

# Survivorship Times

MONTHLY NEWSLETTER: SEPTEMBER 2021



## Survivorship

"Survivorship focusses on the health and well-being of a person with cancer from the time of diagnosis until the end of life. This includes the physical, mental, emotional, social, and financial effects of cancer that begin at diagnosis and continue throughout treatment and beyond. The survivorship experience also includes issues related to follow up care, late effects of treatment, cancer recurrence, second cancers, and quality of life. Family members, friends, and caregivers are also considered part of the survivorship experience."

National Cancer Institute (NCI)

## September Awareness

### **Prostate Cancer Awareness Month**

Prostate cancer is one of the most common cancers that affects men. Early detection including screening and knowing your risk factors may help to improve the treatment of prostate cancer. Visit [cancer.org](https://www.cancer.org) to learn how to protect yourself and your loved ones against prostate cancer.

### **Ovarian Cancer Awareness Month**

Ovarian cancer is, in many cases, known to have a lack of symptoms in its early stages. This amplifies the importance of early detection, awareness and education about ovarian cancer. Visit [mayoclinic.org](https://www.mayoclinic.org) to learn how you can you avoid risk factors and spread awareness.

### **Gynecologic Cancer Awareness Month**

Gynecologic cancer includes cancers that affect the reproductive tract such as cervical cancer, uterine cancer, vaginal cancer, vulvar cancer and ovarian cancer. Visit [foundationforwomenscancer.org](https://www.foundationforwomenscancer.org) to learn more about potential risk factors and prevention.

### **Leukemia and Lymphoma Awareness Month**

Leukemia and lymphoma are types of cancers that affect the bone marrow, blood cells and lymphatic system. Visit [lls.org](https://www.lls.org) to learn how you can reduce the risk of blood cancer as well as support awareness events.





**Recipe of the Month: Hearty Rice Dressing**

*From the Rogel Cancer Center*

**Ingredients**

4 cups water  
 ¼ teaspoon salt  
 ¾ cup long-grain brown rice  
 ¾ cup wild rice  
 1 tablespoon olive oil  
 1 small onion, chopped  
 1 pound fresh mushrooms, cleaned and sliced  
 ½ cup finely chopped parsley  
 1 cup sliced celery  
 ¼ teaspoon rubbed sage (finely powdered)  
 A pinch each of black pepper, dried marjoram and dried thyme  
 ½ cup pecan halves, coarsely chopped

**Directions**

Bring the water to a boil, adding the salt and both varieties of rice. Lower to simmer, then cover and cook until the rice is tender but still crunchy, about 30 to 40 minutes.  
 Preheat the oven to 350 degrees F.  
 In a large ovenproof skillet, gently heat the oil and sauté the onion and mushrooms until the onion becomes transparent. Add the parsley, celery, cooked rice, seasonings and pecans. Stir to mix, then cover and bake for 15 minutes.

**Nutritional Information**

Serving size = 3/4 cup  
 Calories: 290  
 Fat: 9.6 gm.;  
 29% of calories from fat  
 Cholesterol: 0  
 Sodium: 315 mg.  
 Carbohydrate: 60 gm.  
 Protein: 8.5 gm.

**Upcoming Events**

**October 5th, 2021**  
 12:00-1:00 pm  
 Integrative Therapies

**January 4th, 2022**  
 12:00-1:00 pm  
 The Survivorship Experience

**April 5th, 2022**  
 12:00-1:00 pm  
 Chemo Brain Tips and Tricks

**July 5th, 2022**  
 12:00-1:00 pm  
 How to Talk to Children with Parents or Grandparents have Cancer

**October Zoom Information**

**Date:** October 5, 2022  
**Time:** 1200-1:00 pm  
**Topic:** Integrative Therapies  
**Speaker:** Brenda Biggerstaff, MSW, Oncology Social Worker and Program Manager

**Join Via Zoom Video Conference System:**  
<https://centura.zoom.us/j/6527912627>  
**OR Join Via Telephone by dialing:**  
 720-835-1878 **Meeting ID:** 652 791 2627  
**Passcode:** 480531

**Penrose Cancer Center Survivorship Contact:**  
 Tanya Portee, LCSW at 719-776-5878 or  
[tanyaportee@centura.org](mailto:tanyaportee@centura.org)



Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health's Office of the General Counsel at 1-303-673-8166 (TTY: 711). Copyright © Centura Health, 2017. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-303-643-1000 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các

