



What's new

HPV cancer campaign

HPV Cancer Free Oregon is calling you to action in the fight against Human Papillomavirus (HPV) by improving HPV vaccination rates in Oregon. We are committed to educating our communities about cancer prevention.

HPV is a virus that can cause six types of cancer and other diseases. There is currently no treatment for HPV infection, but there is a vaccine that can protect against the virus and the cancers that it causes. Doctors recommend that boys and girls get the two-dose HPV vaccine at ages 11 or 12.

Please join us in our campaign against HPV, Aug. 16 to 20, 2021!

To learn more, visit OregonHPVCancerFree.org



August highlights

Food for Living

Join Registered Dietitian Athena Nofziger, with Samaritan Hematology & Oncology Consultants for a free virtual seminar.

Thursday, Aug. 26, 5:30 to 6:30 p.m.



For more information call the Samaritan Cancer Resources Center at 541-812-5888 or 541-768-2171 or [click here](#) for link.

Samaritan Valley Imaging, extends hours of service:

As of Monday, July 19, Samaritan Valley Imaging Services, has extended their appointment hours until 8 p.m. – with evening appointments slated for mammography only. Appointments can be scheduled by calling 541-812-5200.

Save-the-date

Walk for the Cause

Soroptimist International of Albany's 25th Annual Walk for the Cause to benefit women in Linn County is coming in October.

Funds raised will support the detection and treatment of breast cancer and other serious diseases affecting women.

It's not too early to get your team together and register for this fun fall event!

Linn County Courthouse, Albany

Saturday, Oct. 2, 9 a.m.

For more information and to register visit: sialbany.org/walk.

For more information contact the Samaritan Cancer Resource Center at 541-812-5888 (Albany), 541-768-2171 (Corvallis), 877-311-4686 (toll free), online at samhealth.org/Cancer or by email at CancerResourceCenter@samhealth.org.

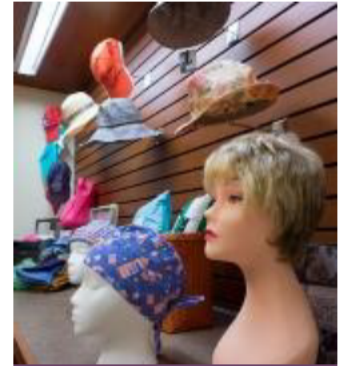
If you wish to stop receiving this newsletter, contact us at CancerResourceCenter@samhealth.org or 541-768-2171.

Here for you

Since the first Samaritan Cancer Resource Center opened its doors in North Albany in 2008, staff has connected thousands of cancer patients and their families with resources and support, including salon services.

The salons at the Samaritan Cancer Resource Center in North Albany and Corvallis provide patients with hair loss solutions such as free wig fittings, hats, scarves and scarf-tying tutorials.

The Samaritan Cancer Resource Center partners with anyone touched by cancer to provide the support they need to live with strength, determination and hope for the future.



Wig fittings are available by appointment.

Wig fittings are available by appointment only. For more information, or to schedule an appointment, contact the Samaritan Cancer Resource Center, 541-768-2171 (Corvallis) or 541-812-5888 (Albany).

Stay hydrated this summer



When your body puts out more fluid than it takes in, you can become dehydrated. A person can become dehydrated for many reasons, whether they have cancer or not. Dehydration can occur because a person doesn't eat or drink enough, or because they are losing excessive amounts of fluid.

Fluids are needed to deliver energy, remove waste and promote healing. Water is a great option to help meet hydration needs, other options include herbal tea and flavored water.

For an easy way to see if you're hydrated, monitor your urine color. If your urine is pale yellow or clear, you are likely getting enough fluids. If your urine is dark yellow or amber color, you may need more fluids. Other symptoms of dehydration include: dry mouth and lips, thirst, dizziness or weakness, little or no urine and fatigue.

Did you know?

A caregiver is defined as the person (i.e. partner, family member or close friend) who most often helps the person with cancer and is not paid to do so. Usually, they're untrained for the caregiver job and often act as the lifeline for the person with cancer.

Caregiving can be a full-time job and it is normal to feel overwhelmed. No one can be a caregiver every day, 24 hours a day, yet most caregivers hesitate to take a break. If you are a caregiver, it's important to take care of yourself so you can take better care of your loved one — this can encompass exercise, a healthy diet, recreational or social time away from the patient, spiritual support or help from a trained mental health professional. Most importantly, don't try to do it all yourself. Caregiving alone for any period of time is unrealistic. Reach out to others or talk with the cancer care team about where you need help.

**Honor a caregiver
who is making a
big impact on your
cancer journey!**