



## What's new

In 2018, more than 1.7 million people were diagnosed with cancer in the United States, or roughly three new cases of cancer were diagnosed every minute.

February is Cancer Prevention month and the Samaritan Cancer Resource Center would like to share information with you on early detection.



Early detection matters.

Early detection of cancer saves lives. Cancer prevention is defined as actions taken to lower your chance of being diagnosed with cancer and/or to prevent cancer recurrence. According to the American Cancer Society, there are multiple ways to reduce your risk of cancer diagnosis including: staying away from all forms of tobacco, maintain a healthy weight, regular physical activity, eating healthy with plenty of fruits and vegetables, limiting alcohol consumption and protecting your skin. In addition, it is important to be aware of yourself, your family history, your risks and get regular check-ups and cancer screenings.

Source: American Cancer Society

## February highlights

### Saturday ArtsCare workshop

Free art workshop for cancer patients, survivors and caregivers. No art experience needed, just a willingness to have fun! All art materials are provided for free.

**Reimer Building, 1085 Sixth Ave. SW, Albany**

**Saturday, Feb. 9, 10 a.m. – noon**

To register, contact Sara Krainik at [skrainik@samhealth.org](mailto:skrainik@samhealth.org) or 541-768-6762.

### Celtic harp concert

Enjoy music and a chance to try your hand on a harp – no musical experience needed! If you would prefer to attend and listen only, please do.

### Samaritan Radiation Oncology

**Saturday, Feb. 9, 6:30 to 8 p.m.**

To register, contact Sara Krainik at [skrainik@samhealth.org](mailto:skrainik@samhealth.org) or 541-768-6762.

## Save-the-date

### Breast Cancer Issues Conference

Specialists will speak on breast cancer risk reduction, treatment options and quality of life.

**Saturday, March 16, 8 a.m. to 3:15 p.m. Live in Portland; simulcast in Corvallis.**

To register for the conference or simulcast, contact 541-812-5888 or 541-768-2171.

For more information contact the Samaritan Cancer Resource Center at 541-812-5888 (Albany), 541-768-2171 (Corvallis), 877-311-4686 (toll free), online at [samhealth.org/Cancer](http://samhealth.org/Cancer) or by email at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org).

If you wish to stop receiving this newsletter, contact us at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org) or 541-768 2171.

# Here for you

Cancer is an illness that affects the entire family system. Social workers use a range of therapeutic and other interventions, including supportive counseling, group work, case management, resource sharing and education to address issues in each phase of the illness.

There are no fees for these services and patients can talk to any member of their medical team to request a meeting with a social worker.

Social workers are an integral part of the Samaritan Cancer Program, and are located in each clinic to help patients navigate their journey with cancer.



Social workers at Samaritan Cancer Program Jeanette Hansen (left) and Heidi Garza (right), consult with student intern Patty Kinion (center).



Sunrise Elementary School students learn about compassion.

## Albany students share artwork with cancer patients

Second- and third-grade students from Sunrise Elementary School in Albany have created artwork for local cancer patients as part of a lesson in compassion and empathy. Along with colorful pictures of hearts, rainbows and cancer ribbons, the artwork contains messages such as “Stay strong,” “Don’t give up,” and “People are cheering for you.”

Select pieces of artwork will be added to digital displays at Samaritan Albany General Hospital and given to the Samaritan Cancer Resource Center in Albany to showcase for patients.

## Did you know?

Gallbladder and bile duct cancer are relatively rare. The gallbladder and bile duct are deep inside the body, so early tumors can’t be seen or felt during routine physical exams. Unfortunately, there are no blood tests or other screening tests that help with early detection. Because of this, most gallbladder and bile duct cancers are found only after the cancer has grown enough to cause signs or symptoms. According to the American Association for Cancer Research, symptoms may include yellowing of the skin and/or the whites of the eye (jaundice), abdominal pain and fever. In addition, gallbladder cancer symptoms include nausea and vomiting, bloating and lumps in the abdomen. If you have any of these issues, talk with your doctor immediately.

**February is gallbladder and bile duct cancer awareness month.**

Talk to your doctor for more information.