

# Cancer Coalition News- Site 13 – Dawson, Fallon, McCone, Prairie, Richland, and Wibaux

January 2015

## January is Cervical Cancer Awareness Month

### Signs and Symptoms of Cervical Cancer:

- Women with early cervical cancers and pre-cancers usually have no Symptoms
- When cancer becomes invasive and grows into nearby tissue is when Symptoms develop. The most common symptoms are:
  1. Abnormal vaginal bleeding, such as bleeding after vaginal intercourse, bleeding after menopause, bleeding and spotting between periods, and having periods that are longer or heavier than usual.
  2. An unusual discharge from the vagina- the discharge may contain some blood and may occur between periods or after menopause
  3. Pain during intercourse

These signs and symptoms can also be caused by conditions other than Cervical Cancer, however, you should still see your healthcare professional right away if you are having any of the symptoms.

<http://www.cancer.org/cancer/cervicalcancer/detailedguide/cervical-cancer-signs-symptoms>

### How is Cervical Cancer treated?

Treatment of Cervical Cancer depends on the type and stage of cancer. There are 4 common types of treatments:

#### 1. Surgery

- Cryosurgery: Metal probe that is cooled with liquid nitrogen and placed directly on the cervix. This kills the abnormal cells by freezing them. Only effective with low-stage cancer.
- Laser surgery: Focused laser beam, directed through the vagina, is used to burn off abnormal cells or remove a small piece of tissue for study. Also only effective with low-stage cancer.
- Conization: Cone-shaped piece of tissue is removed from the cervix by using a surgical or laser knife or thin wire heated by electricity (LEEP). Used in early stage cancer and preserves fertility.
- Hysterectomy: Removal of the Uterus. May be done either through an abdominal incision, through the Vagina, or laparoscopic. Used for early cancers, does make women infertile. With the Hysterectomy the surrounding tissues are usually left. If the cervical cancer is progressing and at a little higher stage, a Radical Hysterectomy may be done. A Radical Hysterectomy is done through an abdominal incision and

MT Breast & Cervical Enrollment  
Now Underway for Fiscal Year  
2014/2015

36%

Of enrollments have been completed  
for Fiscal Year 2014/2015

Currently all colorectal enrollments  
for Fiscal Year 2014/2015 are filled,  
call now to be placed on the waiting  
list for the next Fiscal year.

If you know of anyone who would  
benefit from the Montana Cancer  
Screening program please call:

Sarah Farrow

Site 13 MTCCP Coordinator  
406-433-2207

Screening/Education amounts  
available for each county in Site 13  
\$1500 for screenings  
\$1000 Event money

Cancer Coalition Aid Fund helped a  
total of 38 people receive money for  
non-medical expenses in 2014

Cancer Coalition meeting:  
January 8<sup>th</sup>, 2015 @ 2pm  
February 5<sup>th</sup>, 2015 @ 2pm  
Community Services Building  
Sidney, MT

The Cancer Coalition is sponsored  
by The Richland County Health  
Department & we thank them!

All Money raised to benefit local residents, no  
funds are used to pay administrative costs

Cancer Coalition   
@ RCHD

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consists of the removal of tissue next to the uterus, the upper part of the vagina, and possibly some pelvic lymph nodes. Fallopian tubes and ovaries are usually not removed.

- Trachelectomy: Removes the cervix and the upper part of the vagina but leaves the uterus. A “purse-string” stitch is placed to act as an artificial opening of the cervix. This allows treatment without losing fertility, however, it does increase the risk of miscarriages.
- Pelvic Exenteration: Removes Uterus with surrounding tissues, pelvic lymph nodes, and possibly the bladder, vagina, rectum, and part of the colon depending on where the cancer has spread. Used for more progressive cancers and recurrent cancers. Reconstructive surgeries are used to replace the bladder, rectum, or vagina if removed.
- Pelvic Lymph node dissection: Used to check the pelvic lymph nodes for spread of cancer. Removed at the same time as the hysterectomy, Trachelectomy, or Pelvic Exenteration

## 2. Radiation Therapy:

- External beam radiation (EBRT): Aims x-rays at the cancer from outside the body, it is much like getting a regular x-ray but the radiation dose is stronger. Treatment lasts only a few minutes but setup time- getting patient into place for treatment- usually takes longer.
- Brachytherapy: Internal radiation therapy. This involves placing a source of radiation in or near the cancer, usually in the vagina or cervix for cervical cancers.

## 3. Chemotherapy:

Chemotherapy uses anti-cancer drugs that are injected into a vein or given by mouth. It may be used for cervical cancer as part of the main treatment with radiation. The chemo helps the radiation work better. It may also be used to treat recurrent cervical cancer or cancers that have spread to other organs and tissues.

## 4. Targeted-therapy:

Researchers have learned more about changes in cancer cells and have been able to develop new drugs that specifically target these changes. For tumors to grow they must form new blood vessels, targeted drugs block this new blood vessel growth. They are used often with chemo for a time, if the cancer responds the chemo may be stopped and the targeted drug will be given by itself until the cancer starts to grow again. Used for advanced cervical cancer.

<http://www.cancer.org/cancer/cervicalcancer/detailedguide/cervical-cancer-treating-general-information>

## Worksite Wellness Corner

### Promotion practices for workplaces:

Partnership for Prevention has outlined three components of proven promotion practices for workplaces, and there are cost-effective, creative ways to implement all of them.

#### 1. Tobacco:

According to the CDC, Men who smoke incur about \$16,000 more in lifetime medical expenses and are absent from work 4 days more per year than men who do not smoke. Women smokers incur about \$18,000 more in expenses and are absent 2 more days than non-smoking women. Most states offer free tobacco quit lines that can be advertised to your employees. Montana's quit line is 1-800-QUIT-NOW (1-800-784-8669).

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## 2. **Cancer Screening:**

Simply reminding employees to get cancer screening and supplying them with information can be an effective way to improve their health. Posting flyers in bathrooms, sending e-mails, distributing fact sheets. Allowing for paid time off for screening appointments is a great way to help your employees.

## 3. **Fitness and Nutrition:**

Most people spend the majority of their waking hours at work, which means they make many of their choices about their fitness and nutrition at work. Here are some simple things an employer can do to make healthful choices easier to make:

- Subsidize healthy options in vending machines- for example, charge \$1 for a cupcake but \$0.25 for an apple
- Set up a walking club before or after work
- Provide a safe place to store bikes
- Start a pedometer challenge with a goal of 10,000 steps a day
- Encourage employees to take the stairs
- Buy healthy food for meetings

Programming decisions won't mean anything without creating an environment that can back up behavioral changes. It has to be a continued effort, make the investments and integrate it into your business.

<http://www.inc.com/guides/2010/05/wellness-program.html>

## **Characteristics of an Effective Smoke-Free Policy**

- Mandates 100% smoke-free environments to maximize health benefits, minimize confusion, and facilitate compliance
- Uses clearly defined terms- especially the definitions of restaurant and bar- to ensure easy and unambiguous interpretation by those responsible for implementing and enforcing the policy
- Contains no or minimal exemptions that undermine the public health protections of the policy and may open it to legal challenges
- Spells out a clear rationale for the ordinance that cites the documented health risks that secondhand smoke poses to all age groups
- Specifies procedures, penalties, and funding mechanisms for enforcement

[Partnership for Prevention: Smoke-Free Policies An Action Guide](http://www.prevent.org/Topics.aspx?eaID=1&topicID=52)

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