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FEATURES

SURVIVING A CANCER DIAGNOSIS

FREQUENTLY ASKED QUESTIONS AFTER MASTECTOMY

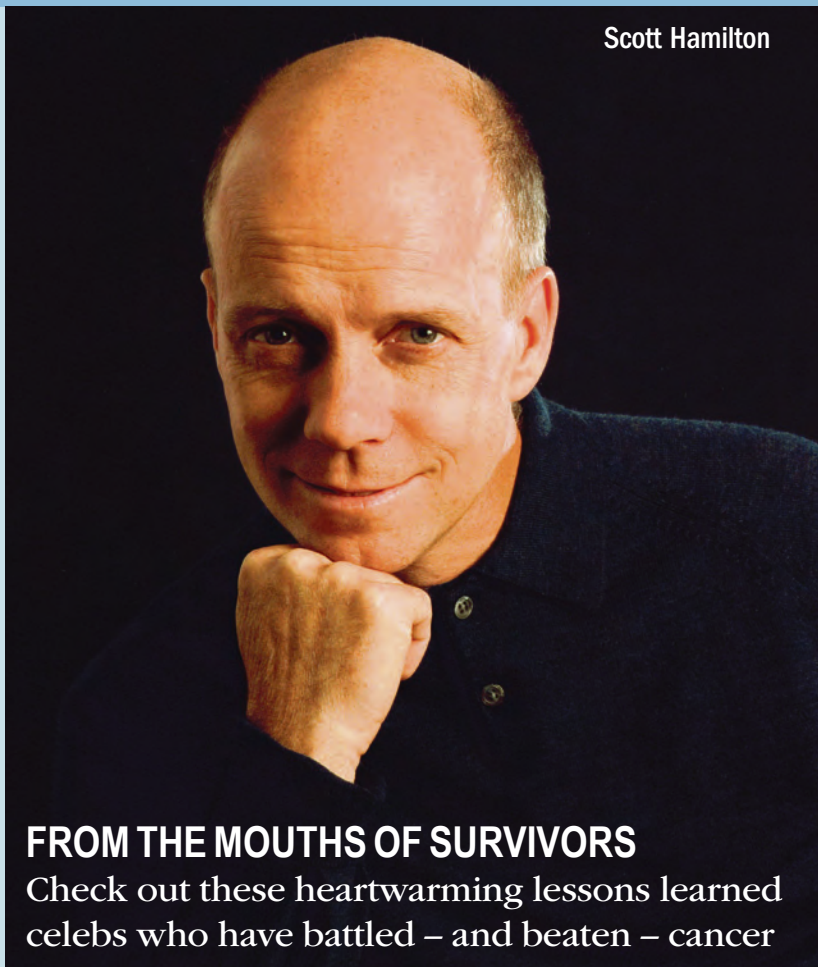
9 LIFESTYLE CHANGES TO AVOID CANCER

EAT TO PREVENT CANCER

You are what you eat when it comes to warding off cancer, especially when what you're eating is processed foods and deli meat

UNDERSTANDING THE STAGES OF CANCER

Doctors apply numbers to describe the severity of cancer, and understanding those digits can go a long way toward easing the minds of the afflicted



Scott Hamilton

FROM THE MOUTHS OF SURVIVORS

Check out these heartwarming lessons learned celebs who have battled – and beaten – cancer

HEALING MOVES

Exercise aids in breast cancer recovery

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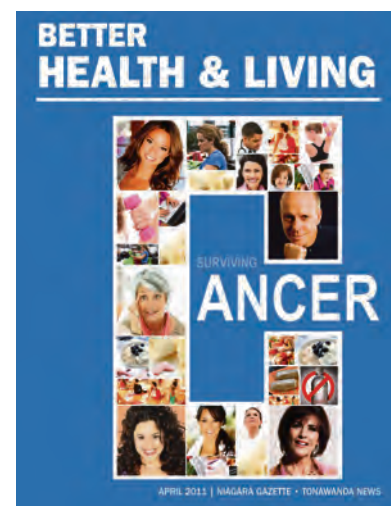
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Surviving a Cancer Diagnosis

A person who has been diagnosed with cancer and has been successfully treated is known as a “cancer survivor”. They are not alone. This term also covers the family members, friends and caregivers of the survivor.

Because of the advances in early detection and treatment of cancer people are living many years after their original diagnosis. In January 2007 approximately 11.7 million people with a previous diagnosis of cancer were living in the United States. Of those diagnosed with cancer approximately 66% are expected to survive at least five years after diagnosis.

Unfortunately, due to not having the financial ability to purchase health care, many low-income men and women are not being diagnosed with cancer until it is in the later stages, when survival times are shorter.

As a result of their diagnosis and treatment cancer survivors may face physical, emotional, social, spiritual and financial challenges. Public health professionals work very hard to help survivors address these issues and to ensure a better quality of life for

them. Because of these concerns, public health initiatives have been developed to help people understand and prevent secondary disease, recurrence of disease, and the long-term effects of treatment.

Promoting Health After a Cancer Diagnosis

The effects of treatment, unhealthy lifestyle behaviors, underlying genetics, or risk factors that contributed to the first cancer can put cancer survivors at greater risk for recurrence of cancer. Survivors should take the following steps to help maintain their health and quality of life:

- Quit tobacco use
- Be active and maintain a health weight
- Discuss follow-up care with a health care provider

For more information about early detection, treatment, and survival of cancer visit the Center of Disease Control’s website at <http://www.cdc.gov/cancer/survivorship/index.html>



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A: Approximately 4 weeks after your surgery, consult with your doctor to see if you are ready for your fitting. An AuNaturel certified fitter will verify your bra size and fit you with a surgical bra. All surgical bras have pockets manufactured into the cups of the bra, which will hold the breast prosthetic in place. Once proper bra size and fit has been determined, a breast prosthetic is chosen to fit into the cup of your surgery side. In most cases, you will be able to leave AuNaturel with your prosthetic and at least one bra.

Q: What kind of care does a breast form require?

A: A breast form can be washed by hand with a mild

soap, patted dry and stored in its cradle, nipple side down to maintain its shape.

Q: What is lymphedema?

A: If your breast surgery involved removal of lymph nodes you may be at risk of developing lymphedema, an accumulation of lymphatic fluid causing swelling in the arm and possibly the hand on the side of the surgery.

Here are some guidelines to keep in mind:

- Notify your doctor of any swelling, pain, warmth or redness of the hand or arm.
- Avoid heavy lifting, constricting clothing or jewelry on affected side.
- Keep the arm moisturized; avoid overexposure to the sun.
- Recognition of early onset and proper care can keep lymphedema under control.

Q: Are mastectomy products covered by health insurance?

A: Most health insurance plans provide coverage for bras and prosthetics annually when ordered by your physician. AuNaturel Boutique is a participating provider with all major health insurance providers, including Medicare.

Contributed by Eileen Tramont, Owner of Au Naturel Boutique

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NINE

Lifestyle Changes to Avoid Cancer

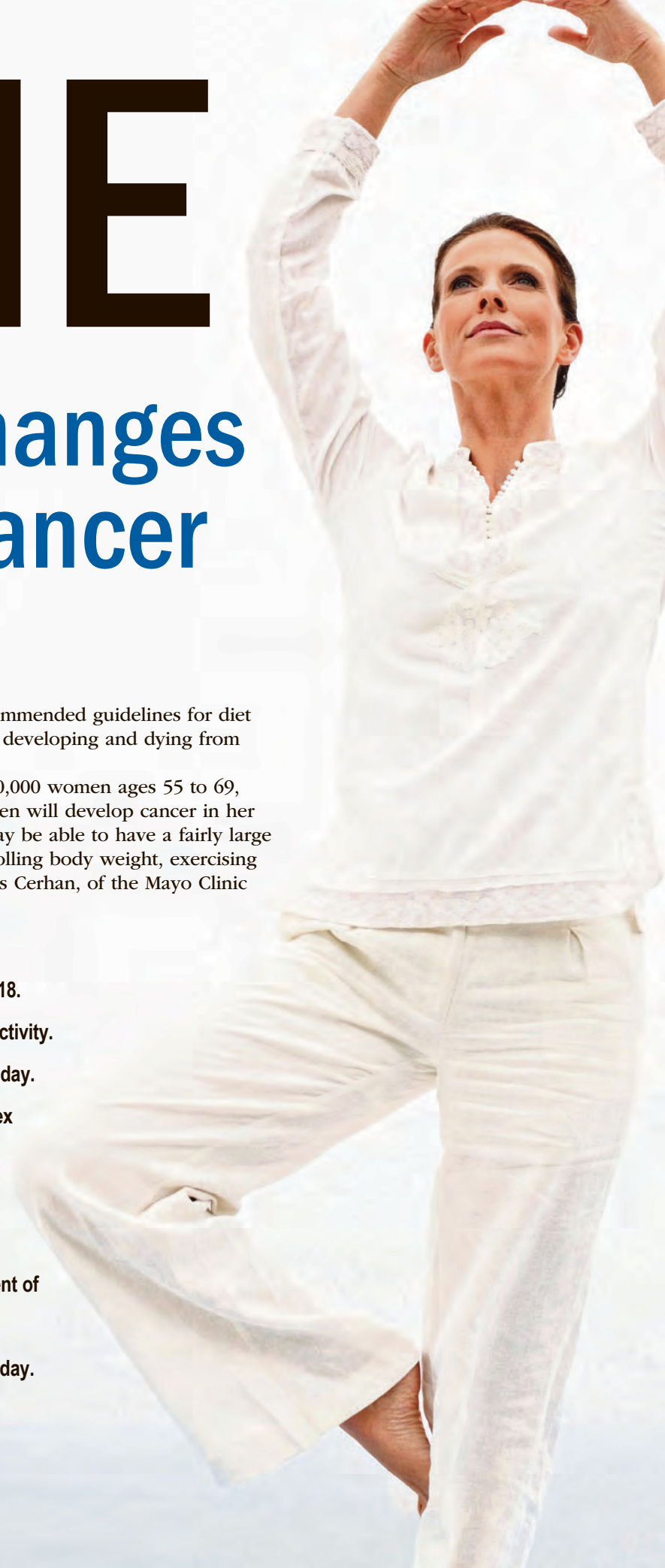
By MATTHEW M. F. MILLER
CTW FEATURES

Postmenopausal women who follow nine recommended guidelines for diet and lifestyle significantly lessen their risk for developing and dying from cancer than women who don't.

The guidelines are based on data from nearly 30,000 women ages 55 to 69, who were studied for 13 years. One in three women will develop cancer in her lifetime. "Our study suggests that older women may be able to have a fairly large impact on their cancer risk by not smoking, controlling body weight, exercising and eating a healthy balanced diet," says Dr. James Cerhan, of the Mayo Clinic College of Medicine, Rochester, Minn.

1. Having a body mass index less than 25.
2. Having gained no more than 11 pounds since age 18.
3. Engaging in daily moderate and weekly vigorous activity.
4. Eating five or more servings of fruit and veggies a day.
5. Eating more than 400 grams (14 ounces) of complex carbohydrates a day.
6. Limiting alcohol to one drink a day.
7. Limiting red meat to less than 3 ounces a day.
8. Limiting fat consumption to no more than 30 percent of total calorie intake.
9. Limiting salt intake to less than 2,400 milligrams a day.

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- has started taking medications to lessen pain?
- has a caregiver in need of help?

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EAT TO PREVENT CANCER

You are what you eat when it comes to warding off cancer, especially when what you're eating is processed foods and deli meat

By BEV BENNETT
CTW FEATURES

A typical brown bag lunch, such as a ham sandwich, salted chips and a soft drink could put you at greater risk for cancer, according to a recent scientific report looking at food, nutrition, lifestyle and cancer prevention.

Processed meats, including lunch meats, bacon and sausage, are linked to colorectal cancer. If you add a bag of salted chips, you're getting sodium, which is associated

with stomach cancer. Caloric soft drinks can pack on the pounds, another red flag in the cancer war.

No wonder the American Institute for Cancer Research and the World Cancer Research Fund recommend you change your menu.

But if your lunch-making skills haven't evolved from tucking a couple of slices of bologna between bread, you may be at a loss for fast and healthy alternatives.

The good news is that you have a wide variety of options, including deli fare, if you select meat products that are free of preservatives and

added sodium, according to Dee Sandquist, MS, registered dietitian.

However, you can also improve on your usual menu.

"For most Americans who are eating a lot of convenience foods, creating a home deli will help a lot," Sandquist, spokesperson for the American Dietetic Association, Washington D.C., says.

"Roast a turkey breast, slice and freeze in single portions," she says.

On a positive note, eating more fruits, vegetables and beans may be beneficial. You'll get the dietary fiber and antioxidant vitamins in

PREVENTATIVE MEALS

Here are three healthy and easy lunch menus

1. HUMMUS WRAP: Spread 1/4-cup hummus on a multi-grain tortilla. Cover hummus with baby spinach leaves. Thinly slice 1 plum tomato and arrange over spinach. Roll up and wrap in plastic wrap. Add 3 fresh or dried figs and a small bag of baby carrots. Add tea or water for a beverage.

2. CHICKEN POCKETS: Buy or cook skinless, boneless chicken breast. Cut into strips. Pack into 2 or 3 mini whole-wheat pita breads. Add a small carton of tomato salsa and top the chicken pockets just before eating. Add a bunch of grapes.

3. TUNA LUNCH: Buy a small bag of baked, unsalted pita chips. Pack with a small pouch of tuna fish or salmon and a small bag filled with grape tomatoes. Add a small carton of low-fat plain yogurt for dipping.



plant foods and you'll probably be consuming fewer calories.

How about hummus instead of meat in a sandwich? Spread the bean paste on whole wheat bread or a whole-grain tortilla.

"If you're ready to abandon the sandwich, it's easy to pack a soup. You can experiment with different kinds of soup, lentil or black bean, for example," says Sandquist, a dietitian in Vancouver, Wash.

Don't forget to add fruits and vegetables to the lunch bag. Pack an apple or orange or a carton of salsa for dipping with raw cauliflower or mushrooms.

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CHALLENGES TO EATING WELL

If your cancer or treatment is affecting your ability to eat healthfully, a dietitian specializing in cancer care will suggest strategies to overcome common obstacles, such as taste alterations, appetite loss and nausea.

You may lose interest in your favorite foods, including coffee, red meat and even chocolate, according to Kristina Ratley, a registered dietitian in South Carolina who works with American Cancer Society's South Atlantic Division.

Food may taste metallic, a frequent problem when you're undergoing treatment.

Try using plastic instead of metal utensils and avoiding canned food, Ratley says.

Sharp flavors may be more appetizing, especially if food tastes bitter or like cardboard. Marinate chicken in Italian dressing or sprinkle the dressing over cooked vegetables, says the cancer society dietitian.

Eating may be unappealing, causing you to lose too much weight.

Choosing foods you're familiar with and that provide comfort can help, says Daniela Fierini, a registered dietitian specializing in cancer care.

"If you're Italian, put olive oil on your vegetables. Switch from skim to whole milk," says Fierini, with Princess Margaret Hospital, Toronto, ON.

Find a time of day when your appetite is at its peak and eat then. Or, try smaller, more frequent meals, Fierini says.

Getting enough fluids is important, but make sure you're not drinking yourself full so you're not hungry.

"If you're losing weight because you're not eating, but drinking a lot of water, you can drink a nutrient-rich beverage instead," Fierini says.

You can drink less during meals so you're not satiated, and sip fluids the remainder of the day, says Dee Sandquist, a spokesperson for the American Dietetic Association.

Those frequent sips may also calm a rocky stomach. But if you're still nauseous Sandquist recommends starting the day with dry toast or crackers.

Even with the changes in appetite during cancer treatment you may once again appreciate your favorite foods.

"I'm just beginning to get back my taste for chocolate," says Shari Ichelson Silverman, a Canadian who underwent cancer treatment during the summer of 2009.

UNDERSTANDING THE STAGES OF CANCER

Doctors apply numbers to describe the severity of cancer, and understanding those digits can go a long way toward easing the minds of the afflicted



By BEV BENNETT
CTW FEATURES

When a public figure is diagnosed with cancer you often read about the cancer stage. Cancer staging is one way physicians measure the extent or severity of the disease through the body. Staging is also a gauge used when medical experts plan the appropriate treatments for their patients.

“Staging is a shorthand way of describing how far the cancer has progressed,” says Kay Washington, MD, PhD., professor of pathology at Vanderbilt University Medical Center, Nashville.

However, without knowing the specifics of any case, it’s difficult to make a generalization about a cancer stage, say medical experts. Although it’s easy to assume the worst, it helps to put cancer staging into perspective.

CANCER STAGE	PROGRESSION OF THE DISEASE
0	Cancer is only present in the layer of cells in which it began
1	Early, often curable with surgery
2 - 3	Cancer is spreading to nearby lymph nodes and or adjacent organs and may require chemotherapy or radiation
4	The Cancer has spread beyond the original site to another organ

“Staging is meant to help determine treatment strategies, not [to persuade the patient] to give up.”

— Alan Dosik, M.D., oncologist at New York Methodist Hospital, Brooklyn, NY

Cancers can be described as stage 0, which is early cancer that is only present in the layer of cells in which it began.

Stage 1 is still early and often curable with surgery, according to Dr. Washington.

As the numbers get higher to stages II and III, the cancer tumor may be growing or the cancer may be spreading to nearby lymph nodes and/or adjacent organs and may require different treatments such as chemotherapy or radiation.

Stage IV means the cancer has spread beyond the original site to another organ and is the diagnosis that causes the most anxiety, sometimes to the detriment of the patient, according to Alan Dosik, M.D., oncologist at New York Methodist Hospital, Brooklyn, NY.

Patients who are told they’re in stage IV often rush to the Internet to get more information.

Unfortunately the generic prognosis can be so dire, they lose hope, says Dr. Dosik.

“Staging is meant to help determine treatment strategies, not [to persuade the patient] to give up,” Dr. Dosik says.

He is reluctant to discuss stages because it can depress his patients. In Dr. Washington’s experience, however, patients want to know how advanced their cancer is and accept the concept of stages as a way to describe the disease.

Whether or not stages are part of the dialogue, the physicians want people to know that stage IV isn’t necessarily a death sentence. Some patients can live a long time with stage IV cancer, if treated appropriately.

One goal is to turn cancer into a chronic disease that is ongoing or recurring, but treatable and not fatal, say cancer experts.

For more information on cancer, visit the government website, www.cancer.gov

E-prescribing

The future of prescribing is here! Electronic prescribing, known as E-prescribing, is a computer-to-computer transmission of a prescription from your doctor to your pharmacy. The process is nearly instantaneous and offers three major advantages over other forms of prescribing.

The first advantage is more efficiency in prescribing. This process allows your physician to send the prescription to the pharmacy before you leave his or her office. In most cases, the prescription will be ready for you to pick it up before you get to the pharmacy! Therefore, when you are sick, you get treated more quickly and you do not wait in the pharmacy. This also helps prevent transmission of illnesses from patient to patient in the pharmacy.

The second advantage is a potential decrease in prescription costs for you, the patient. Many E-prescribing systems allow the physician to access your insurance information. Now, prescribers can treat you with the cheapest effective medication possible the same day you are seen in the office. This can also eliminate the dreaded "prior authorization".

The last, and certainly most important advantage is increased patient safety. How many times have you received a prescription from the doctor that you could read? In a computer-to-computer transmission there is no possibility of handwriting errors. Further, drug-drug interactions can be checked by the physician before the prescription is sent. Simply put, E-prescribing is the safest and most efficient way to prescribe and dispense a medication.

So the next time you are seen by your doctor, ask if the office employs an E-prescribing system. If they do not, explain to them that it implementing an E-prescribing system is in the best interest of the office and, more importantly, their patients.



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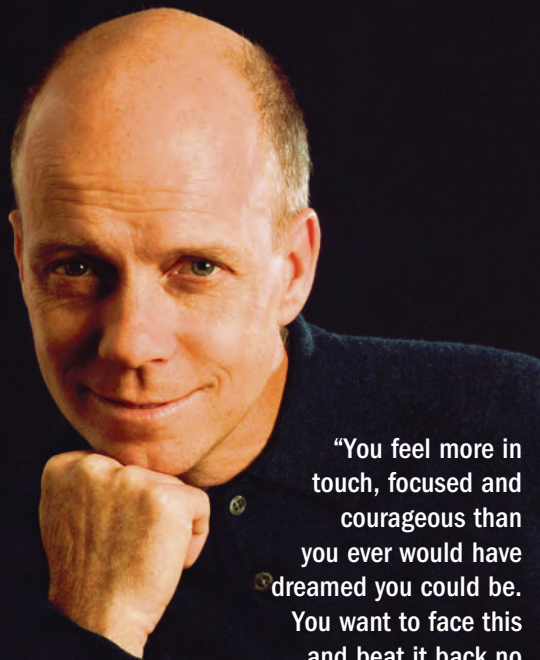
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From the Mouths of **SURVIVORS**

By LISA IANNUCCI
CTW FEATURES

SCOTT HAMILTON

In the world of sports, no one exudes such positivity and strength as figure skater Scott Hamilton. After his 1997 diagnosis and treatment for testicular cancer he learned that he had a benign brain tumor, called craniopharyngioma, and had it removed in 2004. Last year, a reoccurrence forced another surgery, yet Hamilton keeps going, inspiring others through his experiences and as a spokesperson for the Cleveland Clinic Taussig Cancer Institute. He is also the founder of the Scott Hamilton CARES Initiative, the Cancer Alliance for Research, Education and Survivorship.

"Going through any cancer treatment is frightening and takes everything you have," Hamilton says. "Doing it in the public eye changes things quite a bit. Where many feel a level of isolation and feelings of having to face something alone, people of 'familiarity' receive a lot of attention, prayers and support from not only friends and family, but countless people they have never met."

When Hamilton was diagnosed, he had an idea of how he wanted to approach his treatment and journey back to life. "I never expected the amount of support I got from skating fans and other cancer survivors who knew who I was," he says. "I chose to think of that as an advantage. I wanted to be in people's minds, hearts and, most importantly, their prayers, but the one thing that I had in common with everyone facing chemotherapy and a large surgery, famous or not, was the journey."

He explains that the first thing to come with diagnosis is fear. "No, this only happens to other people," he says. "Will I die? Will I suffer?"

Next, he explains, is the wave of courage and determination that changes you forever. "You feel more in touch, focused, and courageous than you ever would have dreamed you could be," he explains. "You want to face this and beat it back no matter what."

But it's not without its emotions. "There are rough days when the side effects shake your confidence. Those times when you feel that quitting would be best, but a second later you may feel a rush of determination that makes you feel more powerful than ever," he says. "There are times when you can't believe the blessing that is your life and in the same breath you wonder how you could be so cursed. Ultimately the positive emotions win out."

To others going through the same thing, he suggests surrounding yourself with love, laughter and light. "Cancer doesn't like positivity; it thrives on negativity," he says. "The main thing to embrace is the knowledge that the day you are diagnosed, you are a survivor! Life is precious! We are here for what seems like minutes. Take advantage of those minutes. The human body is so fragile and so resilient. The human spirit is pure power. We decide the quality of our lives, so decide to love every moment. That is the one thing you completely control."

COLLEEN ZENK PINTER

On any given day, the soap opera world is filled with drama, intrigue and suspense. Unfortunately, Colleen Zenk Pinter, who has portrayed Barbara Ryan on "As the World Turns" since 1978, has experienced quite a bit of that in her personal life over the last few years. Yet she's come out a survivor and an inspiration.

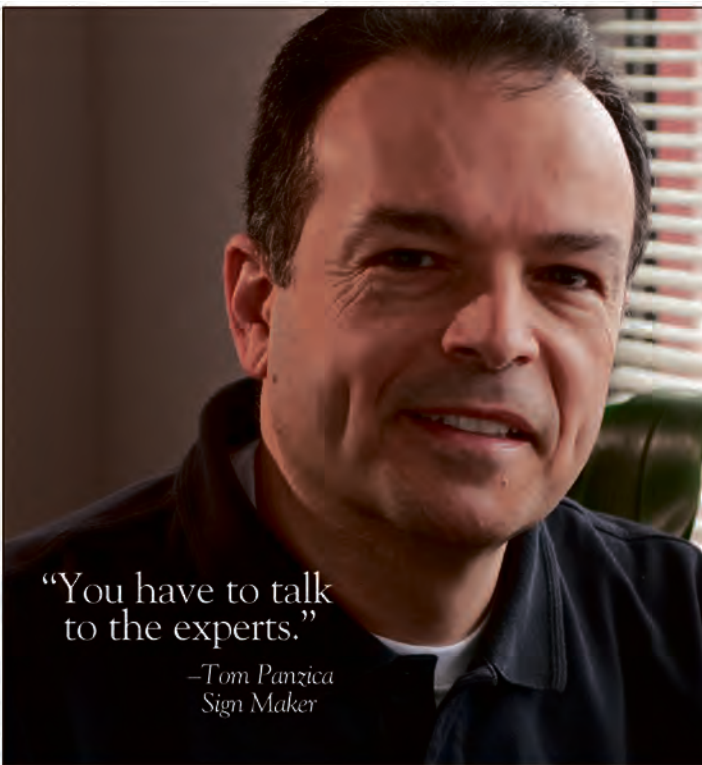
In 2007, the actress was diagnosed with stage two oral cancer, a shock to someone who never smoked or chewed tobacco, and her only possible risk factor was HPV, or the human papillomavirus. "The first thing they said after my diagnosis was 'don't go home and get on the Internet,' so I went home and got on the Internet," she says. Zenk Pinter discovered the Oral Cancer Foundation website (oralcancerfoundation.org) where she learned that close to 37,000 Americans will be diagnosed with oral or pharyngeal cancer this year and it will cause more than 8,000 deaths. Her first treatment was removal and restoration of part of her tongue, radiation and the implantation of multiple tiny radioactive rods into her tongue.



Colleen Zenk Pinter

She not only stayed positive, but she was already willing to help others in the same situation. "When I went to the 'people' on the website, there were only two women listed and I knew that was a problem because if I can get it there had to be other women who had it, but weren't talking about it."

After reaching out to the foundation, its founder Brian



“You have to talk to the experts.”

—Tom Panzica
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Hill urged Zenk Pinter to get well and then come back and help others. So she did. After treatment, she started doing interviews and PSAs about oral cancer and her character was even diagnosed with the same condition. She wasn't without her struggles though. "I was OK during the scenes of the PSA, but after I got the words out I fell apart," she says. "After that I pulled myself together and I talk about it as much as I can to anyone who can listen. Whether people saw my story or my character's story, I feel like I've helped."

Through difficult times, Zenk Pinter says that her saving grace is not thinking about herself. "I concentrate on someone else whose needs outweigh what I'm going through at a time," she says. "There's so much on my plate to deal with, that I also only allow a certain amount of time to worry." She is still acting and is committed to her charity work.

MARISSA JARET WINOKUR

When you see Marissa Jaret Winokur on a screen, you can't help but feel happy. Her incredible smile, bubbly personality and positive attitude have carried her through a successful career as an actress, Broadway star and recent co-host of "The Talk." Most importantly, it's carried her through since her diagnosis and treatment for cervical cancer. While others might feel sorry for themselves, Jaret Winokur looks at the last decade as 'extraordinary.' "I have no complaints about how my life has gone," she says. "It would be ungrateful to say that. I have a great career, the love of my husband and now a baby and I don't want to put any negative energy out there."



Marissa Jaret Winokur

Jaret Winokur decided to go public about her cancer once she was in remission because, she says, keeping a secret made it seem worse than what it was. She also wanted to become more proactive and encourage other women to get a pap smear. "I knew that my career wasn't at risk and I wanted others to see what happened in my life and how it's the vision of health and happiness now."

Of course she admits that there were days that were "close to impossible to maintain a positive attitude while it was going on," but she said that she stayed proactive with the doctors and made sure to get opinions and not waste time. "The doctors were talking about waiting and trying to save my uterus, but I just wanted the cancer out of me. I had those moments where it totally sucks, but I focused on what I was doing to do to combat that."

Today, her biggest challenge is managing her work and being mom to her two-and-a-half year old son. "I don't keep it together physically too much right now," she says. "I just try to get as much sleep as possible, because no matter how much you diet or exercise, it's sleep deprivation that will get you."



**Exercise
aids in
breast
cancer
recovery**

HEALING MOVES

By TANIESHA ROBINSON
CTW FEATURES

Treatment for breast cancer often leaves survivors with stiffness and pain in their arms and shoulders, restricting movement. Fortunately, there's an everyday solution to this common problem: exercise.

Physicians have long prescribed arm and shoulder exercises after surgery to prevent pain in the areas surrounding the cancer, but a new review of 24 research studies comprising 2,132 breast cancer patients finds that exercise programs can also help patients recover shoulder and arm movement.

Starting exercise within the first to third day after surgery might result in better shoulder movement in the early weeks following surgery. However, "starting exercise that soon after surgery may cause more wound drainage and require drains to remain in place longer than if exercise is delayed by about one week," says lead review author McNeely, an assistant professor of physical therapy at the University of Alberta and clinical researcher at the Cross Cancer Institute, Canada. Wounds healed, on average, a day later with early exercise.

Fourteen of the reviewed studies compared improvements in shoulder and arm movements of post-treatment groups of women that received an exercise pamphlet with those who did not. Those who followed structured programs including physical therapy regimens in the early postoperative period showed a significant improvement in shoulder range of motion.

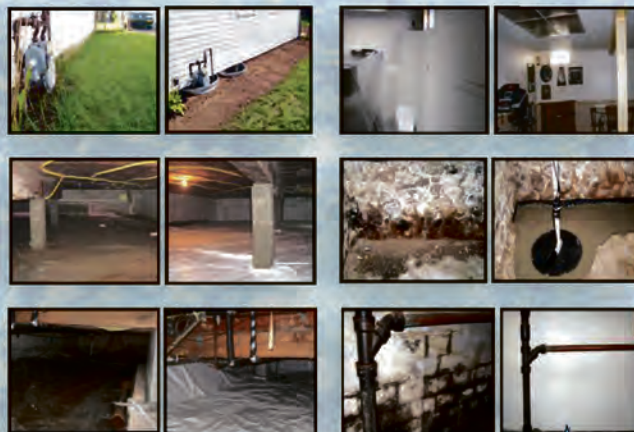
Blayne said that he finds few things as disheartening as witnessing breast cancer survivors in long-term follow-up who are burdened with a "frozen" shoulder or daily use of a lymphedema sleeve, an elastic compression garment worn over the arm to help move fluid and reduce swelling. "Implementation of modern primary treatment strategies – including early intervention with suitable exercises – should reduce the incidence of these heart-breaking complications," Blayne says.

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