



Dental Care

Your dentist is an important member of the health care team during your cancer treatment. Visit your dentist before chemotherapy begins to make sure your mouth is healthy.

It is not uncommon for chemotherapy and radiation therapy to cause inflammation of the mucous membranes lining the mouth and upper gastrointestinal tract. This inflammation is called mucositis and something causes soreness in the mouth, gums and throat. Patients may also experience red burn-like sores or ulcers throughout the mouth which can cause discomfort and interfere with eating, taste, chewing or swallowing and can affect appetite, weight and nutritional status.

In addition to sores in the tissues lining the mouth and throat, other problems associated with chemo and radiation therapy include dry mouth (little or no saliva), changes in taste and smell (food may taste like metal, have no taste, or may not taste or smell like it used to), increased risk of infections of your gums, teeth, or tonsils, and increased sensitivity to hot or cold foods. The severity of side effects varies greatly from one person to another.

Dry mouth is a common side effect of chemo. One of the concerns about dry mouth is that it increases likelihood of cavities and tooth



decay. Saliva is a buffering agent that reduces acids. Dental plaque is a sticky film of bacteria that forms around your teeth and your gums.

It is important to brush teeth twice daily and floss daily to help remove plaque. Without routine brushing and flossing, plaque can harden within 24 hours, requiring professional cleaning for removal.

If your mouth is sore, blend food that is moist and easy to swallow

Make sure to also discuss any mouth discomfort with your doctor.

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Sun Protection

Sun protection is essential to skin cancer prevention. Clothing is the first line of defense against the sun's harmful ultraviolet rays. Wide brim hats can protect your head, face, ears and neck. Make sure to protect your eyes by wearing your sunglasses.

It is recommended by the Skin Cancer Foundation that anyone over the age of 6 months use sunscreen daily. If you plan to be out in the sun enjoying yourself in the pool or on the beach, you need to apply your sunscreen 30 minutes before sun exposure, then reapply every 2 hours. Make sure to invest in the water resistant or sweat resist sunscreen.

What do you do when you do get a sunburn?

1. Act quickly. Get out of the sun immediately if you see yourself getting pink or feel your skin becoming sensitive.
2. Moisturize. After a cool shower or bath, slather on a moisturizing cream or lotion to soothe the skin. Repeat frequently to make peeling less noticeable.



3. Hydrate. Burns draw fluids to the skins surface and away from the rest of the body so drink extra water, juice and sport drinks for a couple days and watch for signs of dehydration.

If the pain or the sunburn becomes too much, go see your primary care physician.

Have fun in sun but make sure to wear your sunscreen, hat, sunglasses and stay in the shade, if possible. Always drink plenty of fluids.

Upcoming Events

Survivor Day Celebration

When: Thursday, June 5th
Time: 4-6pm
Where: TBD

Look for more information to come soon. Door prizes, entertainment and giveaways to Survivors!

Survivorship Program...Road to Wellness

When: Thursday, June 12th
Time: 4-6pm
Where: Unity Medical Pavilion – Boardroom
Topic: Sun Protection, Hydration, Ways to get involved

Open to Lafayette Cancer Care patients, family and their caregivers. Please RSVP by calling 446-5050.

Survivorship Program...Road to Wellness

When: Thursday, September 11th
Time: 4-6pm
Where: Unity Medical Pavilion – Boardroom

Relay for Life

When: Friday, June 20th
Time: 7pm-7am

Where: Lafayette Jefferson High School

Join LCC's Relay team. Visit relay.acsevents.org and search for the event by zip code. Our team name is Franciscan St. Elizabeth & Unity Cancer Care Team.



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Check out our
videos on



www.youtube.com/UnityHC

Recipes

Easy Brisket

Makes 12-14 servings

5 to 6 pound very lean brisket, trimmed
of excess fat
Garlic powder
1 cup light brown sugar
1 cup water
1 envelope dry onion soup mix
1 cup ketchup



Preheat the oven to 325 degrees. Season the brisket heavily with the garlic powder. In a small bowl, mix together the brown sugar, water, onion soup mix and ketchup. Pour over the brisket in a large baking pan or roaster. Cook, covered, for 4 ½ hour to 5 hours or until meat is fork tender. To serve, slice against the grain and serve with sauce.

Calories 330, Protein (g)450,
Carbohydrate (g) 21, Fat (g) 24

Fabulous Fruit Dip

1 (7-ounce) jar marshmallow creme
1 (8-ounce) package reduced fat cream cheese
1 tablespoon grated orange rind
2 tablespoons orange juice

In a mixing bowl, beat together the marshmallow crème and cream cheese until smooth. Stir in the orange rind and orange juice. Refrigerate until ready to serve.

Calories 78
Protein 2g
Carbohydrate 11g
Fat 3g



Survey

Tell us how we are doing! Visit our website www.lafayettecancercare.com to fill out our survey. Click under patient forms and you will see Patient Survey listed.

Rate us on appointment times, communication, staffing, our facility, ease of check-in and check-out, patient education and office availability and so on.

We are always looking to improve the service we provide to our patients and caregivers.

Thank you for taking the time to complete!

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Treating one patient and one family at a time.