



Cancer Affects Everyone!



Pink Out!

Organized by the Wayne High School FBLA, a number of activities took place during a recent volleyball game at the school to promote breast cancer awareness. The group sold pink shirts for the second annual Pink Out event. In addition, a bake sale with a variety of pink items was held during the game that evening. Proceeds from the sale of the shirts and the bake sale will go toward breast cancer research. A number of other "pink" activities have been scheduled at both the school and throughout the community during the month of October to promote breast cancer awareness.

When cancer returns: How to cope with cancer recurrence

When cancer returns, you may feel some of the same emotions you felt with your first diagnosis. The uncertainties may be back, too, and you might be wondering about more cancer treatment and about your future.

Some people report that a second cancer diagnosis can be more upsetting than the first, but there are strategies that can help.

What is a cancer recurrence?

When cancer returns after a period of remission, it's considered a recurrence. A cancer recurrence happens because, in spite of the best efforts to rid you of your cancer, some cells from your cancer remained. These cells can grow and may

cause symptoms.

These cells could be in the same place where your cancer first originated, or they could be in another part of your body. The cells may have been dormant for a period of time. But for reasons that aren't understood, eventually they continued to multiply, resulting in the reappearance of the cancer.

In rare instances, you may be diagnosed with a new cancer that's completely unrelated to your first cancer. This is referred to as a second primary cancer.

Where does cancer recur?

Your cancer can recur in the same place it was originally located, or it can move

to other parts of your body. Recurrence is divided into three categories:

Local recurrence. This means the cancer reappears in the same place it was first found or very close by. The cancer hasn't spread to the lymph nodes or other parts of the body.

Regional recurrence. A regional recurrence occurs in the lymph nodes and tissue located in the vicinity of your original cancer.

Distant recurrence. This refers to cancer that has spread to areas farther away from where your cancer was first located. This is called metastatic cancer.

Where your cancer recurs depends on your original cancer type and stage. Some cancer types commonly recur in specific areas.

How are cancer recurrences diagnosed?

Cancer recurrences are diagnosed just like any other cancer. Your health care provider might suspect a cancer recurrence based on certain tests, or you might suspect a recurrence based on your signs and symptoms.

After your last round of treatment, your health care provider probably gave you a schedule of follow-up exams to check for cancer recurrences. You were probably told what signs and symptoms to be alert for that might signal a recurrence.

All cancers are different, so talk with your health care provider about what's best for your type of cancer. The particulars of your diagnosis can guide what tests you'll have during routine checkups after your initial treatment.

Can cancer recurrences be treated?

Many local and regional recurrences can be cured. Even when a cure isn't possible, treatment may shrink your cancer to slow the cancer's growth. This can relieve pain and other symptoms, and it may help you live longer.

Which treatment you choose, if any, will be based on many of the same factors you considered when deciding on your treatment the first time. Consider what you hope to accomplish, your goals for treatment and what side effects you're willing to accept. Your provider will also take into account what types of treatment you had previously and how your body responded to those treatments.

You might also consider joining a clinical trial, where you may have access to the latest treatments or experimental medications. Talk to your health care provider

about clinical trials that are available to you.

How to cope with a cancer recurrence

A cancer recurrence can bring back many of the same emotions you felt when you were first diagnosed with cancer. Here are some ideas that may help you cope with the emotions of a cancer recurrence.

Remember that you know more now. Knowing more about cancer and your treatment options can help reduce your anxiety. Think about how much you knew about cancer at your first diagnosis. Compare this to what you know now, such as what treatment involves and what side effects to expect.

Treatments may have improved. There may be newer drugs or newer methods for treating your cancer or managing side effects since your first diagnosis. Rapid developments in cancer treatment may open up possibilities that had not been available to you previously.

You have built relationships. You have worked closely with members of your health care team, and you know your way around the hospital or clinic. This can help you feel more comfortable. You have been there before, and you know what to expect.

Based on your first experience with cancer, you know what's best for you during this time. Whether you needed some time alone or preferred having someone nearby, you can draw on your experience to plan ahead. Take heart in the fact that you were able to do it the first time.

You can turn to strategies that help. Meditation, yoga, physical activity, journaling and finding support from friends and family members can all be helpful coping tools during this time.

You can get additional help if you need it. If you are struggling with a cancer recurrence, it might help to reach out to a therapist or counselor who works with people who have cancer.

Some people say that a cancer recurrence can be especially devastating because the strong support system they had after their first cancer diagnosis sometimes evaporates when the cancer recurs. Do not be afraid to reach out to friends and family again and communicate how they can support you.

Also, express your feelings to your health care provider. The conversation that results can give you a better understanding of your situation, and it can help you make treatment decisions.

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Cancer pain: Relief is possible

Not everyone with cancer has cancer pain, but some do. If you have cancer that's spread or recurred, your chance of having pain is higher.

Cancer pain takes many forms. It can be dull, achy, sharp or burning. It can be constant, intermittent, mild, moderate or severe.

How much pain you feel depends on a number of factors, including the type of cancer you have, how advanced it is, where it's situated and your pain tolerance.

Most cancer pain is manageable, and controlling your pain is an essential part of your treatment.

What causes cancer pain?

Pain can be caused by the cancer itself. Pain could happen if the cancer grows into or destroys nearby tissue. As a tumor grows, it can press on nerves, bones or organs. The tumor can also release chemicals that can cause pain.

Treatment of the cancer can help the pain in these situations. However, cancer treatments, including surgery, radiation and chemotherapy, also can cause pain.

How do you treat cancer pain?

A number of treatments are available for cancer pain. Your options may depend on what's causing your cancer pain and the intensity of the pain you're feeling. You may need a combination of pain treatments to find the most relief.

Options include:

Over-the-counter pain relievers. For mild and moderate levels of pain, use pain relievers that do not require a prescription may help. Examples include aspirin, acetaminophen (Tylenol and others) and ibuprofen (Advil, Motrin IB and others).

Medications derived from opium (opioids). Opioids are prescription medications used to treat moderate to severe pain. Examples of opioids include morphine (Kadian, Ms Contin and others) and oxycodone (Oxycontin, Roxicodone and others).

Some opioids are short-acting medicines, so pain relief comes quickly but you may need to take them more often. Other opioid drugs are long-acting medicines, so pain relief takes longer but the medicine doesn't need to be taken as often. Sometimes short-acting and long-acting opioids are used together.

Other types of medicine can help relieve pain, including antidepressants, anti-seizure drugs and steroids.

Next, look into procedures that block pain signals. A nerve block procedure can be used to stop pain signals from being sent to the brain. In this procedure, a numbing medicine is injected around or into a nerve.

Also, some people find some pain relief through acupuncture, massage, physical therapy, relaxation exercises, meditation and hypnosis.

Other treatments may be available for your particular situation. In some places, it may be legal to use medical marijuana for cancer pain.

All pain medicines have side effects. Work with your doctor to understand the benefits and risks of each pain treatment and how to manage the side effects. Together you can decide which treatments may be best for you.

What are some reasons for not receiving adequate treatment for cancer pain?

Unfortunately cancer pain is often under treated. Many factors can contribute to that including the reluctance of doctors to ask about pain or offer treatments.

Health care professionals should ask people with cancer about pain at every visit. Some doctors don't know enough about pain treatment. In that case, request a referral to a palliative care or pain specialist.

Given current concerns about opioid use and abuse, many doctors might be reluctant to prescribe these medications. Maintaining a close working relationship with your cancer specialists is essential to proper use of these medications.

Another factor is the reluctance of people to mention their pain. Some people do not want to "bother" their doctors, or they fear that the pain means the cancer is worsening. Others are worried their doctors will think of them as complainers or that they can't afford pain medications.

Next, fear of addiction to opioids acts as a factor of under treatment. The risk of addiction for people with advanced cancer who take pain medications as directed for cancer pain is low.

You might develop a tolerance for your pain medication, which means you might need a higher dose to control your pain. Tolerance isn't addiction. If your medication isn't working as well as it once did, talk to your doctor about a higher dose or a different drug. Don't increase the dose on your own.

Finally, some may fear certain side effects that come with treatment.

Some people fear being sleepy, being unable to communicate, acting strangely or being seen as dependent on medications. You might have these side effects when you start taking strong pain medications, but they often resolve once your doctors find the correct level of pain medications for you and once you achieve a steady level of pain medicine in your body.

How can you help your doctor understand your cancer pain?

If the pain interferes with your life or is persistent, report it. It might help to keep track of your pain by jotting down:

How severe the pain is, what type of pain (stabbing, dull, achy) you have, where you feel the pain, what brings on the pain, what makes the pain worse or better and what pain relief measures you use, such as medication, massage, and hot or cold packs, how they help and any side effects they cause.

Using a pain-rating scale from 0 to 10 —

See **RELIEF**, page 4

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Alternative cancer treatments: 11 options to consider

Many people with cancer are interested in trying anything that may help them, including complementary and alternative cancer treatments. But many alternative cancer treatments are unproved and some may even be dangerous.

To help you sort out the good from the bad, here are 11 alternative cancer treatments that are generally safe. Plus, there is growing evidence that these treatments may provide some benefit.

How can alternative medicine help people with cancer?

Alternative cancer treatments may not play a direct role in curing your cancer, but they may help you cope with signs and symptoms caused by cancer and cancer treatments, such as anxiety, fatigue, nausea and vomiting, pain, difficulty sleeping and stress.

Alternative medicine is a term that's commonly used to describe methods that aren't usually offered by health care providers. As researchers study these treatments and the evidence for these alternative methods grows, doctors and other providers are including them in treatment plans alongside the standard treatments. It is an approach that providers sometimes call integrative medicine.

Using these evidence-based integrative medicine approaches along with standard treatments may help relieve many symptoms associated with cancer and its treatment. But alternative or integrative treatments generally aren't powerful enough to replace standard treatments entirely. Discuss options with your provider to find the right balance.

Acupuncture.

During acupuncture treatment, a practitioner inserts tiny needles into your skin at precise points. Studies show acupuncture may be helpful in relieving nausea caused by chemotherapy. Acupuncture may also help relieve certain types of pain in people with cancer.

Acupuncture is safe if performed by a licensed practitioner using sterile needles. Ask your provider for names of trusted practitioners. Acupuncture is not safe if you're taking blood thinners or if you have low blood counts, so check with your provider first.

Aromatherapy.

Aromatherapy uses fragrant oils to provide a calming sensation. Oils, infused with scents such as lavender, can be applied to your skin during a massage, or the oils can be added to bath water. Fragrant oils also can be heated to release their scents into the air. Aromatherapy may be helpful in relieving nausea, pain and stress.

Aromatherapy can be performed by a practitioner, or you can use aromatherapy on your own. Aromatherapy is safe, though oils applied to your skin can cause allergic reactions. People with cancer that is estrogen sensitive, such as some breast cancers, should avoid applying large amounts of lavender oil and tea tree oil to the skin.

Cognitive behavioral therapy.

Cognitive behavioral therapy (CBT) is a common type of talk therapy. During a CBT session, a mental health counselor, such as a psychotherapist or a therapist, works with you to view challenging situations more clearly and respond in a more effective way.

For people with cancer, CBT may help with sleep problems. A CBT counselor or therapist might help you identify and replace thoughts and behaviors that cause or worsen sleep problems with habits that promote sound sleep.

Ask your health care provider for a referral to a specialist if you're interested in trying CBT.

Exercise.

Exercise may help you manage signs and symptoms during and after cancer treatment. Gentle exercise may help relieve fatigue and stress and help you sleep better. Many studies now show that an exercise program may help people with cancer live longer and improve their overall quality of life.

If you haven't already been exercising regularly, check with your provider before you begin an exercise program. Start slowly, adding more exercise as you go. Aim to work your way up to at least 30 minutes of exercise most days of the week.


Hypnosis.

Hypnosis is a deep state of concentration. During a hypnotherapy session, a therapist may hypnotize you by talking in a gentle voice and helping you relax. The therapist will then help you focus on goals, such as controlling your pain and reducing your stress.

Hypnosis may be helpful for people with cancer who are experiencing anxiety, pain and stress. It may also help prevent anticipatory nausea and vomiting that can occur if chemotherapy has made you sick in the past. When performed by a certified therapist, hypnosis is safe. But tell your therapist if you have a history of mental illness.

Massage.

During a massage, your practitioner kneads your skin, muscles and tendons in






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Relief

(continued from page 3)

with 0 being no pain and 10 being the worst pain imaginable — might help you to report your pain to your doctor.

What steps can you take to ensure you're receiving adequate cancer pain treatment?

First, talk to your doctor or health care provider about your pain.

Second, you and your doctor can set a goal for pain management and monitor the success of the treatment. Your doctor should track the pain with a pain scale, assessing how strong it is. The goal should be to keep you comfortable. If you aren't comfortable, talk to your doctor.

If you are not getting the answers you need, request a referral to a facility skilled in the care of pain. All major cancer centers have pain management programs. The medications and treatment for pain are generally covered by standard insurance.

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Alternative

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an effort to relieve muscle tension and stress and promote relaxation. Several massage methods exist. Massage can be light and gentle, or it can be deep with more pressure.

Studies have found that massage can be helpful in relieving pain in people with cancer. It may also help relieve anxiety, fatigue and stress.

Massages can be safe if you work with a knowledgeable massage therapist. Many cancer centers have massage therapists on staff, or your provider can refer you to a massage therapist who regularly works with people who have cancer.

Do not have a massage if your blood counts are very low. Ask the massage therapist to avoid massaging near surgical scars, radiation treatment areas or tumors. If you have cancer in your bones or other bone diseases, such as osteoporosis, ask the massage therapist to use light pressure, rather than deep massage.

Meditation.
Meditation is a state of deep concentration when you focus your mind on one image, sound or idea, such as a positive thought. When meditating, you might also do deep-breathing or relaxation exercises. Meditation may help people with cancer by relieving anxiety and stress and improving mood.

Meditation is generally safe. You can meditate on your own for a few minutes once or twice a day or you can take a class with an instructor. There are also many online courses and apps available for guid-

ed meditations.
Music therapy.
During music therapy sessions, you might listen to music, play instruments, sing songs or write lyrics. A trained music therapist may lead you through activities designed to meet your specific needs, or you may participate in music therapy in a group setting. Music therapy may help relieve pain, control nausea and vomiting, and deal with anxiety and stress.
Music therapy is safe and does not require any musical talent to participate. Many medical centers have certified music therapists on staff.

Relaxation techniques.
Relaxation techniques are ways of focusing your attention on calming your mind and relaxing your muscles. Relaxation techniques might include activities such as visualization exercises or progressive muscle relaxation.

These techniques may be helpful in relieving anxiety and fatigue. They may also help people with cancer sleep better.

They are also safe. Typically, a therapist leads you through these exercises and eventually you may be able to do them on your own or with the help of guided relaxation recordings.

Tai chi.
Tai chi is a form of exercise that incorporates gentle movements and deep breathing. Tai chi can be led by an instructor, or you can learn Tai chi on your own following books or videos. Practicing Tai chi may help relieve stress.

Tai chi is generally safe. The slow movements of Tai chi don't require great physical strength, and the exercises can be easily adapted to your own abilities. Still, talk to your provider before beginning Tai chi. Do not do any Tai chi moves that cause pain.

Yoga.
Yoga combines stretching exercises with deep breathing. During a yoga session, you position your body in various poses that require bending, twisting and stretching. There are many types of yoga, each with its own variations.

Yoga may provide some stress relief for people with cancer. Yoga has also been shown to improve sleep and reduce fatigue.

Before beginning a yoga class, ask your provider to recommend an instructor who regularly works with people with health concerns, such as cancer. Avoid yoga poses that cause pain. A good instructor can give you alternative poses that are safe for you.

You may find some treatments work well together. For instance, deep breathing during a massage may provide further stress relief.

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Many women diagnosed with breast cancer don't have signs or symptoms

Breast cancer is not always accompanied by a lump. Many women diagnosed with breast cancer never have any signs or symptoms, and their cancer is found on a screening test, such as a mammogram.

Among women who experience warning signs, a lump in the breast or underarm area is the most common red flag. However, as a recent study illustrates, some women will discover their cancer because they're experiencing other, less common signs and symptoms.

In a presentation at the 2016 National Cancer Research Institute conference, British researchers noted that, among more than 2,300 women they studied who were diagnosed with breast cancer, 83 percent sought medical attention because they found a lump.

For the other women, different signs and symptoms alerted them that something was wrong, including nipple abnormalities, such as discharge or a nipple that turned inward; breast-related pain; nonbreast-related pain, such as back pain and unintentional weight loss.

Breast cancer also can cause changes in the skin of the breast, or nipple and areola, such as dimpling and pitting (similar in appearance to an orange peel), thickening, red- dening, scaling, itching or swelling — with or without a lump. Depending on the symp- toms, these changes may be attributed to rarer cancers, such as Paget's disease of the breast or an unusual but aggressive form of breast cancer known as inflammatory breast cancer.

Breast cancer also can cause a skin rash that looks similar to mastitis — an infection of the breast tissue that most often affects women who are breastfeeding.

If you find a new rash or breast redness, and you are not breastfeeding, that should be evaluated by your health care provider. If you are breastfeeding and experience persis- tent redness, that also should be evaluated.

It is worth noting that breast changes, including lumps, often turn out to be noncan- cerous (benign). In addition, many women's breasts change slightly over the course of a month.

That is particularly true as they go through their menstrual cycles, when breasts tend to become more tender or lumpier. These changes, called fibrocystic changes, often involve the entire breast. The tenderness and lumpiness, which goes away after the men- strual cycle, is not associated with cancer.

Breast tissue also changes as women age, becoming less dense over time.
The British study mentioned above also found it took women with signs and symptoms that didn't include a lump longer to seek care than it did for women who found lumps.

That said, it's a good idea to become familiar with how your breasts normally feel, so that you can alert your health care provider to any changes and have the changes evalu- ated if they don't resolve within a few weeks.

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Cancer survivors: Care for your body after treatment

After your cancer treatment, as a cancer survivor you're eager to return to good health. But beyond your initial recovery, there are ways to improve your long-term health so that you can enjoy the years ahead as a cancer survivor.

The recommendations for cancer survivors are no different from the recommendations for anyone who wants to improve his or her health: Exercise, eat a balanced diet, maintain a healthy weight, get good sleep, reduce stress,

avoid tobacco and limit the amount of alcohol you drink.

But for cancer survivors, the following strategies have added benefits. These simple steps can improve your quality of life, smoothing your transition into survivorship.

Regular exercise increases your sense of well-being after cancer treatment and can speed your recovery.

Cancer survivors who exercise may experience:

Increased strength and endurance,

fewer signs and symptoms of depression, less anxiety, reduced fatigue, improved mood, higher self-esteem, less pain, improved sleep and lower risk of the cancer recurring.

Adding physical activity to your daily routine doesn't take a lot of extra work. Focus on small steps to make your life more active. Take the stairs more often or park farther from your destination and walk the rest of the way. Check with your doctor before you begin any exercise program.

While it may be tempting to supplement your diet with a host of vitamin and mineral supplements, resist that urge. Some cancer survivors think that if a small amount of vitamins is good, a large amount must be even better. But that isn't the case. In fact, large amounts of certain nutrients can hurt you.

If you feel concerned about getting all the vitamins you need, ask your doctor if taking a daily multivitamin is right for you.



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With your doctor's approval, start slowly and work your way up. The American Cancer Society recommends adult cancer survivors exercise for at least 150 minutes a week, including strength training at least two days a week. As you recover and adjust, you might find that more exercise makes you feel even better.

Sometimes you won't feel like exercising, and that is okay. Don not feel guilty if lingering treatment side effects, such as fatigue, keep you sidelined. When you feel up to it, take a walk around the block. Do what you can, and remember that rest also is important to your recovery.

Exercise has many benefits, and some early studies suggested that it may also reduce the risk of a cancer recurrence and reduce the risk of dying of cancer. Many cancer survivors are concerned about cancer recurrence and want to do all they can to avoid it.

While the evidence that exercise can reduce the risk of dying of cancer is preliminary, the evidence for the benefits of exercise to your heart, lungs and other body systems is substantial. For this reason, cancer survivors are encouraged to exercise.

Next, make sure to focus on eating a balanced diet.

Vary your diet to include lots of fruits and vegetables, as well as whole grains. When it comes to selecting your entrees, the American Cancer Society recommends that cancer survivors:

Eat at least 2.5 cups of fruits and vegetables every day and choose healthy fats, including omega-3 fatty acids, such as those found in fish and walnuts.

They should also select proteins that are low in saturated fat, such as fish, lean meats, eggs, nuts, seeds and legumes and opt for healthy sources of carbohydrates, such as whole grains, legumes and fruits and vegetables.

This combination of foods will ensure that you're eating plenty of the vitamins and nutrients you need to help make your body strong.

It's not known if a certain diet or certain nutrients can keep cancer from recurring. Studies examining low-fat diets or diets that contain specific fruits and vegetables have had mixed results. In general, it's a good idea to eat a varied diet that emphasizes fruits and vegetables.

Furthermore, make sure to maintain a healthy weight.

You may have gained or lost weight during treatment. Try to get your weight to a healthy level. Talk to your doctor about what a healthy weight is for you and the best way to go about achieving that goal weight.

For cancer survivors who need to gain weight, this will likely involve coming up with ways to make food more appealing and easier to eat. Talk to a dietitian who can help you devise ways to gain weight safely.

You and your doctor can work together to control nausea, pain or other side effects of cancer treatment that may be preventing you from getting the nutrition you need.

For cancer survivors who need to lose weight, take steps to lose weight slowly — no more than 2 pounds (about 1 kilogram) a week. Control the number of calories you eat and balance this with exercise. If you need to lose a lot of weight, it can seem daunting. Take it slowly and stick to it.

Next, work on resting well.

Sleep problems are more common in people with cancer, even survivors. This can be due to physical changes, side effects of treatment, stress or other reasons.

But getting enough sleep is an important part of your recovery. Sleeping gives your mind and body time to rejuvenate and refresh to help you function at your best while you're awake. Getting good sleep can boost cognitive skills, improve hormone function and lower blood pressure. It can also just make you feel better in general.

To optimize your chances at getting good sleep, practice healthy sleep hygiene:

Avoid caffeine for at least 8 hours before bedtime, stick to a regular sleep schedule, avoid computer or television screens for one to two hours before bedtime, exercise no later than two to three hours before going to bed and keep your bedroom quiet and dim.

If you feel excessively sleepy during the day, talk with your doctor. You may have a sleep disorder or a problem caused by side effects of your cancer or its treatment.

Another tactic to remember is remov-

See TREATMENT, page 7

Treatment

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ing or lessening stress.

As a cancer survivor, you may find that the physical, emotional and social effects have taken a toll on your psyche. Though there is no evidence that managing stress improves chances of cancer survival, using effective coping strategies to deal with stress can greatly improve your quality of life by helping relieve depression, anxiety and symptoms related to the cancer and its treatment.

Effective stress management strategies may include:

Relaxation or meditation techniques,

Cancer surgery: Physically removing cancer

Cancer surgery is a common part of diagnosing and treating cancer.

Common reasons you might have cancer surgery include:

Cancer prevention. For some types of cancer, it's possible to remove an organ before cancer develops. In this way, surgery helps prevent cancer.

Diagnosis. Surgery might be used to get a piece of tissue for testing. The sample is tested in a lab to see if it's cancerous. Other tests might look at the genetic makeup of the cells. The results help your health care team plan your treatment.

Staging. Cancer surgery can show the size of the cancer and whether it has spread. This information is used to figure out the cancer's stage. The cancer's stage tells your provider how serious your condition is and whether you need aggressive treatment.

Debulking. Sometimes surgery can't remove all of the cancer. A surgeon may remove as much as possible. This is called debulking.

Relieving symptoms or side effects. Surgery is also used to improve your quality of life. For example, it can get rid of pain caused by a cancer that's pressing on a nerve or bone. It could be used to remove a cancer that's blocking the intestine.

Surgery is often used with other cancer treatments. These treatments can include chemotherapy, radiation therapy and other treatments. Which treatments are best for you depends on the type of cancer you have, its stage and your overall health.

When it's possible, the goal of cancer surgery is to remove all of the cancer from the body. To do this, the surgeon uses cutting tools to remove the cancer and some healthy tissue around it.

The surgeon may also remove some lymph nodes in the area.

The lymph nodes are tested to see if they contain cancer cells. If cancer spreads to the lymph nodes, there's a chance that the cancer could spread to other parts of the body.

What other techniques are used in cancer surgery?

Many other types of operations can be used to treat cancer. Researchers continue to look at new methods. Some other types of cancer surgery include:

Cryosurgery. This surgery uses very cold material, such as liquid nitrogen spray or

such as mindfulness training, counseling, cancer support groups, medications for depression or anxiety, exercise and interacting with friends and family.

Finally, stop using tobacco and reduce your intake of alcohol.

Smoking or using chewing tobacco puts you at risk of several types of cancer. Stopping now could reduce your risk of cancer recurrence and also lower your risk of developing a second type of cancer (second primary cancer).

If you've tried quitting in the past but haven't had much success, seek help. Talk to your doctor about resources to help you quit.

If you choose to drink alcohol, do so

a cold probe. The cold freezes and destroys cancer cells.

Electrosurgery. In this type of surgery, electric current is used to kill cancer cells.

Laser surgery. Laser surgery uses beams of light to shrink or get rid of cancer cells.

Mohs surgery. This method carefully removes cancer layer by layer. As each thin layer is removed, it's studied under a microscope to look for signs of cancer. This is repeated until all the cancer is removed. Mohs surgery is used for cancers on sensitive areas of the skin, such as around the eye.

Laparoscopic surgery. This minimally invasive surgery uses several small cuts in the body rather than one large cut. A tiny camera and surgical tools are inserted through the cuts. A monitor shows what the camera sees. The surgeon uses this to guide the tools to remove the cancer. The smaller cuts mean you get better faster and may have fewer problems after surgery.

Robotic surgery. During robotic surgery, the surgeon sits away from the operating table. They watch a screen that shows a 3D image of the area being operated on. The surgeon uses hand controls that tell a robot how to move surgical tools to perform the operation. Robotic surgery helps the surgeon operate in hard-to-reach areas. People who have this type of surgery might get better faster and have fewer problems after surgery.

Natural orifice surgery. Natural orifice surgery is a way to operate on organs in the belly without cutting through the skin. Instead, surgeons pass surgical tools through a natural body opening, such as the mouth, rectum or vagina.

For example, a surgeon might put surgical tools down the throat and into the stomach. A small cut is made in the wall of the stomach. Surgical tools then move into the area around the stomach. The tools could take a sample of liver tissue or remove the gallbladder.

Natural orifice surgery is a new type of surgery. Surgeons hope it can lower the risk of infection, pain and other problems after surgery.

Cancer surgery continues to change. Researchers are looking at other types of less invasive surgery.

in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

Alcohol does have health benefits in some people — for instance, consuming a drink a day can reduce your risk of heart disease. But it also increases the risk of certain cancers, including those of the mouth and throat.

While it is not clear whether drinking alcohol can cause cancer recur-

rence, it can increase your risk of a second primary cancer.

Weigh the risks and benefits of drinking alcohol and talk it over with your doctor.

While you may worry that it will take an entire overhaul of your lifestyle to achieve all these goals, do what you can and make changes slowly. Easing into a healthy diet or regular exercise routine can make it more likely that you'll stick with these changes for the rest of your life.

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NSP participates in Pink Patch Project for fifth year

The Nebraska State Patrol has announced a redesigned pink patch for this year's Pink Patch Project.

October marks the return of the Pink Patch Project for many law enforcement agencies across the state. The effort coincides with Breast Cancer Awareness Month.

The Pink Patch Project is a national effort in which many law enforcement officers wear a pink version of their agency's shoulder patch. This is the fifth year that NSP has participated.

"This year's NSP pink patch offers a new design and something new for collectors," said Colonel John Bolduc, Superintendent of the Nebraska State Patrol. "We're proud to partner with other agencies across the state in this project to show our support for the millions affected by breast cancer."

Throughout October, troopers have the option to replace the standard NSP patch with a pink patch. NSP's pink

patch features the NSP emblem in pink and black.

Pink NSP patches are available for purchase by NSP civilian employees and members of the public at local NSP offices. All proceeds from sales of the pink NSP patches will benefit local organizations helping cancer fighters.

Follow NSP on Facebook, Instagram, and Twitter for more details on how to purchase the pink patches or how to order Pink Patch Project merchandise online.



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