



EMPLOYEE SPOTLIGHT

Kara Frizell, Financial Counselor

On staff at Rocky Mountain Oncology since 2010, Kara Frizell works as a financial counselor providing information and guidance to patients, which allows them to focus more on the course of their treatment. Notably, she has helped design a sliding fee scale and financial assistance policy to identify patients who qualify for no-cost or reduced-cost care. Kara loves the atmosphere at RMOC, and says, "I have been blessed to join a very hard working and unified team. From the patients to the staff, it's nothing but smiles around here, and most days it does not feel like work at all. That truly is all the motivation I need to work hard." Kara and her husband of 11 years have a 5 year-old daughter, and their family enjoys spending time at softball and soccer games.

JULY IS BLADDER CANCER AWARENESS MONTH

Bladder cancer is the 5th most commonly diagnosed cancer in the U.S. - 4th among men (after prostate, lung and colon) and 11th among women. As with most cancers, early detection of bladder cancer is critical to long term survival. The most common symptom of bladder cancer is blood in the urine, which is also a common symptom of urinary tract infection. The cause of bladder cancer is not yet known, but there are certain risk factors, such as smoking or chemical exposure, that can lead to the disease. For more information, go to www.bcan.org.

INTERVENE EARLY FOR BETTER OUTCOMES: WHY CANCER SCREENINGS ARE IMPORTANT

To raise awareness about cancer and empower Wyomingites to take charge of their health, RMOC is hosting a community-wide cancer screening event in July. (See event details below.) Dr. Robert L. Tobin, Radiation Oncologist and RMOC Clinical Director, shares some of his thoughts about the importance of regular examinations:

As a cancer specialist, far too often I see cancer when it's already spread to distant sites, such as the lungs, bone and liver. In every case, we want to provide the simplest, most appropriate treatment for the patient. To that end, our goal is to find cancers at stage I where we can have a higher treatment success rate with the least invasive treatments possible.

Finding skin cancer early, for example, is important, as most skin cancers, even melanoma, are easily treated when detected early. It is estimated that one in five Americans will develop skin cancer in their lifetime. The majority of skin cancers are squamous cell or basal cell carcinomas. The more aggressive skin cancers are melanomas, which affect one in sixty Americans. Melanomas are difficult to cure when they have spread to other organs, and are the most common form of cancer in young adults ages 25-29. People with high sun exposure are at a higher risk of developing melanoma. People with atypical moles, a family history of melanoma, or more than 50 moles are at a higher risk, as well.

Checking skin regularly and being aware of changes in color or shape of moles is key, as is seeing a doctor if changes in moles are discovered. Patients can be screened by their primary care physician or a dermatologist if they have a family history of skin cancer.

FREE CANCER SCREENING EVENT

Mark your calendars for *July 16th* and join us for a cancer screening event at RMO. From 9 AM - noon, RMO and community physicians will be conducting screenings for skin, breast, prostate and head and neck cancers. In addition, our licensed massage therapists, Riley Vasquez and Molly Guindon, and licensed acupuncture practitioner, Jude Buchanan, will be on hand to provide services to participants while they wait. This event is free and open to the public and does not require pre-registration to attend.

ASK THE DOC:

Q: As a cancer patient being treated for melanoma, I worry that every mole and freckle on my children is going to be cancerous, too. When do family members need to be seen? What do we need to look for when doing skin checks at home?

-Casper resident and cancer survivor, Beverly

A: A common concern for many cancer patients is that their children are at risk. While there is a small genetic role in some melanomas, the vast majority of skin cancers are caused from prolonged exposure to the ionizing effects of radiation. Educating your children starts at an early age, and teaching them that sunscreen is a must prior to any activity outside, even on a cloudy day, is important. This also holds true for sunglasses, because while we talk a lot about the harmful effects of the sun on our skin, the same can also be said for the effects on our eyes.

I encourage any person with a skin change that they are worried about to seek the opinion of their physician, but common signs to look for at home include a change in the size or color of a mole, a new growth, scaliness, oozing, bleeding, a change in the appearance of a bump or nodule, the spread of pigmentation of a mole or skin area beyond its border, or a change in the sensation of skin in a particular area, such as itchiness, tenderness, or pain.

Healthy Connections is a publication of Rocky Mountain Oncology and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

JULY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					MASSAGE THERAPY AVAILABLE 9AM - 1PM MBSR 3PM - 4PM	1 2
3	4	MASSAGE THERAPY AVAILABLE 1PM - 5PM	SUPPORT GROUP 11AM - 1PM MASSAGE THERAPY AVAILABLE 1PM - 5PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM MBSR 3PM - 4PM	8 9
10	LOOK GOOD, FEEL BETTER 10AM	MASSAGE THERAPY AVAILABLE 1PM - 5PM	SUPPORT GROUP 11AM - 1PM MASSAGE THERAPY AVAILABLE 1PM - 5PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM MBSR 3PM - 4PM	15 16
17	18	MASSAGE THERAPY AVAILABLE 1PM - 5PM	SUPPORT GROUP 11AM - 1PM MASSAGE THERAPY AVAILABLE 1PM - 5PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM MBSR 3PM - 4PM	22 23
24/31	25	MASSAGE THERAPY AVAILABLE 1PM - 5PM	SUPPORT GROUP 11AM - 1PM MASSAGE THERAPY AVAILABLE 1PM - 5PM	MASSAGE THERAPY AVAILABLE 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	29	30

BECOME A FAN OF ROCKY MOUNTAIN ONCOLOGY ON FACEBOOK TO STAY UP TO DATE ON ALL THE LATEST EVENTS!

6501 E. 2nd St • Casper, WY 82609
 Phone 307-235-5433 • Fax 307-233-4700

15 Shrine Club Road • Lander, WY 82520
 Phone 307-332-0324 • Fax 307-332-0382