



DEAF AWARENESS AND FAMILY HEALTH



C A N C E R

Cancer has no soul. It does not care who you are or how you feel. No one is immune to the disease. Whether you are inflicted with it or someone you know, it will reach out and create havoc. My grandma watched my grandpa die of cancer. I know a mother who survived cancer only to see her son die of cancer and later she would succumb to the disease. I know a mother who spent three years getting parts taken out of her piece by piece as the doctors chased the disease while her family stood witness. It is an ugly infliction and yet there is hope. I see cancer survivors and according to the National Cancer Institute “the overall cancer death rate has declined.”

The fact is, we live in a toxic environment and our daily habits play a large part in our health, in addition to a whole lot of luck, good or bad, Cancer does not care who you are, it does not judge, it just looks for a way in.

My son and I had the pleasure of visiting Forest Grove Movie Night at the Grange a few years ago. It was put on by Forest Grove Grange lecturer Robin and her Dairy Creek Community Food web group (<https://dairycreekcommunityfoodweb.org/>). The movies were independent films. Educational and well done. Add socializing to the mix and it made for a very pleasant evening. The one movie I will highly recommend is “**The Beautiful Truth**,” a powerful documentary that offers

“Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.”
Jim Valvano



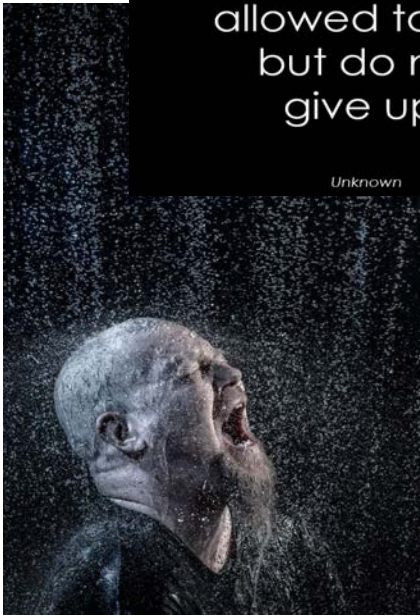
insight to the toxins in our food and the benefits of a plant base cancer treatment. The movie was at one time accessible to watch on the internet. Now, however, you may have to borrow it from your local library or see about possibly renting it on Hulu or some other medium that allows you to watch it.

Cancer, like our last topic Dementia is like an umbrella to the specific disease and again we find a topic that can not in any shape or form be fully addressed in our small space. Therefore, we will skim resources to get a start on understanding the disease and hopefully a few helpful things to know in the journey that no one should take alone.

ACCORDING TO THE NATIONAL CANCER INSTITUTE:
*THE CANCER MORTALITY RATE IS HIGHER AMONG MEN THAN WOMEN
*AS OF JANUARY 2019, THERE WERE AN ESTIMATED 16.9 MILLION CANCER SURVIVORS IN THE UNITED STATES. THE NUMBER OF CANCER SURVIVORS IS PROJECTED TO INCREASE TO 22.2 MILLION BY 2030.

You're allowed to
scream, you're
allowed to cry,
but do not
give up.

Unknown



DAY ONE

A quick scan of postings & words of advice: "Things to Know."

You are not alone and you will never forget the day of your diagnosis. It is like time stood still while your world came crashing down on you. Chances are you will carry a vivid memory of that day like a Picasso painting. It may fade over time, but there will be a trigger that will bring back the hidden feelings. Even when you walk out with a cancer free discharge, the Specter will linger over you for the rest of your life.

A word of advice coming from a post about building, as she called it, a "medicine chest." I like the image of "Treasure Chest" some may wish to refer to it as a "War Chest," either way it looks like good advice. Fill your chest with songs, books, activities, hobbies, photos, memories and items that will help you in your journey. You will be alone at some point and depending on where you are at, some items in that chest will help

you pull through the night and some you will need for another day.

There are many things in life that no one should fight alone. But it happens more often than not. So, fill your chest and stuff it full.

Take inventory of your assets, your true friends and family. The journey can get financially and emotionally overwhelming. Remember Cancer does not discriminate and most likely even if you did something different it can still find you. Remember also, that those around you may not be your best partner for this journey and you will need to find someone who is up to the challenge. It's not you or even them, it is just a fact that not everyone is made up of the right stuff for certain journeys.

Don't be afraid to ask questions. Do your research and ask questions, tell the doctor how you feel. Should you not feel comfortable with the doctor's answers get a second opinion. By all means do not sit back and let the "doctor knows best" intimidate you. It is your body and your money; you have a lot at stake.



I always like walking in the rain,
so no one can see me crying.

— Charlie Chaplin

When doing your research look at the address. The address can tell you a lot about the organization along with the reviews:

<https://psc.ucsf.edu/special-populations-breast-cancer>

The above link is for University of California (*edu*). The nice thing about this site is it acknowledges breast cancer is not limited to women. It also has some very good information to help you on your journey. It is not an ad, but they will look for donations.

<https://www.cancer.gov/> - This site pulls up National Cancer Institute. You will note the .gov in the address – which means this is a department of the federal government. It is a well-designed and informative website.

<https://imermanangels.org/#> - This link tells us it is an organization. Imerman Angels has a very well-designed website and should anyone have anything to say about this organization – please share it.

American Cancer Society (<https://www.cancer.org/>) Once you get pass all the pop ups and donation requests – this website has a wealth of information. Like Imerman Angels it is an organization.

Ad – <https://compassoncology.com/about-compass/>

Notice the "Ad" in the beginning of the web address. It is an add offering Cancer Research Trials in the Portland area.

Hopefully this will be of some help as you navigate through the Internet.



Sometimes we need someone to simply be there. Not to fix anything, or to do anything in particular, but just to let us feel that we are cared for and supported.

EARLY DETECTION

Early detection is the key. However, with the current environment (2020 Covid lockdown), early detection may not be an option for many. According to Oregon State Senator Brian Boquist:

“The cost of the continued lockdowns far exceeds any virtue signaling.”

- There are *increased rates of child abuse from the lockdowns.*
- *Suicides are up across the country.*
- *Sick people are unable to get cancer treatments or too scared to go to the hospital for help”.*

If things change - The Knight Cancer Institute is part of OHSU and held community outreach events. Let us hope they will resume soon:

<https://www.ohsu.edu/knight-cancer-institute/knight-cancer-institute-community-events>

The Knight Cancer Institute also offers support groups:
<https://www.ohsu.edu/knight-cancer-institute/support-groups-and-classes-cancer>

RETINOBLASTOMA

Early detection is the key to eye cancer.

Signs to look for are:

- shadows, flashes of light, or wiggly lines in your vision.
- **blurred vision.**
- a dark patch in your eye that's getting bigger.
- partial or total **loss of vision.**
- bulging of 1 eye.
- a lump on your eyelid or in your eye that's increasing in size.
- pain in or around your eye, although this is rare.

*The 5-year survival rate for children with retinoblastoma is 96%.

*The average age of diagnosis for intraocular melanoma is 55, it is rare in children and people over age 70.

*Children are at highest risk for recurrence until age 6, but **retinoblastoma can even return** later in life.

* **If the cancer is** diagnosed at an early stage, the 5-year survival rate **is** 85%. (About 73% are diagnosed at this stage and it depends on the type of cancer and where it is located.)

A few good resources:

<https://www.cancer.org/cancer/eye-cancer/if-you-have-eye-cancer.html>

<https://www.nhs.uk/conditions/eye-cancer/> (Notice “uk” in address & has cookies)

FOR ALL YOU “BOOK WORMS”

<https://medlineplus.gov/about/>

MedlinePlus is a service of the National Library of Medicine (NLM) and is part of the National Institutes of Health (NIH).

This reference should keep you up at night---



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Cancer

Today's challenge:

Best looking Rain Hat

Send photo to:

tthorud@hotmail.com

SUGGESTED MUSIC FOR THE DAY:

Music for the Soul @ Enigmatic Mix

See:

<https://www.youtube.com/watch?v=sWpAZX6obuc&list=RDsWpAZX6obuc&index=1>

Dear God,
Please wrap Your healing
arms around ALL cancer
fighters today. Amen!



Until Next Time
Bear Hug

