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SURVIVOR

ACTIVE LIVING AFTER CANCER MONTHLY NEWSLETTER

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SARCOMA AWARENESS MONTH



July is Sarcoma Awareness Month and while it is a very rare cancer (accounting for about 1% of all adult cancers), it is largely common in children, accounting for about 15% of all childhood cancers.

Unlike other cancers, sarcomas are not linked to lifestyle factors such as smoking, diet and exercise. Still, scientists have identified a few risk factors for sarcomas:

- Radiation given to treat other cancers
- Family cancer syndromes
- A damaged lymph system
- Exposure to certain chemicals

For more information on Sarcomas and prevention please visit [The American Cancer Society](#).

Click [HERE](#) to view a list of our upcoming classes.

PAST EVENTS



The San Jacinto College—Pasadena partnership with the ALAC program is under way! Our partners at the [Kelsey Research Foundation](#) gave a

wonderful presentation on the ALAC program on June 25th. We are looking forward to offering classes at the San Jacinto College –Pasadena campus!

[UV Safety Month](#)

July is also UV Safety Month and the ALAC team would like to remind you to be safe in summer sun:

- Use sunscreen every day, even if it is cloudy
- Apply at least 1 oz of sunscreen 15-30 min before going outside
- Choose a sunscreen that protects against UVA and UVB rays
- Reapply sunscreen every two hours
- Limit the amount of sun exposure between 10am—4pm
- Be cautious if you are taking medications that make you sensitive to the sun.

The Active Living after Cancer (ALAC) newsletter will be sent to you on a monthly basis, it will include updates about the program, locations of future program sites, upcoming community events, and survivorship resources that you may share with your community members.