



CANCER SERVICES

1960 50TH ANNIVERSARY 2010



Summer Issue

June 2010

And The Beat Goes On - The Van Bruno Story

My name is Van Bruno. I began playing drums and singing over 40 years ago, entertaining at school dances and teen nights, as well as other special occasions. In 1974, the legal drinking age was 18, and I have been having a good time, drinking and smoking, since then.



Please don't get the wrong impression of me.

Playing with the band, was for fun and extra money. I've worked and held a job (at times two) consistently over the years. Making sure that my house and vehicles were paid off, and providing for my family and children. I knew I had done well when the last of my children had graduated., just like the others.

In the summer of 2007, I noticed that I was a bit hoarse after a night of singing, however, did not think much of it. I had been singing for over 35 years. Eventually, after a night of singing, I would lose my voice for a few hours at a time. Even with having gradual problems, I would still recover my voice, even after 40 years of smoking.

By January 6th, 2010 (my birthday), my voice was completely gone, I knew I had to make an appointment.

On January 20th, I was seen by Dr. Benjamin Murcek. He ran a camera through my nose and down into my throat

only to find a cancerous tumor in my larynx, blocking my airway. Meanwhile, he showed me everything he was doing, which I appreciated. I had 93% blockage. He had no idea how I was still breathing. I needed to get to the hospital immediately to register for emergency surgery. I went home after the pre-surgery testing was done. I had never been more nervous and scared in my life.

After notifying my family, I prepared myself for surgery, that was scheduled for the next morning. I



had made a nice pasta dinner, drank a few beers

and smoked every cigarette I could get my hands on. I was up all night, waiting for morning. My son came to take me to the hospital to check-in at 7:00 am.

After taking me to my room, more needles, IV's and tests are done. At this point, I am scared to death. I remember telling the anesthesiologist that I do not want to feel a thing, and that's all I remember. How nice of him!

After having a tracheotomy and laryngectomy, I woke up to my family. What a wonderful feeling, knowing that I'm still alive and eve-

rything went well. I am now cancer free, no radiation, and no chemo!

Having a trach for the rest of my life seemed scary at first. However, now I can pull it out, clean it and put it back in without even using a mirror. I've decided to take it to another level, making my own designs for dressings. I can even talk using any finger on my hand.

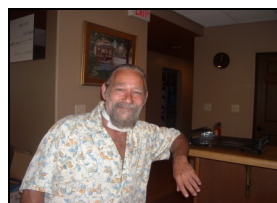
I can't jump into the pool, but I can stand in it. I can't sing, but I can still play the drums.

Considering everything, having this trach is a blessing, for I am alive. We should ALL be happy to be alive!

Until I became sick, I was not aware that Cancer Services even existed. Peggy and Janet have helped me so much. I thank both of you very much for being there for me and for being so nice.

Everyone should get involved with Cancer Services because you never know what will happen. Someday it could be you.

This is my story, and I am proud to say that I am 153 days smoke-free!



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5:57 am - 911 call from man who said he had been kidnapped. The man said he was being watched and had tubes connected to him. Fireland's Regional Medical Center confirmed the man was in the intensive care unit.

The above article was printed in the Sandusky Register the day after my surgery, but I swear, it wasn't me! ~Van Bruno.

For Drivers, Skin Cancer Is Often One-Sided

Exposure to harmful UV rays while driving increases your skin cancer risk

U.S. researchers wanted to find out whether drivers who spend a lot of time in their cars end up with a higher incidence of skin cancer on their left arms or sides of their necks. "Our initial findings confirm that there is a correlation between more time spent driving and a higher incidence of left-side skin cancers, especially on sun-exposed areas in men," says Dr. Scott Fosko, professor and chairman of dermatology at Saint Louis University School of Medicine.

Fosko and his team looked at 898 people (559 men and 339 women) with skin cancer on



either side of the body. Of the 53 percent of patients with left-side skin cancers, 64 percent were men and 36 percent were women.

The researchers also found that men had a statistically significant number of left-side skin cancers on areas -- arms, hands, neck and head -- that are most often exposed to sunlight/UV radiation while driving.

Initial research results show a direct link between driving time and left-side skin cancer risk.

Donations Needed

- Wigs, hats and turbans
- Nutritional supplements such as Boost and Ensure.
- Under pads or Chux
- Incontinent supplies such as Depends.
- Bathroom supplies such as shampoo, soap, toothbrushes, etc.
- Kleenex, paper towels and other paper products.
- Office Supplies
- Astrobright copier paper in Solar Yellow.
- White copier paper.
- Ink for printers 60XL Black/Color.

Upcoming Events

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>	<u>PLACE</u>
7/12/10	Golf Outing	10 till pm	Plum Brook Country Club
10/20/10	Girls Night Out	4-10 pm	Kalahari
11/20/10	50th Anniversary Event	6:00 pm	Plum Brook Country Club
11/26/10	Festival of Lights Silent Auction	TBD	Sawmill Creek

Services Provided

- Financial assistance for cancer related medications.
- Nutritional supplements: Ensure, Boost Plus, Boost Diabetic, Carnation Instant Breakfast & more.
- Reimbursement for travel cost (20 cents a mile) to medical appointments.
- Dressings, tapes and latex gloves.
- Ostomy supplies.
- Bed pads, briefs and undergarments.
- Wigs, hats and turbans.
- Breast prosthesis and bras.
- Medical Equipment: Wheelchairs, walkers, bedside commodes, shower benches, shower chairs and raised toilet seats.

Vegetables and Skin Cancer

A recent study from the University of Queensland in Australia found that people who ate the most vegetables, particularly leafy green vegetables, had a reduced risk of squamous cell carcinoma--a common type of skin cancer typically found on the face, ears, neck, and hands. Foliates found in leafy vegeta-

bles also help make new skin cells, which keep your complexion looking fresh. For a skin cancer-preventing seasonal salad, pick up some spinach, mustard greens, or kale. Chop and toss with



Toss a "Skin Saving" Salad

winter fruits like roasted pink grapefruit, blood oranges, sliced apples, or pomegranate seeds. Add beans or nuts for a plant-based protein boost. And top with avocado for healthy fats that help skin glow.

Worst Case Scenario: Treating Sunburn

Bottom line: When you are at the beach or involved in any outdoor activity, never seek a tan, and never sunburn; both suntans and sunburns result from DNA damage that can pave the way to skin cancer. Find shade immediately or head indoors if you start to redden or your skin starts to ache or tingle.

If despite your best efforts you come home with a burn, taking certain steps can lessen the impact. First, do what you can to relieve the discomfort. “Sunburn literally cooks the protein in the skin,” says Zoe Draelos, MD, clinical associate professor of dermatology at Wake Forest University School of Medicine, Winston-Salem, North Carolina.

If your skin begins to peel afterwards—a natural part of the healing process—use a non-greasy moisturizer to soothe the area. Do not cover up the peeling section with a self-tanning lotion, says Dr. Draelos, “because it will stick to the peeling skin and make it look worse.”

Usually, sunburn does not require a doctor’s care. However, “if you are running a fever, see a doctor, as that would indicate possible heatstroke,” explains Dr. Draelos. “Also, if a young child has a bad sunburn and is at risk of dehydration, or if someone is burned over a large portion of his/her body, they may require medical attention.” Dr. Draelos also recommends a home remedy for soothing the skin by using a washcloth soaked in cold skim milk. “The coolness takes out the initial fire, and the milk creates a protein film that helps ease the ensuing discomfort.”



[Read our full list of skin cancer prevention tips.](#)

Prevention Tips

- Seek the shade, especially between 10 A.M. and 4 P.M.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Use a sunscreen with an SPF of 15 or higher every day.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.

See your physician every year for a professional skin exam.

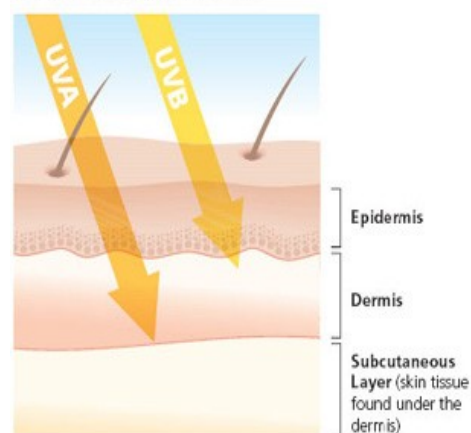
What is Ultraviolet Radiation?

UV radiation is part of the electromagnetic (light) spectrum that reaches the earth from the sun. It has wavelengths shorter than visible light, making it invisible to the naked eye. These wavelengths are classified as UVA, UVB, or UVC, with UVA the longest of the three at 320–400 nanometers (nm, or billionths of a meter). UVA is further divided into two wave ranges, UVA I, which measures 340–400 nanometers (nm, or billionths of a meter), and UVA II which extends

from 320–400 nanometers. UVB ranges from 290 to 320 nm. With even shorter rays, most UVC is absorbed by the ozone layer and does not reach the earth.

Both UVA and UVB, however, penetrate the atmosphere and play an important role in conditions such as premature skin aging, eye damage (including cataracts), and skin cancers. They also suppress the immune system, reducing your ability to fight off these and other maladies.

UV Radiation and the Skin



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Cancer Services

Hours
 Monday—Friday
 9 a.m.—3 p.m.

Cancer Services strives to assist cancer patients and their families emotionally and financially while educating the community on prevention and awareness of cancer related issues.

Mission:



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