	2
3	4	5	6	7	8 MESSAGE THERAPY AVAILABLE @ CCCNF, GAINESVILLE 11AM - 3PM	9
10	11	12	13	14	15 MESSAGE THERAPY AVAILABLE @ CCCNF, GAINESVILLE 11AM - 3PM	16
17	18 LOOK GOOD, FEEL BETTER @ HOPE LODGE, GAINESVILLE 1PM (EVERY 3RD MON)	19 SUPPORT GROUP @ CCCNF, GAINESVILLE 5:30PM (EVERY 3RD TUES)	20	21	22 MESSAGE THERAPY AVAILABLE @ CCCNF, GAINESVILLE 11AM - 3PM	23
24/31	25	26	27	28	29 MESSAGE THERAPY AVAILABLE @ CCCNF, GAINESVILLE 11AM - 3PM	30

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