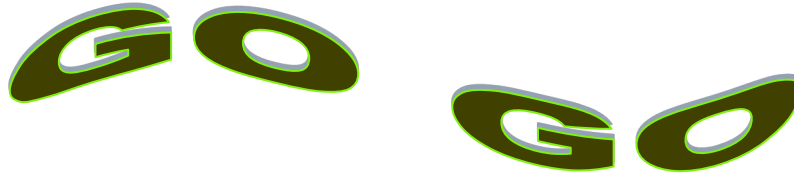


# GET UP AND



September 2016  
Volume 2 Issue 7

## Childhood Cancer Facts: 10 things you should know

- 1. Childhood cancer is the number one disease killer of children in the U.S.**  
It's the second leading cause of death (following accidents) in children ages 5-14.
- 2. Every two minutes a child is diagnosed with cancer.**  
That's 300,000 kids around the world every year.
- 3. The average age of a child diagnosed with cancer is 6.**  
But you don't have to be a child to be diagnosed with childhood cancer. Childhood cancer is diagnosed in all ages, from newborn infants to children and young adults.
- 4. 80% of children diagnosed with cancer are in developing countries.**  
Childhood cancer is a global problem, and one institution can't solve it alone. That's why we fund the very best research, no matter where it takes place.
- 5. The most common childhood cancer is acute lymphoblastic leukemia (ALL).**  
In the 1950s, almost every kid with ALL died. But today, thanks to childhood cancer research, about 90% of children with ALL will survive.
- 6. In 80% of kids with cancer, the cancer has already spread to other areas of the body by the time it is diagnosed.** That's why so many children with cancer need to begin treatment right away. Many adult cancers can be diagnosed early.
- 7. Much of what we know about treating adult cancers has been learned from childhood cancer research.** Some aspects of cancer treatment today, such as [combination chemotherapy](#), can be traced to pediatric cancer research.
- 8. There are over a dozen types of childhood cancer and hundred of different subtypes.**  
The more rare types — when added together — account for about 30% of cancers in children and adolescents. But because so few children are diagnosed with each type, it's very difficult to do research on these cancers.
- 9. One in five children diagnosed with cancer in the U.S. will not survive.**  
For the ones who do, the battle is never over.
- 10. Because of the treatments they had as kids, by the time they're in their 30s or 40s, more than 95% of childhood cancer survivors will have a chronic health problem and 80% will have severe or life-threatening conditions.**



## EHC Wellness Team

Libby Bryant  
Kathleen Esposito  
Bonnie Glynn  
Holly Gartmayer -DeYoung  
Deb Kelly  
Wanda Matthews  
Deb Pottle  
Deb Shields  
Mary Stubbs  
Jordyn Turner  
Kevin Sample

Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.



# News Worthy!!



Welcome Barbie Richardson, RN  
To the Behavioral Health Department!

I was born and raised in Machias. I married my high school sweetheart 29 years ago. I have been a nurse for 27 years and will graduate as a PMH-NP in Dec. of 2017. I have four beautiful children, a son-in law, a chocolate lab named Lindy and two cats. I am passionate about caring for the people of Washington County and am very excited to be working at Eastport Healthcare.

## Indian Days Celebration August 14, 2016

Ponuwon Brodeau performing the Pine Cone Dance.  
It is a Passamaquoddy dance performed by only women.  
It's to honor the area in which we live. They mimic the movements that pine needles would make in the wind.  
The song has commands that direct the women how to dance; i.e. to the side, side to side, backwards, fast, pretty, etc.  
A woman is expected to wear a shawl during this dance to show how it moves in the wind.





SCHOOL IS BACK IN SESSION PLEASE DRIVE SAFE!



Childhood leukemia and brain and central nervous system tumors are the most common for cancers of children. Prior to going into treatment for the cancer children should have a thorough oral examination to establish any potential sources of oral/dental infections that could compromise medical treatment. The immunosuppression that patients experience during radiation and chemotherapy can be extremely risky if the child has an abscess of dental related infection.

Oral needs when in cancer treatment: 2-3 x day brushing; gently floss teeth; use antibacterial, alcohol free, fluoride mouth rinses; non cariogenic diet-limit sweets and foods high in carbohydrates; inform dentist immediately if gums are red, tender or bleeding or if any sores in the mouth develop or do not heal.

Submitted by: Sue Drew

### ROASTED AUTUMN VEGETABLES

#### INGREDIENTS

- Nonstick vegetable oil spray
- 1 1/2 pounds butternut squash, peeled, cut into 3x1/2-inch wedges
- 1 1/2 pounds rutabagas, peeled, cut into 1/2-inch-thick wedges
- 1 1/4 pounds red-skinned sweet potatoes (yams), cut into 2x3/4-inch wedges
- 2 tablespoons olive oil
- 1/4 teaspoon cayenne pepper
- 1/2 cup finely chopped red onion
- 1/4 cup chopped fresh chives

#### PREPARATION

Preheat oven to 350°F. Spray large rimmed baking sheet with nonstick spray. Combine squash, rutabagas, and sweet potatoes in large bowl. Add oil and cayenne and toss to coat. Sprinkle with salt and pepper. Spread vegetable mixture on prepared baking sheet. Roast until vegetables are tender, stirring and turning occasionally, about 1 hour. (Vegetables can be prepared 4 hours ahead. Let stand on baking sheet at room temperature. Rewarm in 350°F oven until heated through, about 15 minutes.)



#### Upcoming Events:

- Sunday, Sept 4, 2016— Eastport Salmon & Seafood Festival, Salmon dinner under the tent downtown, local beer & wine
- Sept 9—11th, 2016—Eastport Pirate Festival, 3 fun filled days for people of all ages Water Street, Eastport
- Saturday Sept 10, 11am—3pm, Applefest, Klondike Mountain Preserve, 1 mile North of Route 189 on North Lubec Road, in Lubec, ME 04652 apple pressing, sample cheese, & hike Klondike Mountain.

Eastport Health Care is an equal opportunity employer & provider

Submit ideas for the newsletter to [lbryant@eastporthealth.org](mailto:lbryant@eastporthealth.org)