



FLASCO BRIEF

Survivor Newsletter

JULY 2020

When The Sun's Up, Make Sure You Are Covered Up



This UV Safety Month serves as a reminder for all Floridians and visitors to protect themselves from harmful ultraviolet (UV) rays that can cause damage to your skin and cause skin cancer.

The two common types of skin cancer—basal cell and squamous cell carcinomas—are curable. Melanoma is less common but is more dangerous and can sometimes result in death. These three types of skin cancer are mostly caused by overexposure to UV light.

The Florida Department of Health recommends the following tips to enjoy the Florida sunshine safely:

- * Always use broad spectrum (blocks UVA and UVB rays) sunscreen with an SPF higher than 15 if you are outside, and reapply every two hours or after contact with water
- * Seek shade when the sun is strongest
- * Wear hats and other protective clothing
- * Wear sunglasses that block UVA and UVB rays
- * Avoid indoor tanning.

Protecting yourself from harmful UV light is important year-round, especially in Florida. Make sure you are protecting yourself and your loved ones from this common but potentially serious type of cancer.

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FROM THE EXECUTIVE DIRECTOR

By Julie Newberry

As communities around the country continue to re-open with caution, you may have questions about when to resume in-person visits with your healthcare providers, and what to expect during a visit. Always check with your doctor to see what's best for your healthcare needs.



Here are some considerations for in-person visits:

- * Don't put off necessary care, especially if it's urgent or may lead to complications.
- * Continue preventive care such as immunizations and cancer screenings.
- * Providers and facilities will minimize exposure, so you may experience some changes during your visit including:
 - o Waiting in your vehicle until the start of the visit.
 - o Using a limited entrance.
 - o Be screened for COVID-19, including having your temperature checked.
 - o Avoiding waiting rooms and areas.
 - o Maintaining social distancing.
 - o Wearing a face covering, which will be provided to you, if you don't have your own.

How to stay up to date:

[Coronavirus.gov](https://www.cdc.gov/coronavirus) is the source for the latest information about COVID-19 prevention, symptoms, and answers to common questions.

[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) has the latest public health and safety information from CDC and for the overarching medical and health provider community on COVID-19.

[USA.gov](https://www.usa.gov) has the latest information about what the U.S. Government is doing in response to COVID-19.

JULY CANCER AWARENESS

UV Safety Awareness Month

Sarcoma and Bone Cancer Awareness Month



NAVIGATING CANCER

Side Effects of Cancer Treatment

(Source: National Cancer Institute) - <https://www.cancer.gov/about-cancer/treatment/side-effects>

Tell your doctor about side effects you are experiencing so you get the care and treatment you need to manage these problems.

Cancer treatments and cancer can cause side effects. Side effects are problems that occur when treatment affects healthy tissues or organs. Speak up about any problems you have. Your health care team can treat and/or talk with you about ways to reduce these side effects so you feel better.

Learn about steps you can take to prevent or manage the side effects listed below:

[Anemia](#)

[Appetite Loss](#)

[Bleeding and Bruising \(Thrombocytopenia\)](#)

[Constipation](#)

[Delirium](#)

[Diarrhea](#)

[Edema \(Swelling\)](#)

[Fatigue](#)

[Fertility Issues in Boys and Men](#)

[Fertility Issues in Girls and Women](#)

[Flu-Like Symptoms](#)

[Hair Loss \(Alopecia\)](#)

[Infection and Neutropenia](#)

[Lymphedema](#)

[Memory or Concentration Problems](#)

[Mouth and Throat Problems](#)

[Nausea and Vomiting](#)

[Nerve Problems \(Peripheral Neuropathy\)](#)

[Immunotherapy and Organ-Related](#)

[Inflammation](#)

[Pain](#)

[Sexual Health Issues in Men](#)

[Sexual Health Issues in Women](#)

[Skin and Nail Changes](#)

[Sleep Problems and Insomnia](#)

[Urinary and Bladder Problems](#)

Keep in mind that side effects vary from person to person, even among people receiving the same type of cancer treatment.

Changing My Lifestyle After Cancer Led Me On A New Life Course

Meg Hirshberg, founder and president of the Anticancer Lifestyle Foundation, turned to lifestyle changes to cope with her diagnosis of metastatic breast cancer. In this *Voices on Cancer* blog post, she describes starting her foundation to help others do the same. “The key to making change achievable is the practice of setting goals that are realistic and changing them when necessary,” she said. [Read more on ASCO’s patient information website, Cancer.Net.](#)

Shelf-Stable Pantry Staples Patients and Survivors Can Rely On During a Pandemic

(Source: CureToday.com)

With stay-at-home orders currently stretching through multiple months due to the COVID-19 pandemic, patients with cancer and survivors may find themselves searching for food options that can stay on shelves longer to help reduce the number of trips to the grocery store. In a recent interview with CURE, Rachel Wong, RD, CSO, LD., an oncology dietician from Georgetown Lombardi Comprehensive Cancer Center, shared her tips on what shelf-stable pantry staples patients and survivors can turn to for versatile options that can help break up the food routine and provide some health benefits as well. Her suggestions follow.

Dried legumes, but they can come in canned products can as well. Legumes like split peas, garbanzo beans, black eyed peas and even kidney beans are very durable. They last for a long time on the shelf and can be used in so many different applications. You can make stews; you can make salads with them. And they're just really good, nutritious food because they have high protein, they're high in fiber and have plenty of vitamins and minerals to help keep you strong. Especially for our cancer patients, legumes are really high in phytochemicals that help protect yourself, so they're really good to have. I think one thing, just a side comment is, it's great to be able to wash or rinse your legumes if they're canned, to remove the extra sodium.

Other foods that would be good are some vegetables that come canned, like tomatoes, for example. Diced tomatoes and tomato paste are really good pantry staples because you can use them to make soups and stews or make salads. There are lots of different things you can do with tomatoes.

Some other protein-rich foods include tuna fish, or canned salmon and sardines. You can even buy dried fruits, but with dried fruits you might want to look for 'no sugar added' dried fruits if you can, which are usually easy to find in the health section.

And then, grains, of course. Grains are really important to have in your diet: brown rice, wild rice, or oats so you can make your breakfast oatmeal. Flour can be actually harder to find these days because everybody's trying to bake, but (it does) come in stock. They're still prepared and making flour so you can just kind of monitor your shelves (and find them in stock).

(Other grains include) barley, farro, quinoa and even breakfast cereals. Also, peanut butter, jelly, and also, people don't think about this, but shelf-stable milk, because it's ultra-pasteurized and safe, and it doesn't need to be refrigerated until it's opened. It can be a great way to get the calcium that you need, especially if your store doesn't have fresh milk or if you're trying to really lengthen the time between grocery store visits, shelf-stable milk is something that's really good to have on hand.

Latest Oncology Drug Approvals

SOLID TUMORS & CUTANEOUS SQUAMOUS CELL CARCINOMA

pembrolizumab (KEYTRUDA, Merck & Co., Inc.) – June 16, 2020: [More Information](#)

ACUTE MYELOID LEUKEMIA (AML)

gemtuzumab ozogamicin (MYLOTARGTM, Wyeth Pharmaceuticals LLC) – June 16, 2020: [More Information](#)

LUNG CANCER

lurbinectedin(ZEPZELCA, Pharma Mar S.A.) – June 15, 2020: [More Information](#)

METASTATIC ESOPHAGEAL SQUAMOUS CELL CARCINOMA (ESCC)

nivolumab (OPDIVO, Bristol-Myers Squibb Co.) – June 10, 2020 [More Information](#)


FOLLICULAR LYMPHOMA

tazemetostat (TAZVERIK, Epizyme, Inc.– June 18, 2020 [More Information](#)

DIFFUSE LARGE B-CELL LYMPHOMA

selinexor (XPOVIO, Karyopharm Therapeutics) [More Information](#)

Coronavirus Does Not Halt Cancer Drug Approvals (Source: Patient Power)



Amid the coronavirus outbreak, it's been nothing but nonstop activity at the U.S. Food and Drug Administration (FDA): approving rapid tests, reviewing hundreds of inquiries and proposals related to drug development, and issuing the emergency use authorizations of various treatments and medical devices. Rest assured cancer has not been forgotten. Over the past two months, the FDA has approved several new cancer drugs. Some are new indications for already-approved drugs [Learn More](#)

More FDA Information:

- * [FDA: Office of Hematology and Oncology Products](#)
- * [FDA: Approved Drugs: Questions and Answers](#)

SUPPORT GROUP HIGHLIGHTS

The Sarcoma Alliance



The Sarcoma Alliance strives to improve the lives of people affected by sarcoma through accurate diagnosis, improved access to care, guidance, education, and support. It is a 501 © (3) non-profit organization

<https://sarcomaalliance.org/>

The Sarcoma Alliance is striving to extend and improve the lives of sarcoma patients through accurate diagnosis, improved access to care, education and support. Together we can make a difference. All services provided by The Sarcoma Alliance are provided free of charge.

The Sarcoma Alliance has created a community that can no longer be ignored. Sarcoma does not discriminate by age, gender, or race. As a rare diagnosis, the Alliance unites a community which has special needs and requires special attention. Survival depends upon it. The Sarcoma Alliance is working to address the needs of this special community and to get you the necessary resources and attention you deserve.

The Sarcoma Alliance is proud to partner with many organizations to address the unique needs of cancer patients, particularly those with rare cancers such as sarcoma.

<https://sarcomaalliance.org/about/partnerships/>

Cancer Support Community



The mission of the Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

The Cancer Support Community has become one of the leading organizations in cancer support – opening various affiliate organizations throughout the country and the world. CSC has remained dedicated to its mission of providing emotional support and psychosocial care for individuals impacted by cancer, including their families and friends. The organization has developed the Cancer Support Helpline, the Cancer Experience Registry and greatly expanded the Frankly Speaking About Cancer educational materials and radio shows. Further, CSC established the Research & Training Institute and the Cancer Policy Institute, and piloted an inaugural hospital-integrated model. Through all of these developments, CSC has worked to further expand its services so that “no one faces cancer alone”.

Bone Cancer Information: <https://www.cancersupportcommunity.org/learn-about-cancer-types/bone-cancer>

FEATURED RESOURCES

Protecting Your Skin From the Sun (Source: CancerNet)

Exposure to ultraviolet (UV) radiation is the leading cause of skin cancer. There are 2 types of UV radiation:

- **Ultraviolet A (UVA)**. UVA radiation can pass through glass. Research suggests that it may:
 - Cause premature aging and wrinkling of the skin
 - Play a role in causing basal cell carcinoma, squamous cell carcinoma, and melanoma
- **Ultraviolet B (UVB)**. UVB does not pass through car windows or other types of glass. UVB radiation:
 - Is more closely linked with the development of skin cancer and melanoma
 - Causes sunburn

It is important to protect your skin from both UVA and UVB radiation.

Listen to the Cancer.Net Podcast: Protecting Your Skin From the Sun, adapted from this content

BONE CANCER

- * Cancer Care: https://www.cancercare.org/diagnosis/bone_cancer
- * American Cancer Society: <https://www.cancer.org/cancer/bone-cancer/after-treatment/follow-up.html>
- * Cancer.net: <https://www.cancer.net/cancer-types/bone-cancer/statistics>
- * NCI: <https://www.cancer.gov/about-cancer/coping/adjusting-to-cancer/support-groups>
- * Cancer Support Community: <https://www.cancersupportcommunity.org/learn-about-cancer-types/bone-cancer>

SARCOMA

- * Sarcoma Alliance: <https://sarcomaalliance.org/>
- * American Cancer Society: <https://www.cancer.org/treatment/support-programs-and-services.html>
- * Cancer Care: <https://www.cancercare.org/diagnosis/sarcoma>

Florida Society of Clinical Oncology

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