

# HEALTHY OUTCOMES



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## JULY IS SARCOMA CANCER AWARENESS MONTH



[www.oncologysa.com](http://www.oncologysa.com)

### Sarcoma is a type of cancer that can occur in various locations in your body.

Sarcoma is the general term for a broad group of cancers that begin in the bones and in the soft (also called connective) tissues (soft tissue sarcoma). Soft tissue sarcoma forms in the tissues that connect, support, and surround other body structures. This includes muscle, fat, blood vessels, nerves, tendons, and the lining of your joints.

There are more than 70 types of sarcoma. Treatment for sarcoma varies depending on sarcoma type, location, and other factors.

### Symptoms

Signs and symptoms of sarcoma include:

- A lump that can be felt through the skin that may or may not be painful
- Bone pain
- A broken bone that happens unexpectedly, such as with a minor injury or no injury at all
- Abdominal pain
- Weight loss

### Causes

It's not clear what causes most sarcomas.

In general, cancer forms when changes (mutations) happen in the DNA within cells. The DNA inside a cell is packaged into a large number of individual genes, each of which contains a set of instructions telling the cell what functions to perform, as well as how to grow and divide.

*(Continued on page 2)*

The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available – assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy, and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland, and Schuylkill.

*The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.*

## Sarcoma...

(Continued from page 1)

Mutations might tell cells to grow and divide uncontrollably and to continue living when normal cells would die. If this happens, the accumulating abnormal cells can form a tumor. Cells can break away and spread (metastasize) to other parts of the body.

### Risk factor

Factors that can increase the risk of sarcoma include:

- Inherited syndromes. Some syndromes that increase the risk of cancer can be passed from parents to children. Examples of syndromes that increase the risk of sarcoma include familial retinoblastoma and neurofibromatosis type 1.

- Radiation therapy for cancer. Radiation treatment for cancer increases the risk of developing a sarcoma later.

- Chronic swelling (lymphedema). Lymphedema is swelling caused by a back-up of lymph fluid that occurs when the lymphatic system is blocked or damaged. It increases the risk of a type of sarcoma called angiosarcoma.

- Exposure to chemicals. Certain chemicals, such as some industrial chemicals and herbicides, can increase the risk of sarcoma that affects the liver.

- Exposure to viruses. The virus called human herpesvirus 8 can increase the risk of a type of sarcoma called Kaposi's sarcoma in people with weakened immune systems.

According to The Sarcoma Foundation of America, Sarcoma affects more than 50,000 Americans and the families and friends who are by their side. It can touch lives no matter what age and at any location on the body.

### Diagnosis

Tests and procedures used to diagnose sarcoma and determine its extent (stage) include:

- A physical exam.
- Imaging tests.
- Removing a sample of tissue for testing (biopsy).

How a biopsy sample is collected depends on your particular situation. It could be removed with a needle passed through the skin or cut away during an operation. Sometimes a biopsy is done at the same time as surgery to remove the cancer.

### Treatment

Sarcoma is usually treated with surgery to remove the cancer. Other treatments might be used before or after surgery. Which treatments are best for you will depend on the type of sarcoma, its location, how aggressive the cells are and whether cancer has spread.

Treatment for sarcoma might involve:

- Surgery
- Radiation therapy
- Chemotherapy
- Targeted therapy
- Immunotherapy
- Ablation therapy

For the complete article please visit:

<https://www.mayoclinic.org/diseases-conditions/sarcoma/symptoms-causes/syc-20351048> .■



# 7 Questions to Ask if You've Been Diagnosed with Cancer

by Dr. Muhammad Memon, hematologist oncologist, Geisinger | May 2021

If you've been diagnosed with cancer, you probably have lots of questions. Getting answers can help keep you in the driver's seat.

By learning as much as possible about your diagnosis and treatment options, you're able to play an active role in your care.

Take time to consider what you'd like to know and write down all your questions, so when you get to your next appointment, you're prepared.

## Not sure what to ask?

Here are a few questions to get you started.

### 1. What type and stage of cancer do I have?

Your provider will talk with you about the type of cancer you have and where it's located. This information helps guide treatment options.

### 2. What are my treatment options?

Your provider will discuss available treatments based on your specific type and stage of cancer. They may also discuss options like clinical trials or a bone marrow transplant. After you've considered your options, your provider will work with you to develop a customized treatment plan.

### 3. What are the risks and benefits of treatment?

Discuss risks and benefits with your provider. They can offer insight about things like: Effectiveness of your

“Being prepared can help reduce stress and make sure your next appointment goes as smoothly as possible.”

treatment; how treatment will be given (oral, intravenously, etc.); side effects and how to manage them.

### 4. Will my insurance cover treatment?

Before you decide on treatment, contact your insurance carrier to determine what your benefits will cover. Your insurance company can also tell you how much you can expect to pay out-of-pocket. If you don't have insurance or need help with costs, financial help may be available. Talk to your healthcare provider.

### 5. How often do you treat this type of cancer?

If you have a more specific or rare type of cancer, like a sarcoma, it may be better to seek treatment at a center that sees more cases. For a less common cancer, it may be helpful to get another opinion.

### 6. Do you recommend getting a second opinion?

If you're looking for more information about your cancer treatment, a second opinion may offer options you hadn't considered. If you choose to get one, your healthcare provider can help guide you through the process.

### 7. What support services are available?

Your provider can help connect you with resources for things like:

managing symptoms; communicating your healthcare preferences; assistance with creating an advance directive; emotional support for you and your loved ones.

As you ask your questions, there may be a lot to remember. To keep track of your provider's answers, it's a good idea to: bring a notebook to record details; use a smartphone or tape recorder to document responses; bring a family member along to help take notes.

Remember, there's no such thing as too many questions. No matter what your concerns are, we'll be here to address them at every step along the way. ■

## HCQU Online Course Update

We are here for your education credit needs! Our courses are great for DSPs and they are easy and informative. The online courses are being updated continually.

Coming Soon:

**ALLERGY  
AWARENESS**

[www.geisinger.org/hcqu](http://www.geisinger.org/hcqu)

# Training Invitation:

# FALL PREVENTION INTERVENTION

You are invited to join Geisinger and the Health Care Quality Unit (HCQU) for a three-part series on Fall Prevention Intervention

- ◆ Virtual Teams Training ◆ 40-minute sessions ◆ August 4, 11, and 18, 2021 ◆ 10-10:40 am ◆
- ◆ Facilitator: Sarah A. Felker RN, BSN, Clinical Nurse Educator Geisinger at Home ◆

## August 4, 2021 ◆ 10-10:40 a.m. Part 1: Fall Prevention Interventions

### Learning Objectives:

- ✓ Define the impact of falls for at risk individuals
- ✓ Discuss how age puts individuals at risk for falls
- ✓ Identify interventions to prevent falls in individuals with a fear of falling or history of falls
- ✓ Describe interventions to reduce fall risk for individuals with cognitive impairment
- ✓ Identify diagnosis that place individuals at risk for falling



## August 11, 2021 ◆ 10-10:40 a.m.

### Part 2: Fall Prevention Interventions

### Learning Objectives:

- ✓ Discuss interventions to reduce fall risk for individuals with incontinence
- ✓ Discuss interventions to reduce fall risk for individuals with visual impairment
- ✓ Identify support strategies to reduce fall risk for individuals with acute and chronic pain
- ✓ Discuss strategies to reduce fall risk for individuals at risk for polypharmacy

## August 18, 2021 ◆ 10-10:40 a.m. Part 3: Fall Prevention Interventions

### Learning Objectives:

- ✓ Identify interventions to reduce fall risk for individuals with impaired functional mobility
- ✓ Discuss safe transferring and body mechanic techniques
- ✓ Identify environmental hazards and interventions to reduce fall risks

For registration information email Lesley at [lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu)

Rescheduled from  
April 27th

Central PA HCQU Training  
September 28, 2021  
1–2:30 pm

# HUMAN TRAFFICKING

WORKING WITH INDIVIDUALS WITH INTELLECTUAL AND  
DEVELOPMENTAL DISABILITIES



You are invited to a Zoom meeting.  
To register for this meeting, please fill out the  
Registration Form here:

[https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIk  
WdsW0yxEiajBLZtrQAAAAAAAAAAAAAAAAAdEWRF5UMFpBT1RG](https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsW0yxEiajBLZtrQAAAAAAAAAAAAAAAAAdEWRF5UMFpBT1RG)

**Registration is limited to 100 people.**

## PRESENTER

*Sadie Jordan, BA*

Medical Advocacy Coordinator

The Women’s Center Medical Advocacy Program

## CONTACT INFORMATION

Hotline: 1.800.544.8293 (24/7)

[dvma@geisinger.edu](mailto:dvma@geisinger.edu)

**Every year, millions of men, women,  
and children are trafficked worldwide,  
including right here in the United States.**

## FREE CE CONTACT HOURS FOR LICENSED NURSES.

Geisinger Health System is an approved provider of  
continuing nursing education by the  
Pennsylvania State Nurses Association, an  
accredited approver by the American  
Nurses Credentialing Center’s Commission  
on Accreditation.



Traffickers use force, fraud, or coercion  
against victims to manipulate them into  
engaging in commercial sex acts, or  
labor/services in exchange for  
something of monetary value (money,  
safety, transportation).

Traffickers will identify and leverage  
their victim’s vulnerabilities in order to  
create dependency.

**IT CAN HAPPEN IN ANY  
COMMUNITY.**

**This training is brought to you by the Central PA  
Health Care Quality Unit.**

<https://www.geisinger.org/hcqu>

# WEIS MARKETS COOK-ALONG WEBINARS

Virtual Cook-Along Classes with Weis Dietitian, *Emily Bumgarner*

Join Emily as we explore choosing healthy foods to decrease your risk for diabetes or benefit your health if you have diabetes.

## HEALTHY REFRESHING SUMMERTIME DISH

**JULY 22, 2021 @ 1 pm**

Virtual Cook-Along Class:

### Fresh Corn, Basil and Bell Pepper Salad

In-season produce has many benefits including better taste, price, and availability. Join Emily to explore what produce is in-season during the summer months.

Everyone is welcome to cook along!

**Click [Zoom link](#) below to join the meeting:**

<https://zoom.us/j/97238695294?pwd=WDVZL3hkRUI3YUN0NFFIbGdldmNsdz09>

**Recipe:** <https://www.weismarkets.com/recipes/fresh-corn-basil-and-bell-pepper-salad/25107>



## QUICK AND EASY APPETIZER

**AUGUST 19, 2021 @ 10 am**

Virtual Cook-Along Class:

### Peach Basil Bruschetta

*BURSTING WITH FLAVOR AND COLOR OF SUMMER*

Join Emily for a sweet and savory take on summer peaches! This recipe for Peach Basil Bruschetta shows how versatile produce can be.

Everyone is welcome to cook along!

**Click [Zoom link](#) below to join the meeting:**

<https://zoom.us/j/96439429195?pwd=VFdmanVacTh5L29rQXgwN2tWYUxvZz09>

**Recipe:** <https://www.weismarkets.com/recipes/peach-basil-bruschetta/7197>



REGISTRATION  
*NOT*  
REQUIRED

JOIN ON YOUR  
COMPUTER  
OR MOBILE APP

ATTEND AS A GROUP  
OR INDIVIDUALLY

IF POSSIBLE, HAVE ALL  
INGREDIENTS  
PREPARED AND  
MEASURED IN  
ADVANCE TO SAVE  
TIME\*

CLOSED CAPTION IS  
NOT AVAILABLE

CONTACT LESLEY AT  
[lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu)

FOR A CERTIFICATE OF  
ATTENDANCE.

HOSTED BY THE  
CENTRAL PA HCQU

## UNSCRAMBLE THE WORDS

Test your knowledge and see how many words you can unscramble:

REALIGNN \_\_\_\_\_

RACCEN \_\_\_\_\_

RECUTTRUSS \_\_\_\_\_

GLARELY \_\_\_\_\_

RUMSEM \_\_\_\_\_

SCRAMOA \_\_\_\_\_

SLIMLION \_\_\_\_\_

GRIEFSHREN \_\_\_\_\_

SCINFOUNT \_\_\_\_\_

REDAPPER \_\_\_\_\_

UNPLAMIATE \_\_\_\_\_

IDIOSNAGS \_\_\_\_\_

### ANSWERS TO WORD SCRAMBLE:

Learning, Cancer, Structures, Allergy, Summer, Sarcoma, Millions, Refreshing, Functions, Prepared, Manipulate, Diagnosis

## CDC INFO

You have questions – We have answers

Need help finding a COVID-19 vaccine provider in the U.S.?

Visit [Vaccines.gov](https://www.vaccines.gov),

text your ZIP Code to 438829 (GETVAX), or call 1-800-232-0233 (TTY: 888-720-7489) for assistance in English, Spanish, and many other languages.

For the Disability Information and Access Line (DIAL), call 1-888-677-1199 or email [DIAL@n4a.org](mailto:DIAL@n4a.org).

Have general questions about COVID-19 or the COVID-19 vaccine?

Visit the [CDC COVID-19](https://www.cdc.gov/covid-19) website or call 1-800-CDC-INFO (1-800-232-4636).

You can also visit the [CDC website](https://www.cdc.gov) for answers to questions on other health topics.

# Cooking Corner

## Fourth of July Salad

*This is the best holiday salad, hands-down. Great wholesome healthy taste! Great for the fireworks, picnics, or a family dinner side. Add a hint of love and enjoy!*

- 1 cup blueberries
- 1 cup sliced strawberries
- 1 cup chopped watermelon
- 1 cup red grapes
- 1 cup shredded coconut

Combine blueberries, strawberries, watermelon, and grapes in a bowl; add coconut.

Per serving: 60 calories; protein 0.7g; carbohydrates 6.3g; fat 4.1g; sodium 2.8mg.



### CENTRAL PA HEALTH CARE QUALITY UNIT (HCQU)

**Director** – Cheryl Callahan RN, CDDN, [clcallahan@geisinger.edu](mailto:clcallahan@geisinger.edu)  
**Secretary** – Lesley Murphy, [lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu)  
**Training Coordinator** – Patricia Brofee RN, [plbrofee@geisinger.edu](mailto:plbrofee@geisinger.edu)  
**Data Support Analyst** – Kristy Campbell, [kacampbell@geisinger.edu](mailto:kacampbell@geisinger.edu)  
**Blair Co.** – Sandra Corrigan RN, CDDN, [slcorrigan@geisinger.edu](mailto:slcorrigan@geisinger.edu)  
**Centre Co.** – Cheryl Callahan RN, CDDN, [clcallahan@geisinger.edu](mailto:clcallahan@geisinger.edu)  
**CMSU (Columbia, Montour, Snyder and Union Co.)** – Laura Aungst RN, CDDN, [ljaungst@geisinger.edu](mailto:ljaungst@geisinger.edu)  
**HMJ (Huntingdon, Mifflin and Juniata Co.)** – Joyce Leitzel, RN, [jleitzel2@geisinger.edu](mailto:jleitzel2@geisinger.edu)  
**Lycoming/Clinton Co.** – Eileen Musgrave RN, [epmusgrave1@geisinger.edu](mailto:epmusgrave1@geisinger.edu)  
**Northumberland Co.** – Amy Weidner RN, [ajweidner1@geisinger.edu](mailto:ajweidner1@geisinger.edu)  
**Schuylkill Co.** – Brandi McIntyre RN, [blmcintyre1@geisinger.edu](mailto:blmcintyre1@geisinger.edu)