

Cancer Information and Community Partners

American Cancer Society
www.cancer.org

Women's Health and Counseling Center
www.womenandhealth.org

Somerset Medical Center
www.somersetmedicalcenter.com

Somerset County Tobacco Quit Center
www.tobaccoprogram.org/quitcenters

**Somerset Council on Alcoholism and Drug
Dependency (SCADD)**

**Community Partnerships
Reaching Everyone By Exposing Lies (REBEL)**
www.somersetcouncil.com

The Wellness Community
www.thewellnesscommunity.org

Somerset County United Way
www.scuw.org

Somerset County Health Officers Association
www.co.somerset.nj.us

The Prostate Net
www.prostate-online.org

The Prostate Cancer Education Council
www.pcaw.com

Cancer risk assessment
www.yourdiseaserisk.harvard.edu/hccpquiz.pl?lang
=english&func=home&page=cancer_index

National Cancer Institute
www.nci.nih.gov

Cancer Institute of NJ
www.cinj.org

Centers for Disease Control
www.cdc.gov

National Library of Medicine
www.medlineplus.nlm.nih.gov

The Susan G. Komen Foundation
www.komen.org

Sisters Network
www.sistercentral.com

New Jersey Quitline Resource
www.nj.quitnet.com

Cancer Care
www.cancercares.org

American Institute for Cancer Research
www.aicr.org

**New Jersey
Department of Health and Senior Services**
www.state.nj.us/health/ccp/ccc_plan.htm

The **Somerset County Cancer Coalition** is made possible by a grant from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention. The mission of the **SCCC** is to implement the New Jersey Comprehensive Cancer Control Plan in Somerset County. For more information on Comprehensive Cancer Control in NJ, please visit: www.njcancer.gov.

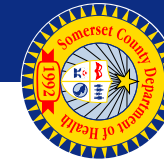
In 2007, the American Cancer Society estimates 1,444,920 new cancer cases will be diagnosed in the U.S.- including 49,370 in New Jersey 559,650 cancer deaths will occur in the U.S. – including 17,410 in New Jersey

Somerset County Cancer Burden Profile, 2007

- 28 individuals are diagnosed with cancer each week
- 10 individual die from cancer each week
- Annual incidence rates have increased
- Annual mortality rates have decreased

Four cancer sites represent the majority of all new cancer cases and cancer deaths in Somerset County

- Lung and bronchus cancers
- Prostate cancer
- Female breast cancer
- Colorectal cancer



Somerset County Department of Health
27 Warren Street
P.O. Box 3000
Somerville, NJ 08876-1262

SOMERSET COUNTY CANCER COALITION



EARLY DETECTION SAVES LIVES

The Somerset County Cancer Coalition (SCCC), established in 2004, is an outcome of the statewide initiative, New Jersey Cancer Control Plan, and was given the charge to identify major cancer issues affecting Somerset County and available resources for cancer prevention, screening and treatment and to examine all areas for improvement.



For a complete report and more information
visit us at:

www.co.somerset.nj.us/health
(908) 231-7155

VISION

Somerset County will be a state leader in coordinating cancer services for the community thereby improving the continuum of care.

MISSION

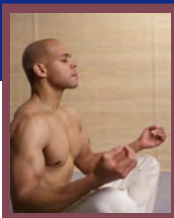
To reduce cancer incidence and mortality rates in Somerset County through cancer advocacy, awareness, education and enhanced community outreach and prevention efforts.

GOALS

- Promote public awareness of cancer prevention, early detection methods, and treatment services.
- Improve cancer screening access for all residents enhancing outreach efforts for low-income, high-risk and special populations.
- Reduce cancer-related health disparities among minorities, seniors and the medically underserved.
- Promote long-term healthy practices and behaviors.
- Increase public awareness about science based evidence to prevent cancer by increasing daily consumption of various fruits, vegetables, fiber, legumes and whole grains.

COALITION ACTIVITIES

- Conduct cancer education programs
- Coordinate and conduct cancer screenings
- Provide referrals for medical advice, physicians and treatment
- Advocate for cancer related issues
- Support the efforts of the individual coalition partners



Eat Right Foods that Fight...For You

Best Protection, Early Detection

Somerset County Cancer Coalition

CANCER PREVENTION RECOMMENDATIONS

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.

Special Population Recommendations

9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – do not smoke or chew tobacco.

**(Source: American Institute for Cancer Research)*



GENERAL CANCER SIGNS AND SYMPTOMS

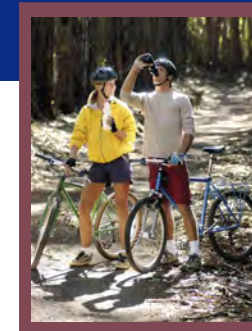
It is important to know what some of the general (non-specific) signs and symptoms of cancer are, but remember that having any of these does not mean that you have cancer -- there are many other conditions that can cause these signs and symptoms, too.

- Unexplained Weight Loss
- Fever
- Fatigue
- Pain
- Skin Changes

SPECIFIC CANCER SIGNS AND SYMPTOMS

Take CAUTION; if any of these are unexplained and persist for more than two weeks seek medical advice

- Change in bowel/bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening of tissues (schlerotic change)
- Indigestion or difficulty swallowing
- Obvious change in a wart/mole
- Nagging Cough



Presentations on cancer related topics are available for community and corporate groups. We have brochures and educational materials available on all cancers for your information and dissemination.

For more information on the Cancer Coalition or for cancer resources, healthcare providers, and other cancer related services in Somerset County, we invite you to explore our website at www.co.somerset.nj.us/health and utilize the listed links or feel free to contact us at **(908) 231-7155**.