



Sister 2 Sister



THE WOMEN'S CAUCUS OF NPMHU LOCAL 300

Cancer Ribbon Colors and Awareness Months

 Appendix Cancer August	 Bladder Cancer May	 Blood Cancer September	 Bone Cancer July
 Brain Cancer May	 Breast Cancer October	 Childhood Cancer September	 Colorectal Cancer March
 Gallbladder & Bile Duct Cancer February	 Gastric Cancer November	 Gynecological Cancer September	 Head & Neck Cancer April
 Kidney Cancer March	 Liver Cancer October	 Lung Cancer November	 Pancreatic Cancer November
 Prostate Cancer September	 Skin Cancer May	 Testicular Cancer April	 Thyroid Cancer September

NPMHU Local 300 is Bringing Awareness in Every Color

This year we are bringing awareness to different cancers by celebrating the different colors of Ribbons. Every year, in the month of October, we bring awareness to Breast Cancer. This year we want to bring awareness to all other Cancers which many of our friends and family bravely face.

In our Newsletter, you will read about different cancers and their respective colored ribbons. The NPMHU Local 300 Women's Caucus would like to share with you some of the other colors and what they represent. These colorful Ribbons are not just pretty, they symbolize Solidarity, Love, Support, Awareness and Hope.

**Editor in Chief,
Shirley Ramos**

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The Silent Struggle

by Jasmine Mills

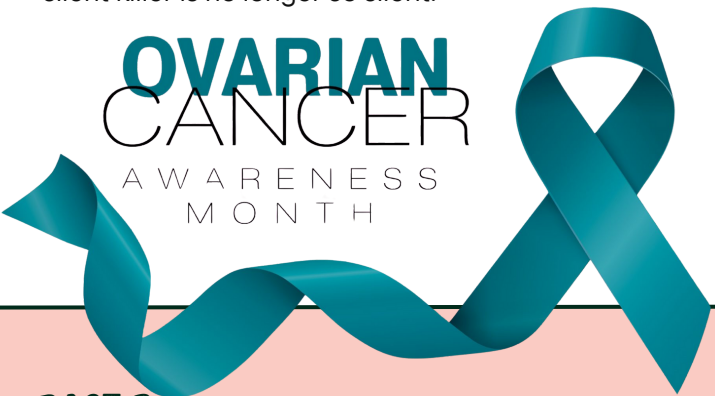
Ovarian cancer, often referred to as the "silent killer," presents a profound challenge to women's health. Its insidious nature lies in its ability to develop and progress without distinctive early symptoms, making early detection a formidable task. This often leads to diagnoses at later stages, when the cancer has already spread, significantly impacting treatment outcomes and survival rates.

The ovaries, vital components of the female reproductive system, produce essential hormones and eggs. Ovarian cancer arises from the uncontrolled growth of abnormal cells in these tissues, forming tumors that can spread to nearby organs and distant parts of the body. While the exact causes are not fully understood, age, family history, and certain genetic mutations, like BRCA1 and BRCA2, contribute to increased risk.

Treatment typically involves surgery to remove the tumors and affected tissues, followed by chemotherapy to target any remaining cancer cells. For early-stage disease, survival rates are promising, but for advanced cases, the prognosis is often less favorable. The recurrence of cancer and the development of chemoresistance pose significant challenges in managing advanced ovarian cancer.

The fight against ovarian cancer demands continued research into better early detection methods and more effective therapies. Raising awareness about the signs and symptoms, understanding risk factors, and encouraging open conversations with healthcare providers are crucial steps in empowering women to advocate for their health and potentially improve outcomes. Ultimately, overcoming the challenges of ovarian cancer requires a multi-faceted approach, encompassing advancements in diagnostics, treatment strategies, and public health initiatives to ensure that this silent killer is no longer so silent.

OVARIAN
CANCER
AWARENESS
MONTH



Liver Cancer

by Irene Delgado



Liver Cancer is a disease in which the cells in the liver grow out of control. The liver is the largest internal organ in the body, and it has many functions. Some of the most vital are: **Cleans harmful toxins out of the blood.** It gets rid of old red blood cells. Makes bile, a fluid that helps the body digest food. It metabolizes proteins, carbohydrates and fats so your body can use them.

Most people don't have signs and symptoms in the early stages of primary liver cancer. The most common symptom of Liver Cancer is Jaundice; the skin and whites of the eyes turn yellow because of too much bilirubin in the blood. Bilirubin is a yellow waste product that the liver gets rid of when it breaks down red blood cells.

Cancer that spreads to the liver is more common than cancer that begins in the liver cells. Cancer that begins in another area of the body — such as the colon, lung or breast, and then spreads to the liver is called metastatic cancer rather than liver cancer.

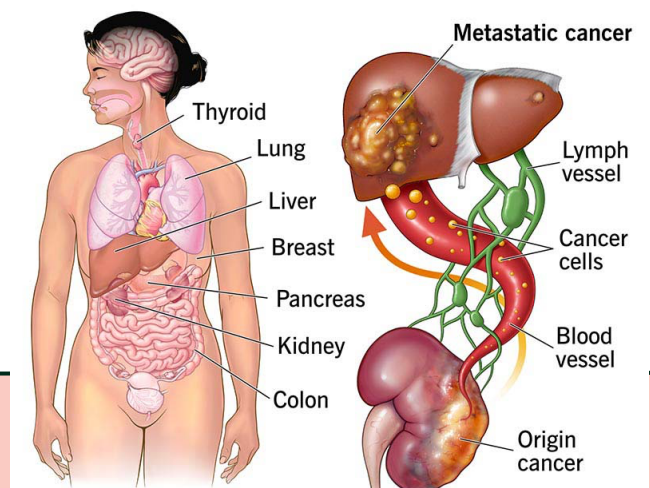
It's important to take care of your body; eat healthy, exercise, drink plenty of water and most importantly pay attention to your body. If something does not seem right, don't ignore it.

Help save a life by registering with your state's Organ Donor Registry and select 'Yes' to organ donation when applying or renewing your driver's license.

Metastatic cancer

Cancers likely to metastasize

How cancer can spread / metastasize

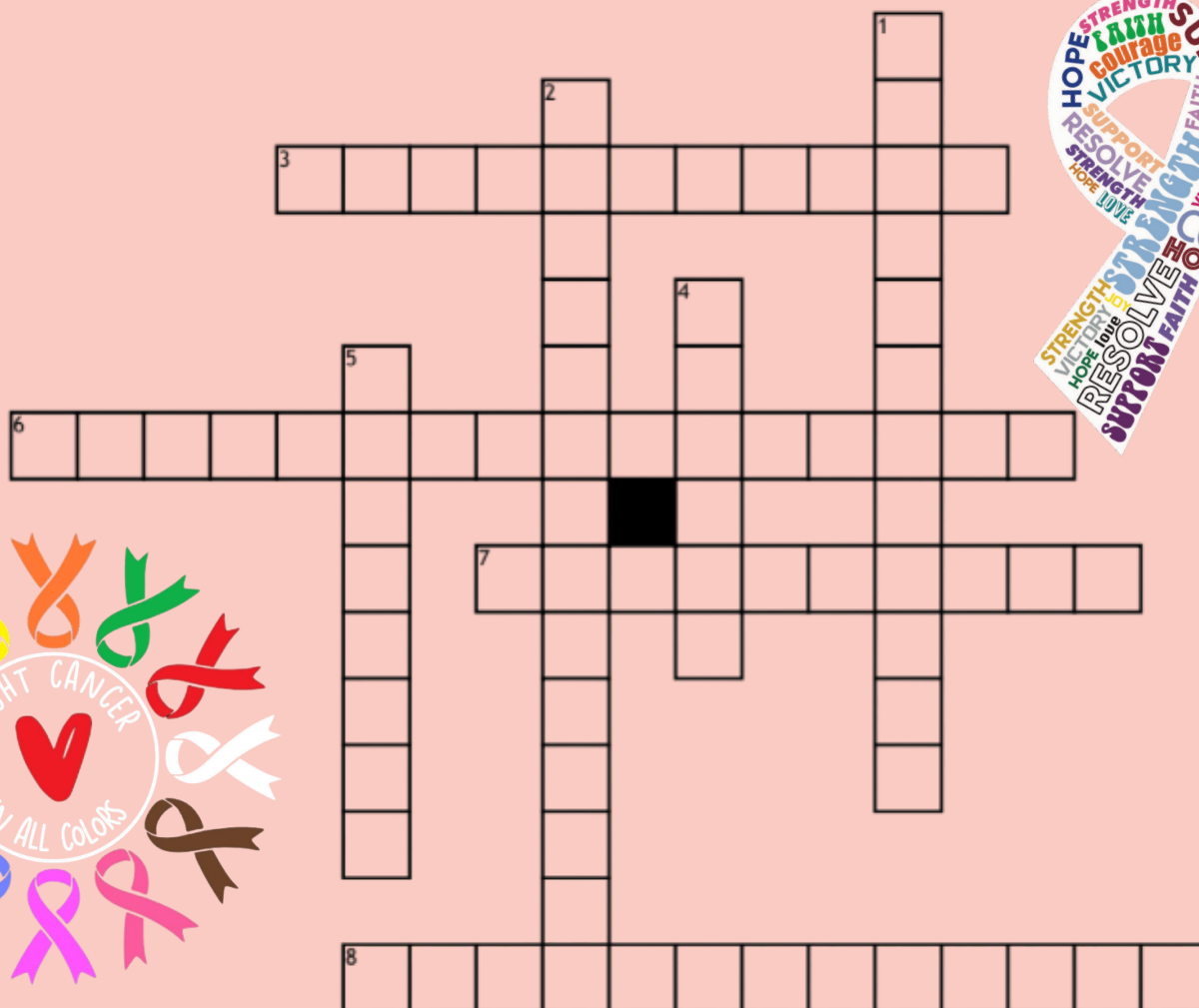


Cancer in All Colors Puzzle

By Sediqua Perry

Volume 7

Fight Cancer in All Colors



Across

3. The emerald green ribbon is widely recognized as the symbol for this type of cancer
6. Of the cancers that can impact both men and women, it is the second-greatest killer in the United States.
7. This color represents both esophageal and stomach/gastric cancers

8. The eighth most common cancer among females worldwide

Down

1. The most common cancer in the United States, and one of the deadliest.
2. The most common cancer found in men
4. The ribbon color that represents Testicular Cancer
5. A form of blood cancer that usually starts in the bone marrow

Word Bank

Liver Cancer

Periwinkle

Prostate Cancer

Ovarian Cancer

Colorectal Cancer

Leukemia

Orchid

Breast Cancer

Leukemia

by Linda Gibbs

Leukemia is a cancer of the blood, characterized by the rapid growth of abnormal blood cells. This uncontrolled growth takes place in your bone marrow where most of your body's blood is made. Unlike other cancers, leukemia does not generally form a mass that shows up in imaging tests. Diagnostic exams and tests may include: bloodwork, physical exams, complete blood count(cbc), blood cell examination, bone marrow biopsy, and spinal tap. There are four main types of leukemia and several subtypes.

- **Acute Lymphocytic Leukemia(ALL)** - Most common type of leukemia in children, teens, and young adults but can affect adults of any age.
- **Acute Myelogenous Leukemia (AML)**- Most common type of acute leukemia in adults. More common in older adults (over 65) but can occur in children.
- **Chronic Lymphocytic leukemia (CLL)** - Most common chronic leukemia in adults. Symptoms may not appear for several years.
- **Chronic Myelogenous Leukemia (CML)**- More common in older adults but can affect adults of any age. Rarely occurs in children. Symptoms may not appear for several years.

Leukemia is the 10th most common cancer in the U.S. Although there is no cure for leukemia, there are many treatment options available. Treatments for leukemia depend on the type of leukemia you have, your age, overall health, and if the leukemia has spread to other organs. Some common treatments are Chemotherapy, Immunotherapy, and Radiation Therapy.



Testicular Cancer

by Lisa Simpson

Testicular cancer, also known as **malignant neoplasm of the testis**, is a form of cancer that can occur at any age but is most commonly found in males between the ages of **20 and 39**.

The most common **early warning sign** is a **painless lump or swelling** in one of the testicles. Other symptoms may include a feeling of heaviness in the scrotum or a dull ache in the lower abdomen.

There is **no standard or routine screening** for testicular cancer. However, regular **self-exams** can help detect abnormalities early.

Treatment options may include:

- **Surgery** (usually removal of the affected testicle),
- **Chemotherapy**, and/or
- **Radiation therapy**, depending on the type and stage of the cancer.

Testicular cancer is one of the most **curable cancers**, especially when detected early.

The **awareness color** for testicular cancer is **light purple** (sometimes represented as orchid).



Cancer in Males

by Michelle Draganigos

'Cause men have breasts too!

Inspired by the song "Players" by Coi Leray. (Busta Rhymes remix)

We call them our "girls". Men call them their "pecs".

They lift weights to pump them up, take supplements to grow them, and use moisturizers to enhance them. But why don't they test for breast cancer? About 1 in every 100 breast cancers diagnosed in the United States is found in a man.

It stems from the uncontrolled growth of cells in the breast tissue, often starting in the milk ducts. The cells form a tumor that can be seen or felt as a lump. If malignant, the cells can grow into surrounding tissue or spread to distant areas of the body. While the exact cause is often unknown, several factors can increase a man's risk: genetic, hormonal, environmental, and age factors.

While survival for males with breast cancer is similar to that for women with breast cancer when their stage diagnosis is the same, breast cancer in men is often diagnosed at a later stage. Knowledge and early detection are key to fighting the disease.

Encourage the men in your life to take precautions to detect signs of breast cancer. The awareness is not as universal as that for women, but it is just as deadly. So, have a talk with the men in your life about breast cancer. Why?

'Cause men have breasts too!



Don't forget to wear your cancer awareness shirts!
This year, we're raising awareness for all types of cancer. Since cancer comes in many forms, our design honors everyone by incorporating the colors of all the awareness ribbons.

