

In The Spirit of Health

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History®

"I pray that you may enjoy good health and that all may go well with you." - 3 John 1:2

Oral cancer survivor: How I reclaimed my faith

By D. Ivan Young, Ph.D.



As an International Coaching Foundation master-certified coach, I'm normally someone that other people come to when they don't know what to do. So, you'd think I'd be one of the last people on Earth to suffer a crisis of faith.

You'd be wrong.

Because when I was diagnosed with oral cancer, or cancer in my mouth, in July 2021, I was beyond taken aback.

I found myself extremely upset. Fortunately, my cancer was still treatable, despite being fairly advanced. I had more than enough evidence that God had His hands on me. Yet I was still having moments of fear and even anger.

What ended up helping me reclaim my perspective was my care team at MD Anderson. They gave me the clarity and compassion I so desperately needed.

I finished treatment in December 2021 and as of then, I became officially cancer-free. I'm still dealing with pain, inflammation, fatigue and a few other side effects of treatment. But I'm also firmly back in a place of gratitude.

Yes, I had cancer. But it's treatable. If you have symptoms you're worried about, get them checked out. It's better to know what's going on and give the professionals a chance to help you. Remember, when cancer is caught early, it is easiest to treat.

Head and neck cancers, like cancers at the back of the mouth and throat cancer, are increasing in men.

Talk to your doctor right away if you experience:

Persistent cough, sore throat, hoarseness or other change in the voice

Difficulty chewing, swallowing or moving the tongue or jaw

The feeling that something is caught in the throat

Ear pain

Lump in the neck or a mass or thickening in the face, jaw, cheek, tongue or gums

A persistent sore or mass in the mouth that causes pain or a poor fit while wearing dentures

Breathing problems

Unexplained weight loss

Unexpected loose teeth

Persistent bad breath

If you have questions about In the Spirit of Health, e-mail Community@MDAnderson.org or call **713-792-3363**.

June is Men's Health Month

Spend time making sure you are up to date with your cancer screening exams.

Cancer screening exams for men

Ages 45-74

- Talk to your doctor about the benefits and risks of prostate cancer screening. If you choose prostate cancer screening, begin at age 45 with a baseline PSA test. Strongly consider a baseline digital rectal exam.
- Get a colonoscopy every ten years to check for colorectal cancer. Alternatives to colonoscopy include virtual colonoscopy every five years, or stool-based tests every one to three years depending on the test.
- Lung cancer screening is available for people at high risk. You may be eligible if you are a current or former smoker ages 50-80 years. Talk to your doctor for more details.

Ages 75-85

- Your doctor can help you decide if you need screening for prostate and colorectal cancers. MD Anderson does not recommend screening for prostate and colorectal cancers after age 85.

Take this checklist to your next doctor appointment. Your doctor can help you develop a more tailored screening plan if needed.

Did you know?

The HPV vaccine prevents six different types of cancer. Everyone ages 9-26 should get it. Adults ages 27-45 should talk to their doctor about the benefits of getting vaccinated.

Faith without works is dead

- James 2:14



Vegetable and Lamb Kabobs

How you cook your meat can affect your risk for cancer. When red meat is charred or smoked, for example on a charcoal grill, the burnt crust contains some of the same carcinogens that are in the smoke from cigarettes or in air pollution.

Cut back on toxins by finishing cooking in a microwave or oven. Marinating the meat will also help.

Try this healthy grilling recipe. You can substitute lamb for another meat of your choice.



► Open your camera or QR code reader to scan the QR code to view the recipe

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