



El Portal



COMPREHENSIVE CANCER CENTERS OF EXCELLENCE **Volume 3, 2015**

Now 3 Convenient Locations

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What services do we provide?

- Radiation Oncology
- Medical Oncology
- Hematology
- Multidisciplinary Breast Clinic

Multidisciplinary Team

- Radiation Oncologist
- Medical Oncologist
- Surgeons
- Pathologists

- Radiologists
- Primary Care Physicians
- Patient Care Coordinator
- Nursing Staff

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Merced CT



CT DIAGNOSTIC IMAGING COMING SOON!

Located at the Merced Cancer Center

3303 M Street, Merced, CA 95348

We will provide fast service with minimal wait time for CT's with and without contrast. Electronic scheduling will also be available for your convenience.

For more information, please contact our office at 209-726-3410 Ext. 200

JULY IS HERE AND IT BRINGS AWARENESS TO SARCOMA AND BLADDER CANCER



Sarcoma Symptoms

Soft tissue sarcomas are hard to spot because they can grow anywhere in your body. Most often, the first sign is a painless lump. As the lump gets bigger, it might press against nerves or muscles and make you uncomfortable or give you trouble breathing, or both.

More than half of sarcomas begin in an arm or leg. Most people simply notice a lump that has grown over a period of time (weeks to months). Although the lump is often not painful, in some cases it will hurt.

When sarcomas grow in the back of the abdomen (the retroperitoneum), the symptoms they cause more often come from other problems. Sometimes the tumors cause pain. They may

also cause blockage or bleeding of the stomach or bowels. They can grow large enough for the tumor to be felt in the abdomen. About 20% of sarcomas begin in the abdomen (stomach) area.

Sarcomas can also begin on the outside of the chest or abdomen (about 10%) or in the head or neck area (around 10%).

If you have any of the following problems, see a doctor right away:

- A new lump or a lump that is growing (anywhere on your body)
- Abdominal pain that is getting worse
- Blood in your stool or vomit
- Black, tarry stools (when bleeding happens in the stomach or bowels, the blood can turn black as it is digested, and it may make the stool very black and sticky)

Soft tissue sarcoma risk factors

Although the exact causes of soft tissue sarcoma are unknown, certain factors that may increase an individual's soft tissue sarcoma risks have been identified. These risk factors include age, chemical exposure and hereditary conditions.

Some common risk factors for soft tissue sarcoma include:

GENERAL

- Age: While soft tissue sarcoma can occur in people of any age, it is more commonly found in adults over the age of 50.

GENETICS

Hereditary conditions: Some rare, inherited genetic conditions are considered risk factors for soft tissue sarcoma. They include:

- Familial adenomatous polyposis (FAP)
- Retinoblastoma
- Neurofibromatosis type 1 (von Recklinghausen disease or NF1)
- Li-Fraumeni syndrome

LIFESTYLE

- Chemical exposure: Exposure to vinyl chloride and dioxin can increase the risk of developing soft tissue sarcomas. Vinyl chloride is used to make polyvinyl chloride (PVC) pipes, car upholstery, plastic kitchenware and wire coatings. Dioxins are a group of chemicals that form during the burning of household and industrial waste.

Understanding risk factors

Anything that increases your risk of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer. Not having risk factors doesn't mean that you will not get cancer. If you think you may be at risk, you should discuss it with your doctor.



Bladder Cancer Symptoms

Bladder cancer can often be found early because it causes blood in the urine or other urinary symptoms.

Blood in the urine

In most cases, blood in the urine (called hematuria) is the first warning sign of bladder cancer. Sometimes, there is enough blood to change the color of the urine. Depending on the amount of blood, the urine may be orange, pink, or, less often, darker red. Sometimes, the color of the urine

is normal but small amounts of blood are found when a urine test (urinalysis) is done because of other symptoms or as part of a general medical checkup.

Blood may be present one day and absent the next, with the urine remaining clear for weeks or months. If a person has bladder cancer, blood eventually reappears. Usually, the early stages of bladder cancer cause bleeding but little or no pain or other symptoms.

Blood in the urine does not always mean you have bladder cancer. More often it is caused by other things like an infection, benign (non-cancerous) tumors, stones in the kidney or bladder, or other benign kidney diseases. But it is important to have it checked by a doctor so the cause can be found.

Changes in bladder habits or symptoms of irritation

Bladder cancer can sometimes cause changes in urination, such as:

- Having to urinate more often than usual
- Pain or burning during urination
- Feeling as if you need to go right away, even when the bladder is not full

These symptoms are also more likely to be caused by a benign condition such as infection, bladder stones, an overactive bladder, or an enlarged prostate (in men). Still, it is important to have them checked by a doctor so that the cause can be found and treated, if needed.

Risk factors for bladder cancer?

A risk factor is anything that changes your chance of getting a disease such as cancer. Different cancers have different risk factors. Some risk factors, like smoking, can be changed. Others, like a person's age or family history, can't be changed.

But having a risk factor, or even several, does not mean that you will get the disease. Many people with risk factors never develop bladder cancer, while others with this disease may have few or no known risk factors.

Still, it is important to know about the risk factors for bladder cancer because there may be things you can do that might lower your risk of getting it. If you are at higher risk because of certain factors, you might be helped by tests that could find it early, when treatment is most likely to be effective.



Merced Cancer Society Foundation

Support the Cause

OUR CURRENT MISSION IS TO RAISE \$30,000 TO PURCHASE A SHUTTLE VAN

This will facilitate the transportation of patients to and from treatments and allow us to meet the needs of the increasing number of patients. In an effort to meet this goal, we are soliciting sponsorships and asking for your support. As a token of appreciation, specific sponsorships will be advertised on the shuttle van.



We thank you for your support and look forward to a great outcome for a great cause.

Together we can make a difference!

If you would like to help support the cause, please contact us at (209) 726-3410 ext. 204



VOLUNTEERS

If you are interested in becoming a volunteer, Merced Cancer Society Foundation is looking for a shuttle driver for our three locations, Merced, Madera, and Los Banos. The hours may vary and you must possess a valid California Drivers License and present a DMV printout. Please contact Cristina or Yvonne at (209) 726-3410 Ext 204.

PAST EVENT 2015

Our past event was a raffle drawing for this awesome gift basket.

Thank you for liking our Facebook page

MERCED CANCER CENTER

Facebook results are in... The winner was drawn on Friday, June 26th, 2015.

CONGRATULATIONS!

RAYMOND & FRANCES BEGA

We thank you for your following and liking us on Facebook. We will be randomly choosing followers who "LIKE" our page for a chance to win many different prizes twice a month!



A GREAT BIG THANKS TO

MARTHA LIZARDO at VOGUE HAIR SALON FOR SPONSORING THIS GIFT!



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think  pink

BREAST CANCER AWARENESS

YOU'RE INVITED

PLEASE JOIN US

SATURDAY OCTOBER 17, 2015 9:00AM – 3:00PM

FOR OUR 2ND ANNUAL

“THINK PINK”

BREAST CANCER AWARENESS HEALTH FAIR

MERCED CANCER CENTER

3303 M STREET

MERCED CA 95348

FOOD, ENTERTAINMENT, FUN

*IF YOU ARE INTERESTED IN HAVING A BOOTH PLEASE CONTACT CRISTINA OR
YVONNE AT 209-726-3410 EXT. 204