

**WTNS Radio OSU Extension Update for September 25, 2023**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about blood cancer awareness, and as always look at some upcoming programs from OSU Extension.

September is Blood Cancer Awareness month. Though every three minutes someone in the US is diagnosed with a type of blood cancer, many people are not very familiar with this group of cancers. These include leukemia, lymphoma, and multiple myeloma. More than one-third of blood cancer patients do not survive five years after diagnosis. Here is some general information about the largest categories.

**Leukemia-** According to the Mayo Clinic, this is cancer of the body's blood-forming tissues, including the bone marrow and the lymphatic system. Leukemia typically originates in bone marrow. In people with leukemia, their bone marrow produces an excessive amount of abnormal white blood cells, which don't function properly. There are several types of leukemia. Some forms of leukemia are more common in children while others occur in adults.

**Lymphoma-** The lymphatic system protects us from infection and keeps a healthy balance of fluids in our bodies. Lymphoma can affect parts of the lymphatic system and other organs in the body. The main subtypes of lymphoma are Hodgkin's lymphoma and Non-Hodgkin's lymphoma.

**Multiple Myeloma-** This is probably the blood cancer that is least familiar to people. They may even confuse it with melanoma, which is a type of skin cancer. This is cancer of the plasma cells. In multiple myeloma, the overgrowth of plasma cells in the bone marrow can crowd out normal blood-forming cells, leading to low blood counts. These abnormal plasma cells also are not able to produce new antibodies to fight infections.

The National Cancer Institute has helpful information about several categories and types of cancer. For example, it gives prevention information for lung cancer by explaining that tobacco smoking is the most important risk factor for lung cancer. People who smoke have about 20 times the risk of lung cancer compared to those who do not smoke. Tobacco smoking causes about 9 out of 10 cases of lung cancer in men and about 8 out of 10 cases of lung cancer in women.

They also have information about screenings recommended for different kinds of cancer. For example, studies show that some screening tests for colorectal cancer help find cancer at an early stage and may decrease the number of deaths from the disease. Some screening tests include fecal occult blood test and colonoscopy.

However, when it comes to these blood cancers you will not find information about prevention or regular screenings. National Cancer Institute does not have evidence-based information about screening or prevention for leukemia, lymphoma, or multiple myeloma.

In general, the National Cancer Institute says cigarette smoking and tobacco use, infections, and radiation are known to increase the risk of cancer. There are also factors that may affect the risk of cancer based on many years of research. These include the foods we eat (and how much), alcohol, physical activity, obesity, diabetes, and environmental risks.

As I look through these different types of blood cancer I think of many loved ones. My cousin Sarah was diagnosed with leukemia and underwent treatments as a little girl. Today she is mom to a little girl of her own. My husband still bears the scar on his stomach from surgery on his intestines because of non-Hodgkin's lymphoma when he was 16. And I think of his late wife Jaime, who battled multiple myeloma.

When it comes to cancer there are often many unanswered questions. One of the best things we can do is to schedule well visits with our healthcare provider and get regular screenings for the types of cancers that have them.

And now let's look at what's new from OSU Extension.

Can you believe the Coshocton County Fair begins this Friday? Make plans to attend September 29 – October 5, especially to support the many youth who have been working hard to prepare their projects for show and display. If you come to the fair next Tuesday, check out the Tasting Smorgasbord, at noon in the Youth Building, which allows you to taste samples of recipes from over 30 junior fair participants.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!