



Spring Update

BREAST CANCER SURVIVAL CENTER

Providing Post-Treatment Support and Education

May 2005

www.breastcancersurvival.org

Volume 6, Number 2

Coming Events

Support/Discussion Groups:

May 10, 24; June 14

September 13, 27;

October 11, 25;

November 8, 22;

December 13.

Fairfield County Women's Center,
Room 116, Norwalk Community
College, West Campus

Our Wellness Matters: A Day for Survivors

June 4, Norwalk Community
College, East Campus
Norwalk, CT

Awareness Events:

October 2, 2005, Sixth Annual
Celebrate Life! Fashion Show and
Brunch, Shore and Country Club,
Gregory Blvd., East Norwalk, CT

Candle-lighting Events

Westport, Milford, West Hartford
October 2005

For information, (203) 857-7304, or
e-mail cancersurvival@aol.com or see
www.breastcancersurvival.org

*Thanks to the Wilton Woman's
Club for generously underwrit-
ing this center newsletter for the
fifth year.*

Wellness Day Planned for Survivors

The Breast Cancer Survival Center and The Witness Project of Connecticut will present Our Wellness Matters, a day-long event for breast, cervical and ovarian cancer survivors, on Saturday, June 4, 2005, at Norwalk Community College (NCC), 188 Richards Avenue, Norwalk, CT. Dr. Barbara Ward, Surgical Oncologist and Medical Director of the Breast Center, Greenwich Hospital, will be the keynote speaker.

Participants will be welcomed by Dr. David Levinson, President of NCC. Dr. Ward will then speak on the latest strategies for dealing with a cancer diagnosis. Following the keynote speech, survivors will have the opportunity to attend two from a variety of breakout sessions including meditation, energy healing, empowerment after diagnosis, nutrition, lymphedema, genetics, exercise, and family issues. Dr. Barbara Ward, Surgical Oncologist, has served as Medical Director of the Breast Center at Greenwich Hospital since 2000. She received her medical degree from Temple University School of Medicine in Philadelphia. Formerly associated with Yale-New Haven Hospital for many years, she is highly respected in her field and the recipient of numerous awards for her work in the field of breast cancer. Among her professional affiliations, she is a Fellow of both the American College of Surgeons and the Society of Surgical Oncology, as well as a Member of The Society for the Study of Breast Disease, the Connecticut Oncology Association, the National Consortium of Breast Centers, and the American Society of Breast Surgeons. Research projects she has been involved in include: Yale Environment and Breast

Disease Study, examining the possible role of pesticides in the development of breast cancer; the prospective role of MRI and Duplex ultrasound in the evaluation of axillary lymph node involvement; and novel approaches to breast biopsy using MRI and laser-tip wires.

At lunch, participants will also be given the opportunity to shop at the "Sock It To Breast Cancer Boutique," which will feature a variety of vendors including Love Notes by Patrice, Kim Haney Designs (belts), Busy Bead Designs (jewelry), The Poncho Lady (tote bags and accessories), and Succendo (bath and body products). A portion of all sales will be donated to The Witness Project and The Breast Cancer Survival Center. Additionally, vendors will contribute items for a raffle, which will be drawn at the end of the day's events.

Our Wellness Matters will conclude with a panel of long-term survivors sharing their stories, moderated by Nina Marino, M.S.W., Clinical Director of the Breast Cancer Survival Center, and nine-year breast cancer survivor.

The Witness Project of Connecticut (WPCT) is a breast and cervical cancer education program that addresses the health disparity of breast cancer among African American women. Located in Bridgeport, the Witness Project reaches women throughout the state with a message "early detection can save lives." Pre-registration for the event is required. Cost per attendee is \$25, which includes continental breakfast, lunch, and one raffle ticket. A registration form is included in this newsletter, as well as available on line at www.breastcancersurvival.org.

Nutrition Info Available at Click of a Mouse

Did your mother ever tell you, "You are what you eat?" Truer words were never spoken, according to the American Institute for Cancer Research (AICR), a not-for-profit organization that fosters research on diet and cancer and educates the public about the results. AICR also provides a wide range of educational programs to help millions of Americans learn to make dietary changes for lower cancer risk. AICR has recently published a book called *The New American Plate*. This is not a diet book. Rather, it is a cookbook based on AICR's vision for what Americans should be eating. The

book states that fruits, vegetables, whole grains and beans – not the typical hefty portions of animal protein and mashed potatoes with just a spoonful of vegetables – should dominate dinner.

"Heaping your plate with plant foods will accomplish two ends," the book says. "It will fill you with health-protective substances and crowd out foods with less salutary effects. The weight of scientific evidence suggests that we should reverse the proportions on a traditional American plate and think of plant foods as our mainstay and meat as a side dish or condiment that adds flavor. There is no need to count calories or weigh portions...Just look at the food on your plate. Is it two-thirds (or more) vegetables, fruits, whole grains, and beans and one-third (or less) animal protein? Does it have this proportion more often than not? If so, the shape of your diet bodes well for a long, healthy life."

Fabulous words for a cancer survivor. And something we can all do for our-

"Scientific evidence suggests we think of plant foods as our mainstay..."

selves and our families. *The New American Plate* also emphasizes use of condiments such as garlic, ginger, and other herbs and spices, so the food doesn't have to taste bland.

AICR has an excellent website, www.aicr.org. When you log on, you will be treated to a whole host of recipes and diet tips, all of which are free. This is a good site to bookmark and refer to often.

Susan Santangelo

Save the Dates Our Wellness Matters

June 4, daylong conference for breast, cervical and ovarian cancer survivors at Norwalk Community College, Norwalk, CT
in collaboration with
The Witness Project

October 2, *Celebrate Life!* fashion show and brunch with superstar models, all breast cancer survivors
Shore & Country Club, E.Norwalk



Providing Post-Treatment Support and Education for Breast Cancer Survivors and their Families

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Nutrition Notes

Recipe from *The New American Plate*

Meringue Tartlets With Strawberries and Shaved Chocolate

Ingredients:

2 cups sliced fresh strawberries
¼ cup plus 1 tablespoon sugar, divided
4 large egg whites, at room temperature
Dash of cream of tartar
Dash of salt
2 tablespoons plus 2 teaspoons shaved good-quality dark chocolate

Preheat oven to 250 degrees. Cover a baking sheet with parchment paper. In a bowl, mix the strawberries with 1 tablespoon of the sugar. Refrigerate the strawberries until ready to use. In a large mixing bowl, combine the egg whites, cream of tartar, and salt and beat with an electric mixer at medium speed for about 1 minute, until the eggs are frothy. With the mixer at high speed, add the remaining ¼ cup sugar 1 tablespoon at a time, beating

for 5 to 7 minutes, until stiff, glossy peaks form.

Drop the meringue onto the prepared baking sheet in eight 3- to 4- inch diameter rounds, smoothing the edges. Bake for 1 hour. Turn the oven off, but leave the meringues in overnight or for about 12 hours. Do not open the oven door. If the meringues will not be served immediately, remove them from the oven and store in a tightly covered dry container until ready to serve.

When ready to serve, gently peel the meringues off the parchment paper. Top each meringue with ¼ cup strawberries, garnish with 1 teaspoon shaved chocolate, and serve. Yummy!

Reducing Stress Through Meditation

Fran M. Palumbo of Fairfield, a well-known speaker on the benefits of meditation to effect positive changes in the mind, body, and spirit, recently gave a presentation on meditation practices for the Breast Cancer Survival Center.

She told survivors that she changed the course of her own life in 1985 when she taught herself to meditate. At that time, she realized it was her own thoughts that were responsible for what was happening in her life. Through making a commitment to meditation, she learned that nothing manifests itself without prior thought, and what you do for yourself today is your future.

Her talk covered such topics as the basics of meditation, specific techniques that can

be used to reduce stress and stay balanced in spite of a stressful situation, and how to maintain a positive attitude and, ultimately, a sense of inner peace. Practical tips included correct posture when meditating, and how to deal with distractions such as wandering thoughts. She stressed the importance of breath as a meditation tool, and gave survivors tips on how to apply meditation in daily life. "In these unprecedented times," Fran said, "each of us is searching for more balance and peace, whether at work or in our personal lives. Meditation or personal reflection can give you the skills to adapt fluidly to life's changes and challenges." The following is a "Meditation Minute" exercise which Fran recommends as a way to begin practicing meditation.

Meditation Minute



Fran Palumbo

Afraid to meditation? Don't worry, you cannot mess up. It really is the intent that counts. Find a comfortable place to sit. You can even sit up in bed if you wish.

minute become aware of your breath. You don't have to force the breath but just become aware of it. The breath knows what to do. And take a breath in feel the stomach rise on the "in" breath. Release the breath and feel the stomach sink or fall. That's it. You just meditated. You may even rest your hand on your stomach.

Have fun with it. The breath calms and tames the mind.

With blessings, Fran

This will just take a minute. One minute out of your day is all you need. Remember it's the intent that counts. And for just one

"Role Reversal: Chemo Before Surgery for Breast Cancer" When it comes to breast cancer treatment, there is usually a standard sequence of events. First a woman has surgery to remove the tumor, then, if necessary, she has chemotherapy to kill any remaining cancer cells in the body. But the results of a number of studies suggest reversing the order of treatment, giving chemotherapy before surgery in order to offer certain women with early-stage breast cancer an added benefit; this approach is called neoadjuvant therapy.

For now, neoadjuvant chemotherapy is only offered to women with a large tumor in a small breast who want a lumpectomy. © 2005 Healthology, Inc.

"Novartis Breast-Cancer Drug Lowers Tumor Risk in Study" A breast-cancer study has provided evidence that a new class of drugs is more effective at fighting the disease than the standard treatment that has been used for more than a quarter century. A drug called Femara, made by Novartis AG, significantly reduced the risk of a tumor growing back after being surgically removed. *Wall Street Journal* 1/27/05

"Panel keeps silicone implant ban," Thirteen years after most silicone-gel breast implants were banned, federal health advisers yesterday narrowly rejected a manufacturer's request to bring them back into the U.S. market, citing lingering questions about safety and durability.

Inamed Corp. had argued that today's silicone implants are less likely to break and leak than versions sold years ago. But the Food and Drug Administration was skeptical, and its advisers voted 5-4 that the company hadn't provided enough evidence about how long implants will last -- and what happens when they break and ooze silicone into the breast, or beyond. *Associated Press* 04/13/05

Visit our Website at
www.breastcancersurvival.org

Thanks to webmeister Debbie O'Keefe of Fairfield, BCSC has a new website. Our address is www.breastcancersurvival.org.

Suggestions for additions to the web page are welcome. Please e-mail your comments to: cancersurvival@aol.com

Models Wanted!

Our sixth annual *Celebrate Life!* fashion show and brunch is scheduled for Sunday, October 2, 2005, at Shore and Country Club in East Norwalk, CT. BCSC is inviting survivors to model in the show. No experience necessary. If you would like to be part of this amazing event, or help in its planning, please let us know by phone or e-mail as soon as possible.

I Am Thankful

- For the teenager who is complaining about doing the dishes, because that means he or she is at home and not on the streets
- For the taxes that I pay, because that means I am employed
- For the mess to clean up after a party, because that means I have been surrounded by friends
- For the clothes that fit a little too snug, because it means I have enough to eat
- For the shadow that follows me, because that means I am out in the sunshine
- For the lawn that needs mowing, windows that need cleaning and gutters that need fixing, because it means I have a home
- For all the complaining I hear about the government, because it means that we have freedom of speech

- For the parking spot I find at the far end of the parking lot, because it means I am capable of walking and have been blessed with transportation
- For my huge heating bill, because it means I am warm
- For the lady behind me that sings off key, because it means I can hear
- For the pile of laundry and ironing, because it means I have clothes to wear
- For weariness and aching at the end of the day, because it means I have been capable of working hard
- For the alarm that goes off in the early morning, because it means I am alive
- And finally, for too much e-mail, because that means I have friends who are thinking of me.

--E-mail from a friend

Please let us know of others who would like to receive this quarterly newsletter.

Editor's Note: We cannot provide medical advice. Consultation with your doctor is your best source of medical information.

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A Non-Profit Organization
 Providing Post-Treatment
 Support and Education
 for Breast Cancer Survivors
 and their Families



Our Wellness Matters
 A Day of Nurturing, Education and
 Wellness for Survivors
 June 4,
 Norwalk Community College
 Keynote Speaker, Dr. Barbara
 Ward, Greenwich Hospital