



Overview of Cancer

Laura Bingell RN

Transition Center Nurse for MFP

(607)962-8225

lbinglell@ilny.org

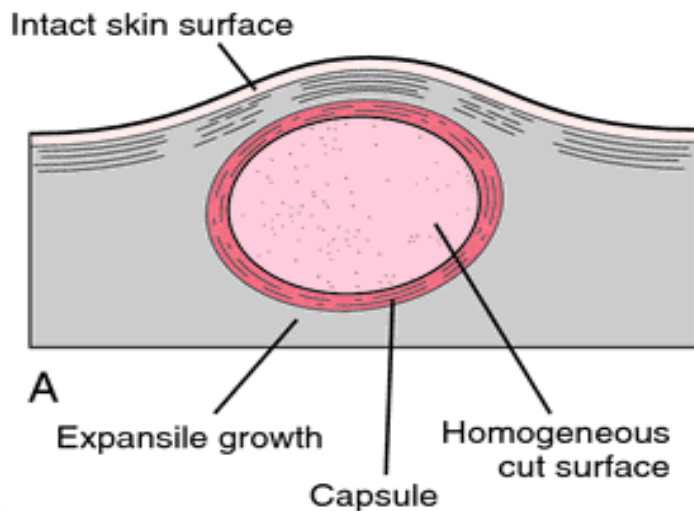
What is Cancer?



- A collection of related diseases in which some of the body's cells begin to divide abnormally and spread into surrounding tissues.
- It can start almost anywhere in the human body, which is made up of trillions of cells, often making it difficult to detect.

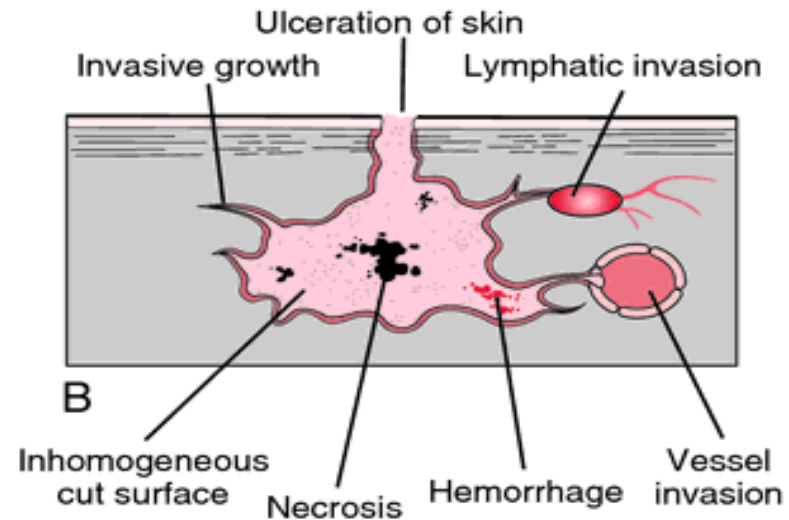
Benign Tumors

- Stay in one place
- Don't invade other parts of the body
- Usually will not grow back after being removed



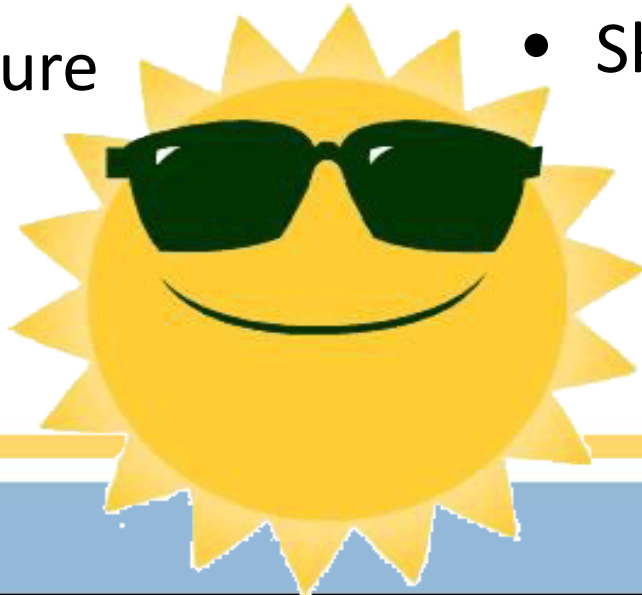
Malignancies

- Will invade nearby tissues
- Can break away and spread to other parts of the body



Some Known Causes of Cancer

- Genetics (many can be tested for)
- Tobacco (smoking, Chewing, 2nd hand)
- Obesity
- UV exposure
- Breast, Ovarian, Colorectal, Melanoma
- Lung, Larynx, Nose
- Breast, Endometrium, Kidney, Pancreas
- Skin cancers



Most Common Cancers in US

Cancer Type	Estimated New Cases	Estimated Deaths
Breast (female & male)	231,940-2,350	40,290-440
Lung (including bronchus)	221,200	158,040
Prostate	220,800	27,540
Colon and Rectal (combined)	132,700	49,700
Bladder	74,000	16,000
Melanoma	73,870	9,940
Non-Hodgkin Lymphoma	71,850	19,790
Thyroid	62,450	1,950
Kidney (renal)	61,560	14,080
Endometrial	54,870	10,170
Leukemia	54,270	24,450
Pancreatic	48,960	40,560



Cancer As a *Chronic Health Condition*

- Acute –
Characterized by sharpness or severity; having a sudden onset, sharp rise and short course.
- Chronic –
Marked by a long duration; always present.

Non-Traditional Treatments

- Alternative treatments may be beneficial. However, many are unproven and some may even be dangerous. Most medical doctors are willing to discuss pros and cons.

Symptom	Consider trying
Anxiety	Massage, meditation, relaxation techniques, prayer, aromatherapy
Fatigue	Exercise, massage, relaxation techniques, yoga
Nausea and vomiting	Acupuncture, aromatherapy, music therapy, ginger, mint
Pain	Acupuncture, aromatherapy, massage, music therapy, laughter
Sleep problems	Exercise, relaxation techniques, yoga
Stress	Aromatherapy, exercise, counseling , massage, meditation, tai chi, yoga

[Adapted From MayoClinic.org](https://www.mayoclinic.org)

Conventional Treatments

- Surgery
- IV Chemotherapy
- Radiation Therapy
- Oral Chemotherapy



Surgery is Used When....

- **Curative**- when cancer is found in only one part of the body and it can be surgically removed.
- **Debulking**- surgically removing as much as possible of a large tumor, or tumors, while minimizing damage to surrounding healthy tissue in order to relieve symptoms and prepare a person for other treatments.

Chemotherapy is Given When...

- before surgery or radiation therapy to shrink tumors
- during surgery or radiation therapy to improve result
- after surgery or radiation therapy to kill any cancer cells that remain
- as maintenance to slow the growth of tumors, or prevent recurrence



Chemotherapy at home?

Can be given inpatient, outpatient in clinic setting, or by a pump that is worn at home.

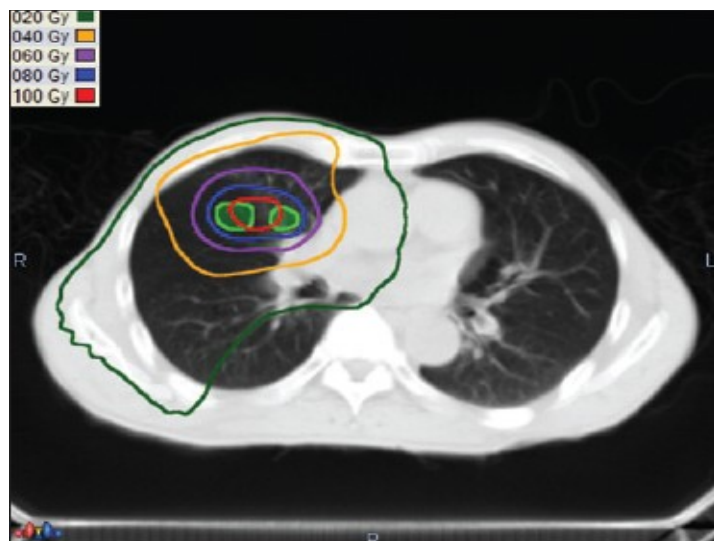
IMPLANTED VASCULAR ACCESS DEVICE (PORTACATH)



Abiraterone, Afatinib, Afinitor (everolimus), Alkeran (melphalan), Arimidex (anastrozole), Aromasin (exemestane), Bosulif (bosutinib), Caprelsa (vandetanib), Casodex (bicalutamide,) ceritinib, Cometriq (cabozantinib), crizotinib, etoposide, cyclophosphamide, Droxia (hydroxyurea), Emcyt (estramustine), Erivedge (vismodegib), erlotinib, Fareston (toremifene citrate), Farydak (panobinostat), Femara (letrozole), flutamide, Gilotrif , Gleevec (imatinib), Hexalen, MTX, (altretamine), Hycamtin (topotecan), Hydrea, Ibrance (palbociclib), Iclusig (ponatinib), Imbruvica (ibrutinib), Inlyta (axitinib), Jakafi (ruxolitinib), Lenvima (levatinib), leucovorin, Leukeran (chlorambucil), lomustine, Lysodren (mitotane), Matulane (procarbazine), Megace (megestrol acetate), Mekinist (trametinib), Mesnex (mesna), methotrexate, Myleran (busulfan), Nexavar (sorafenib), Nilandron (nilutamide), Obinutuzumab, Ofatumumab, Pomalyst (pomalidomide), Purinethol (mercaptapurine), Purixan (mercaptapurine), Revlimid (lenalidomide), Rheumatrex ,Sprycel (dasatinib), Stivarga (regorafenib), Sutent (sunitinib), Tabloid (thioguanine), Tafenlar (dabrafenib), tamoxifen, Tarceva (erlotinib), Targretin (bexarotene), Tassigna (nilotinib), Temodar (temozolomide), Thalomid (thalidomide), tretinoin, Trexall ,Tykerb (lapatinib), Votrient (pazopanib), Xalkori (crizotinib), Xeloda (capecitabine), Xtandi (enzalutamide), Zelboraf (vemurafenib), Ramucirumab, Zolinza(vorinostat), Zydelig (idelalisib), Zykadia (ceritinib), Zytiga

Radiation is Offered When...

- before other treatments to shrink a tumor
- during other treatments to strengthen effectiveness
- after other treatments to kill any hiding cancer cells
- palliatively to relieve pain or slow growth
- prophylactically when high risk of spread



Combination Therapies

- When drugs with different effects are combined, each drug can be used at its lowest effective dose, to lessen side effects.



- Sometimes the best approach is a combination of surgery, radiation and medications.

Supportive Care

- Managing side effects
- Maintenance of general health
- Assistance with ADLs and IADLs
- Assistance with finances and insurances
- Emotional Support
- Infection Control
- Transportation

Palliative Care

“an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.”

Hospice

- A coordinated and supportive program for terminally ill persons and their families.
- Care focuses on easing symptoms rather than treating disease.
- Core services are nursing and physician services, medical social services, nutrition counseling, and spiritual and bereavement counseling.
- How it relates to MFP
- [American Hospice Foundation](#) at 202-223-0204

http://www.hpcanys.org/

The screenshot shows a web browser window with the URL www.hpcanys.org/find-care/?ill_directory_search=1&ill_directory_keywords=14830&ill_directory_category%5B580%5D%5B611%5D=611&ill_directory_category%5B580%5D%5B611%5D=611. The browser tabs include "Hospice and Palliative Care Association of New York State - Hospice and Palliative Care Association of New York State - Google Chrome".

The website header features the logo for the Hospice & Palliative Care Association of New York State, which includes a stylized map of New York State and a blue figure. Navigation links include HOME, EMPLOYMENT, EVENTS, CONTACT, and LOGIN. A search bar is present with the text "search our site" and a "GO" button. Social media icons for Facebook, YouTube, Twitter, and Google+ are also visible. A "Text Size: AAA" option is provided. A "Member Login" button is located in the top right corner.

The main navigation bar contains links for ABOUT, FIND CARE, COMMUNITY RESOURCES, COMMUNICATIONS, MEMBERSHIP, and DONATE. The "FIND CARE" link is highlighted.

Find Care in New York

Search for services by city, zip code or county from the dropdown menu. If you are not sure what county a program resides in, please call 1-800-860-9808 for help.

Search results for "14830":

- 14830 (with location pin icon)
- Counties Served (dropdown menu)
- Provider (dropdown menu)
- Go (button)

1 result found.

CareFirst (607) 962-4100
starbuckm@carefirstny.org
www.carefirstny.org

Print Share Link

[More Info →](#)

News

- Woman Who Wrote Pleading Letter to Brittany Maynard has Died with Dignity
- Videos on End-of-Life Choices Ease Tough Conversations
- HPCANYS Launches the 'NYS Palliative Care Collaborative' with a Press Conference at the State

Oncology Nurse Navigator/ Patient Navigator

A professional with oncology-specific clinical knowledge who offers individualized assistance to patients, families, and caregivers in:

- Overcoming barriers to health care
- Assistance with financial issues
- Arranging for transportation/lodging if needed
- Finding information about the cancer diagnosis
- Finding needed emotional support from social work/psychology professionals and/or support groups

Long Term Maintenance

- 64% of cancer survivors were diagnosed 5 or more years ago, 15% were diagnosed 20 or more years ago. 46% are 70 or older.



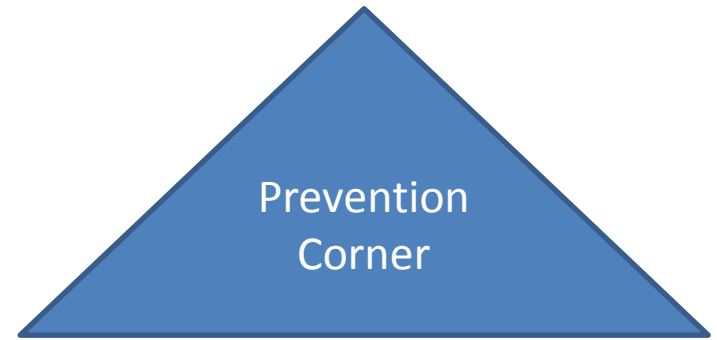
- Will require surveillance for recurrence
- Some will require ongoing treatment

Cancer Care Team

- Oncologist (medical, radiation, surgical)
- Specializing MD
- Dietician, Patient Navigator, Social Work, Pharmacist, CHHA, HHA, Hospice
- Support Groups, OFA, Family, Friends, ACS



Cancer Prevention



Controllable Risk Factors

1. Quit Smoking Now
2. Healthy Weight
3. Get Active Now
4. Limit sun exposure

TOO MUCH OF

ANYTHING IS

BAD FOR YOU!!!!!!

- www.nysmokefree.com
- www.cdc.gov
- www.heart.org
- SPF 15 or greater (UVA and UVB), sun glasses, hats, NO tanning beds!
- **Educate Yourself!**

Questions?



Laura Bingell RN
lbingell@ilny.org
(607)962-8225

Christine Trimboli
ctrimboli@ilny.org
(518)538-6767