

April is Esophageal Cancer Awareness Month

Esophageal cancer has about five new cases and four cases of death per 100,000 people diagnosed in the United States annually according to data between the years 2010-2015.¹ This cancer affects more men than women with the average age range of people diagnosed between ages 65 and 74. Although older age, chronic reflux, tobacco use and alcohol use are primary risk factors, a lesser known cause of esophageal cancer is the human papillomavirus (HPV).

Some prevention methods with this cancer include maintaining a healthy diet to prevent obesity, asking your doctor about treatment options for reflux disorders, and avoiding substance use such as alcohol and tobacco.² Reducing your risk factors through tobacco and alcohol cessation, HPV vaccination, weight loss, treating underlying disorders, and avoiding ingesting chemicals can decrease your chances in developing esophageal cancer.² For more information on esophageal cancer statistics and materials visit [CDC](#), [National Cancer Institute](#), or the [American Cancer Society](#).

Cancer Survivor Tips

Planning for a disaster is crucial for cancer survivors, especially for those who become displaced. Those on active treatment and/or with a weakened immune system are at a higher risk for infections, bleeding, fatigue and injury. To prepare for disaster and stay safe, cancer survivors should develop a comprehensive plan which includes:

- Speak with your health care provider about what to do and how to stay in contact in the event of a disaster.
- Develop a support network with family, friends, neighbors, co-workers and school personnel in the case of a disaster event
- Know the exact diagnosis, cancer stage and any medications currently being taken. If receiving chemotherapy or radiation, know at which point during the treatment cycle.
- Know the trial number (NCT number, preferably), Principal Investigator, hospital and drugs or treatments being given.
- Keep contact information for the health care provider and other important phone numbers including the insurance company and the pharmacy. Cell phones may not work and batteries can drain, so it is important to write down phone numbers and other health care information.
- For those with insurance, carry the insurance card and contact the insurance provider in the event displacement or in need of care.
- Make a kit with important items like dressings, antiseptic, medications, and a thermometer. Put them in a zip closure bag to keep them dry.
- Wear a medical alert bracelet or carrying other identification. In the case of illness while in an emergency shelter, first responders will know how to better assist.

Visit [FloridaDisaster.org](#) to learn more about how to prepare in the event of an emergency and develop an individual disaster plan.

Events

Funding Opportunities

Apr. 15: [Managing Eye and Vision Changes Related to Cancer Treatments](#)

American Cancer Society released funding opportunity announcements for cancer related research projects:

- [Projects in Palliative Care of Cancer Patients and Their Families due April 1 and October 15](#)
- [Research Scholar Grants supporting projects across the cancer research continuum due April 1 and October 15](#)
- [Institutional Research Grants are block grants provided for a 3 year period to initiate projects due by April 1.](#)

Collaboratives

Regional Cancer Control Collaboratives working to bring public and private partners together to reduce the burden of cancer. For information on the regional collaboratives visit:

[Northwest Florida Cancer Control Collaborative](#)

[East Central Florida Cancer Control Collaborative](#)

[Northeast Florida Cancer Control Collaborative](#)

[Southeast Florida Cancer Control Collaborative](#)

[North Central Florida Cancer Control Collaborative](#)

[Southwest Florida Cancer Control Collaborative](#)

To be added to the contact list for any of these collaboratives, please send an email request to Cancer@flhealth.gov.

References

1. U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999–2015 Incidence and Mortality Web-based Report. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2019. Available at: <http://www.cdc.gov/uscs>.
2. American Cancer Society (2019). Esophageal Cancer: Causes, Risk Factors, and Prevention. Retrieved February 13, 2019 from: <https://www.cancer.org/cancer/esophagus-cancer/causes-risks-prevention/prevention.html>