



SURVIVORSHIP NEWSLETTER



Putnam County
Hospital
CANCER CENTER



A MESSAGE FROM OUR ONCOLOGY MANAGER KAYLA MCDERMIT, RN

Dear Survivor,

If you're reading this, you've already walked through something that changes a person forever.

Cancer has a way of dividing life into "before" and "after." Before diagnosis. After treatment. Before fear. After resilience. And somewhere in between all of that, you found strength you may not have known you had.

Survivorship is not a single moment – it's a journey. It can include relief and gratitude, but also uncertainty, fatigue, anxiety about recurrence, and the challenge of redefining "normal." All of those feelings are valid. Healing is not just physical; it's emotional, mental, and sometimes spiritual.

As you move forward, know this: you are not alone.

This newsletter exists to support you in this next chapter. Here you'll find resources for long-term wellness, guidance on emotional health, and stories from fellow survivors who truly understand. We hope it becomes a place where you feel seen, informed, and empowered.

March Is Colon Cancer Awareness Month

March is dedicated to raising awareness about colorectal cancer – and it's an important reminder about the power of prevention and early detection.

Colorectal cancer is one of the most preventable cancers when screening is done regularly. Screening can detect precancerous polyps and catch cancer early when treatment is most effective. If you have questions or need support getting screened, we're here to help.

Current screening recommendations for people at average risk (no personal history of colorectal cancer, polyps, or hereditary syndromes):

- Start routine screening at age 45.
- Continue regular screening through age 75.
- For ages 76–85, screening may still be appropriate based on your general health, screening history, and preferences, so talk to your provider.

Screening test options include:

- Mail-in stool-based tests (such as fecal immunochemical tests [FIT] or multi-target stool DNA tests)-which you can do at home and send in – a great option if you're at average risk and your provider agrees.
- Colonoscopy-typically every 10 years for average-risk individuals, which also allows removal of polyps if found.

If you're unsure which test is right for you – or if your health history suggests you may be at higher risk – don't hesitate to contact your care team at the Putnam County Hospital Cancer Center. We're happy to help guide you through screening options and next steps.

Staying up to date with recommended screenings is one of the most important ways to advocate for your long-term health.

Survivorship is about more than monitoring appointments and test results. It's about reclaiming joy. Rebuilding strength. Redefining purpose. It's about learning to trust your body again – and being gentle with yourself when that feels hard.

Please remember:

- It's okay to move at your own pace.
- It's okay to ask for help.
- It's okay to celebrate how far you've come.
- And it's okay if some days are still heavy.

You have already demonstrated extraordinary courage. As you continue forward, may you find support in community, confidence in your resilience, and hope in each new day.

We are honored to walk this path with you.

With warmth and encouragement,
Kayla McDermit
Manager-Oncology Services
Putnam County Cancer Center



March is Colon Cancer

AWARENESS MONTH

GET SCREENED. PREVENT CANCER. SAVE LIVES.

FAST FACTS

(SOURCE: AMERICAN CANCER SOCIETY)

- ◆ **3RD MOST COMMON CANCER IN MEN AND WOMEN (EXCLUDING SKIN CANCERS)**
- ◆ **2ND LEADING CAUSE OF CANCER-RELATED DEATHS IN THE U.S.**
- ◆ **LIFETIME RISK: ABOUT 1 IN 23 MEN | 1 IN 25 WOMEN**
 - ◆ **90% 5-YEAR SURVIVAL RATE WHEN CAUGHT EARLY**

WHO SHOULD BE SCREENED?

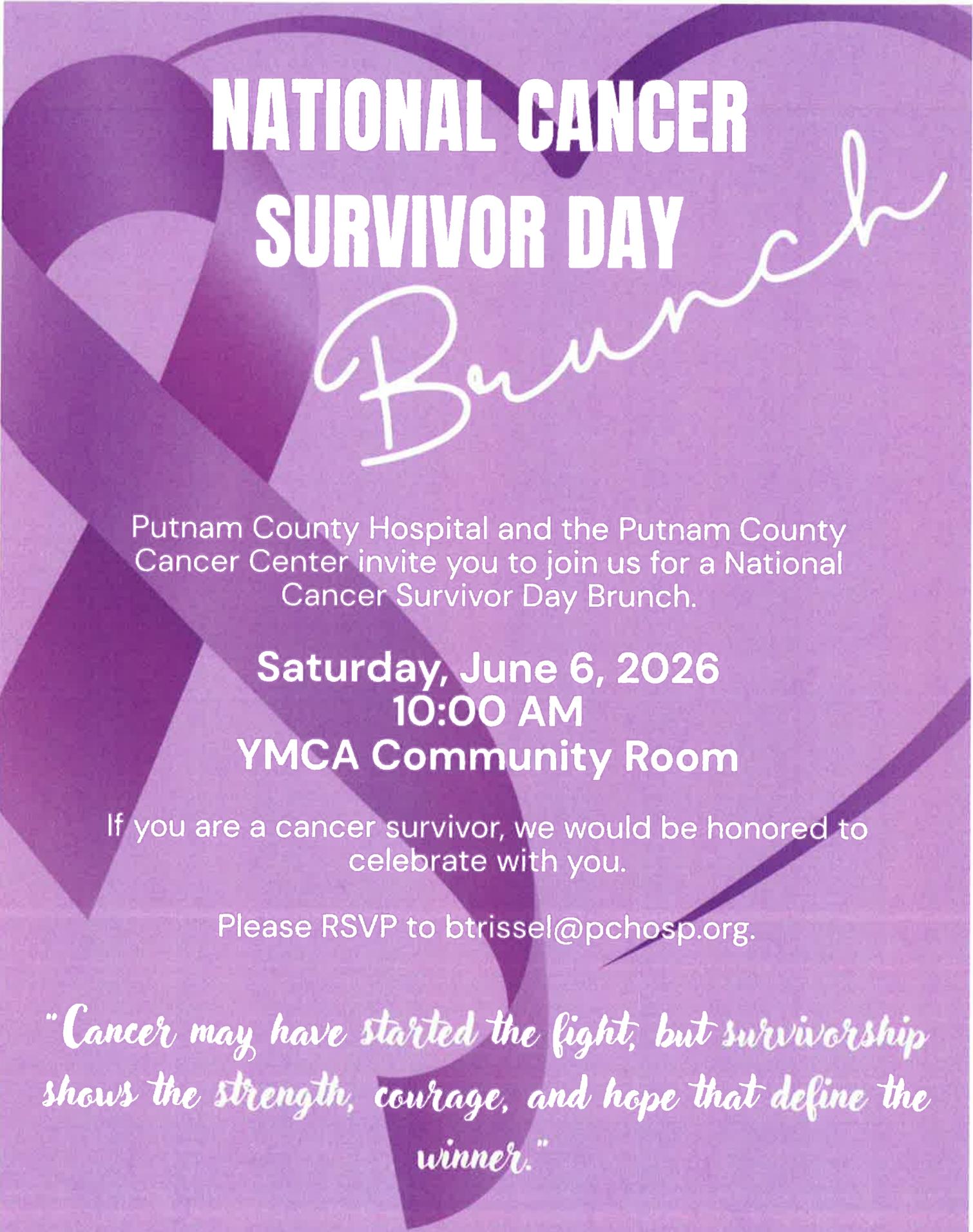
- ✓ **START AT AGE 45 (AVERAGE RISK)**
- ✓ **CONTINUE THROUGH AGE 75**
- ✓ **AGES 76-85: TALK WITH YOUR PROVIDER**
- ✓ **HIGHER RISK? YOU MAY NEED EARLIER OR MORE FREQUENT SCREENING**

DON'T WAIT FOR SYMPTOMS

EARLY COLORECTAL CANCER MAY HAVE NO SYMPTOMS.

POSSIBLE WARNING SIGNS INCLUDE:

- **BLOOD IN STOOL**
- **CHANGE IN BOWEL HABITS**
- **UNEXPLAINED WEIGHT LOSS**
- **ONGOING ABDOMINAL DISCOMFORT**



NATIONAL CANCER SURVIVOR DAY

Brunch

Putnam County Hospital and the Putnam County
Cancer Center invite you to join us for a National
Cancer Survivor Day Brunch.

**Saturday, June 6, 2026
10:00 AM
YMCA Community Room**

If you are a cancer survivor, we would be honored to
celebrate with you.

Please RSVP to btrissel@pchosp.org.

*"Cancer may have started the fight, but survivorship
shows the strength, courage, and hope that define the
winner."*

REGISTRATION FORM



First Annual

Color Run/Walk

WALKING AMONGST WARRIORS

FOR BREAST CANCER AWARENESS



REGISTRATION OPTIONS:

NAME: _____
PHONE NUMBER: _____
EMAIL: _____
SHIRT SIZE: _____

REGISTRATION OPTIONS:

- 12 AND UNDER \$10 - WEAR YOUR OWN WHITE SHIRT
- 13 AND OVER \$15 - WEAR YOUR OWN WHITE SHIRT
- ALL PARTICIPATING WHO WANT A SHIRT - REGISTRATION FEE IS \$25

MAKE PAYMENT VIA CASH, CHECK PAYABLE TO
PINK OF TERRE HAUTE

Contact Brandy Burriss at 812-605-8453
or Brandles17@yahoo.com

