

Cancer Creates...

STRENGTH • COURAGE • HOPE



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Stay Sun Smart This Summer!

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Skin cancer is highly preventable. Our lifestyle choices contribute greatly to our chances of getting skin cancer. The most preventable risk factor for all skin cancers is sun exposure. Repeated overexposure to the sun can lead to premature aging and skin cancers called basal cell carcinoma, squamous cell carcinoma and malignant melanoma, which is the deadliest form of skin cancer.

The most effective way to reduce your risk of skin cancer, regardless of your skin type, is to make wearing sunscreen a part of your daily routine year-round. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30, which protects against the sun's harmful ultraviolet radiation. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours, even on cloudy days (when 80 percent of the sun's rays can still penetrate the clouds) and after swimming or sweating. Sunscreen can be applied under makeup.

Below are some additional tips to help you decrease your risk for developing skin cancer:

- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 4 p.m.
- Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun, and increase your chance of sunburn.
- Avoid tanning beds.
- Check your birthday suit on your birthday. Any time you notice anything changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

Valley is pleased to host MoleSafe, the world's most advanced melanoma detection and surveillance program. MoleSafe incorporates a suite of detection and diagnostic tools and technology, including total body photography, digital dermoscopy and digital serial monitoring.

For more information about MoleSafe or to book an appointment, please visit MoleSafe.com or call **1-877-665-3723**. To make an appointment with a Valley Medical Group dermatologist for a skin cancer evaluation, please visit ValleyMedicalGroup.com.

29th Annual "Celebration of Life" Event Honoring Cancer Survivors

Sunday, September 30 • 1–4 p.m.

Valley–Mount Sinai Comprehensive Cancer Care at The Luckow Pavilion
1 Valley Health Plaza, Paramus

This free event recognizes cancer survivors, their family and friends, healthcare providers and those engaged in cancer research.

Featuring music, food and fitness demonstrations and the "Kids Corner!"

To RSVP, please call 201-634-5707 or email survivor@valleyhealth.com by Friday, September 14.



COMPREHENSIVE CANCER CARE

IORT: An Early-Stage Breast Cancer Breakthrough Treatment

Physicians at Valley–Mount Sinai Comprehensive Cancer Care are now offering women with early-stage breast cancer a breakthrough treatment called breast intraoperative radiation therapy (breast IORT). Breast IORT delivers an entire course of radiation therapy to the patient in the operating room following a lumpectomy, thereby eliminating the need for what is typically weeks of post-surgery radiation.

For patients, this means shorter treatment times, fewer side effects, reduced costs, added convenience and an improved quality of life. Candidates for breast IORT include selected patients with early-stage breast cancer who are age 50 or older.

“The IORT procedure uses a miniaturized X-ray source to deliver a full course of targeted radiation from inside the body, directly within the tumor cavity where the cancer is most likely to recur,” says Michael Wesson, M.D., Co-Medical Director of Radiation Oncology at Valley–Mount Sinai Comprehensive Cancer Care and Clinical Assistant Professor of Medicine at the Icahn School of Medicine at Mount Sinai (ISMMS). “This destroys cancer cells while reducing the risk of damage to nearby healthy tissues, including the heart, lungs and ribs.”

“The availability of IORT at Valley is an exciting advancement that offers a new option for women who are diagnosed with early-stage breast cancer,” says Laura Klein, M.D., Medical Director of the Breast Center at Valley–Mount Sinai Comprehensive Cancer Care and Clinical Assistant Professor of Medicine at ISMMS. “For women who are appropriate candidates, breast IORT greatly reduces the treatment time, helping them get back to their normal routine that much faster.”

To learn more or to find out if you are a candidate for breast IORT, talk to your doctor or nurse, or call Valley’s Breast Cancer Navigators at **201-634-5557**.

We Want to Hear from You!

Have an inspiring story or helpful tip to share? Let us know, and it may appear in our next edition of *Cancer Creates!* Email submissions to jforlen@valleyhealth.com.

Cancer Survivorship Series

Thriving Through and Beyond Cancer

The Cancer Survivorship Series is an ongoing series that educates, informs and empowers patients to better manage their health and enhance their quality of life during and after cancer treatment.

Finding Meaning and Recapturing Joy

When: Thursday, July 12, 6–7:30 p.m.

*Where: The Valley Center for Health and Wellness
1400 MacArthur Blvd., Mahwah*

You and your family have survived one of the most difficult journeys that you may experience in your lifetime. Perhaps you still struggle with making sense of your illness. Will I experience a recurrence? How do I move on? How do I take it one day at a time? Come join Cynthia Brady, M.Div., BCC, Chaplain with Valley Home Care, as we learn together how to build resilience in order to cope and grow.

To register please contact **Brooke Laster, LCSW**, at **201-634-5787** or blaster@valleyhealth.com.

Grilled Fruit Kebabs Recipe

Ingredients

- 12 skewers
- 4 cups assorted cubed fruit
- 1 tablespoon canola oil
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

Directions

1. Preheat a grill or grill pan to medium-hot.
2. Thread fruit cubes evenly onto the skewers, alternating the fruit varieties.
3. In a small bowl, mix together honey, vanilla extract and ground cinnamon.
4. Lightly brush the kebobs with oil and place on the grill. Cook for 3 to 5 minutes per side, basting with the honey mixture until you see grill marks. Remove from grill and brush with any remaining honey. Serve warm.



Serves 6

Cooking Note:

- Some of the best fruits for grilling include pineapple, peaches, plums, apricots and watermelon.
- If using wooden skewers, make sure to soak them for at least 2 hours before grilling.

There's More Online

Visit ValleyHealthCancerCenter.com to:

- Learn more about Valley’s cancer services
- View upcoming events, classes and support groups
- Find more issues of *Cancer Creates*

