



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

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www.breastcancersurvival.org



*Nina Marino and Lynore Aaron
inaugurate new support group at
Soleil Toile, in Westport, CT*

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

Inspiration: What Cancer Cannot Do

This one is worth repeating.
Thanks to Kathy Stankewicz for
suggesting it.

What Cancer Cannot Do

Cancer is so limited....

It cannot cripple love.

It cannot shatter hope.

It cannot corrode faith.

It cannot destroy peace.

It cannot kill friendships.

It cannot suppress memories.

It cannot silence courage.

It cannot invade the soul.

It cannot steal eternal life.

It cannot conquer the Spirit.

Anonymous

Breast Cancer Survival Center

Providing Post-Treatment Support and Education

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www.breastcancersurvival.org

Coming Events

Special Speakers Series

6 p.m. Fairfield County Women's Center Room 116, West Campus Norwalk Community College

May 13: Fran Palumbo, Hypnotherapist, Meditation Coach: "You Can Do It! Reduce Your Stress and Anxiety Through Meditation"

May 27: Supportive Discussion Group

Soleil Toile Discussion Group

May 20, June 17, 6:30 - 7:30 p.m.
24 Post Road East, Westport CT

One-Day Survivors Retreat

April 26, 9 a.m. - 3 p.m.
St. Joseph College
West Hartford CT

Wellness Matters 2008

Presented with The Witness Project
May 3, 8:30 a.m. - 3:30 p.m.
Burroughs Community Center
2470 Fairfield Avenue, Bridgeport CT

Weekend Survivors Retreat

October 17, 18, 19
Mercy Center, Madison CT

Ninth Annual Celebrate Life! Fashion Show and Brunch

October 5, Shore and Country Club
East Norwalk CT

Breast Cancer Awareness Month

Candle-Lighting Ceremonies
October 2008

Information: (203) 857-7304 (voice)
cancersurvival@aol.com (e-mail), on the web at: breastcancersurvival.org.

Thanks to Newman's Own for underwriting this issue of our newsletter.

BCSC Teams Up with Soleil Toile To Offer Additional Survivor Services

Soleil Toile, a fine lingerie store at 24 Post Road East in downtown Westport, is the site of a new series of supportive discussion groups for breast cancer survivors. The groups are held on the third Tuesday of every month beginning at 6:30, after the store has concluded its normal business hours.

Soleil Toile is owned by Marilyn Lipton and her daughter, Stacey Schumer. Always sensitive to the needs of their customers, the store implemented a "Special Needs" department for pre- and post-surgery breast cancer survivors in 2002. This is located in a totally private and comfortable area of the store where each client can feel at ease discussing her individual concerns.



Marilynn Lipton of Soleil Toile

Lynore Aaron of Fairfield is the Director of the Special Needs Department. She has worked at Soleil Toile since 2001 and became a certified professional fitter in 2002. She has a sincere interest in helping women get through the ordeal of a breast cancer diagnosis, and delights in sharing her professional expertise with her many clients, helping each to find either a prosthesis and/or the proper bra to make her feel "proud to be a woman."

Lynore recently shared her expertise with BCSC on how to buy a bra that fits. Here are her tips for finding the best bra for you:

Five Mistakes in Selecting a Bra

1. Band too big
2. Cups too small
3. Cups too large
4. One breast is larger than the other...fitting the bra to the smaller breast.
5. Women think the straps support the bra...not true.

Six Most Important Things to Look for In Proper Fitting

1. Choose a bra with the proper bra band; the support comes from the band
2. Choose one that cups the entire breast outline
3. Make sure there's no wrinkle or extra fabric
4. Look for one that is supportive on the shoulders, neither slipping nor digging in
5. Try the bra on under an article of clothing that you wear the most, such as a tee-shirt
6. Sit down and make sure the bra doesn't poke you or otherwise feels uncomfortable

Other Mistakes Women Make

1. Wearing a bra for too long; 6 months to a year is the maximum
2. Washing it improperly; wash in cold water, gentle cycle, and hang to dry
3. Wearing one style bra under all clothing; different looks require different bras

After Surgery

1. Seek out a Certified Professional Fitter
2. Make sure you are offered three or more different bras
3. You should be offered several different-styled prosthesis; choose the one that best mirrors your natural breast
4. Seek second opinions, just as you would in selecting a surgeon
5. Lumpectomies deserve the same attention to fit as do mastectomies
6. Look for a fitter who is willing to offer the "highest quality" and will submit your undergarment choices to your insurance.

Helping Those in Need

Letter from the Director

So many people have never considered the immediate and staggering financial considerations a diagnosis of breast cancer can bring. Many patients are unable to work during or after their treatment. Others lack medical insurance. The bills continue to mount, and patients and survivors become completely overwhelmed.

The Breast Cancer Emergency Aid Foundation (BCEAF) was chartered in 2007 to provide direct, non-medical financial assistance to breast cancer patients and survivors.

BCEAF offers grants for expenses such as utilities, transportation to doctors' appointments, specialty bras, even to pay for babysitting during chemotherapy. The mission of this organization is to ease some of the burdens that can accompany a breast cancer diagnosis so patients and survivors can concentrate on the most important thing-- beating cancer and getting well.

Patients with financial needs are referred to the foundation by nurses and social workers at local hospitals and cancer centers. Requests are reviewed by a grant committee, with evaluations based upon the need and the availability of funds.

Except in unusual circumstances, funds are paid directly to the vendor (e.g. the utility company), not to the patient. Those with fewer resources will receive priority consideration, and only one request per calendar year will be fulfilled.

Kudos to founding board members Shirley Freifeld, Phyllis Steinbrecher, and their colleagues for recognizing this important gap in service and banding together to fill it.

For more information, call BCEAF at (203) 505-5796.

Susan Santangelo

E-Mail Updates

Are You on our E-mail List?

As newsletter postage and printing costs continue to escalate, BCSC is depending more and more on e-mail to get the word out to survivors about our important program offerings in a timely fashion.

Don't miss out!

Be sure you're on our e-mail list to receive this information.

Send current e-mail addresses to us at cancersurvival@aol.com.

Be sure to give us your full name, and indicate if you are a survivor.

Thanks for helping us to help you.

Save the Date

Sunday, October 5

**Ninth Annual
Celebrate Life!
Fashion Show and Brunch**

Shore and Country Club
East Norwalk, CT

Details to follow.



Oven Baked Salmon

3 leeks, finely chopped (white parts only)
2 carrots, peeled and cut into matchsticks
½ lb snow peas (fresh or frozen)
4 salmon fillets (4 oz. each)
2 tsp. rated fresh ginger
2 tbsp. rice vinegar
3 tsp. sesame oil, divided
Salt and freshly ground black pepper
1 (6 oz.) bag baby spinach leaves
1 tbsp. fresh lemon juice
1 lemon, cut in quarters (for garnish)

Preheat oven to 450 degrees. Tear off four large sheets (18 X 12-inch) of heavy duty aluminum foil and lay each piece on your workspace.

Divide the leeks, carrots and snow peas into four equal portions and place a mixture of each onto each sheet of foil. Top each mound of vegetables with a piece of salmon. Sprinkle ½ tsp. of ginger on each piece of fish and drizzle each with ½ tbsp.

of vinegar and 1 tsp. of sesame oil. Season to taste with salt and pepper.

Fold the foil to form a "packet" around each piece of fish, leaving enough room for heat to circulate. Roll the edges to seal tightly. Place the packets on a cookie sheet and bake for 20 minutes or until the fish flakes easily with a fork.

Meanwhile, place the spinach leaves in a microwave-safe bowl or platter. Drizzle the greens with fresh lemon juice and the remaining 2 tsp. sesame oil. Heat the spinach in the microwave at high power for three minutes, checking every minute to make sure the spinach is tender but not over-cooked. Divide the greens equally among the four plates.

When the salmon is cooked, open the packets carefully to allow the steam to escape. Empty each packet onto each of the beds of spinach. Garnish each plate with a lemon wedge and serve.

Per serving: 340 calories, 16 g total fat (3 g saturated fat), 21 g carbohydrate, 26 g protein, 6 g dietary fiber, 260 mg sodium.



The Witness Project®



Present

Wellness Matters 2008

Sat., May 3, 8:30 a.m. - 3:30 p.m.

Burroughs Community Center
2470 Fairfield Avenue, Bridgeport CT

This conference will focus on wellness and how nutrition, diet and physical activity can help you combat chronic diseases. A panel discussion will include survivors and caregivers. The audience will include community members, advocates, caregivers, survivors, family members and other health providers.

- **Prevention**
- **Breast Cancer**
- **Wellness Activities**
- **Diabetes**
- **Quality of Life**
- **Survivorship**
- **Heart Health**
- **Nutrition and Physical Activity**

Speakers: Dr. Marion Evans, Director Social Services, City of Bridgeport
 Nina Marino, LCSW, Breast Cancer Survival Center
 Lee Ann Fallet, MA, CRC, OTR/L, Breast Cancer Survival Center
 Linda Smith, MS, HEM Optimus Health Care
 Chinetta Wade, Heart Ambassador, American Heart Association
 Elaine O'Sullivan, MSW, CSW
 Kris Diana - Cancer Information Services

Dress Code for this conference is casual. Please bring a towel for yoga.

Registration includes: admittance for one person to all activities, raffle, light breakfast and lunch.

Pre-registration: only \$15.00 received by 4/30/08. On-site registration \$20.00 (cash only)

Make checks payable, mail to: Witness Project, 2470 Fairfield Ave., Bridgeport, CT 06605

Name _____

Address _____

Phone (Home) _____ (Cell) _____

E-Mail _____

Are you a survivor? (breast cancer, heart disease, diabetes) Yes No

Would you like to be a part of the panel? Yes No

Mother's Day Donation

Honor Mom This Mother's Day

Make a contribution to the Breast Cancer Survival Center and we'll send Mom a lovely acknowledgement gift from you.



Donation \$25-49
Sport socks, Circle one: (black) (white) (pink)

Donation \$50-100
"Meg" Bear, Circle one: (light brown) (dark brown)

My Name (please print)

Address

City, State, Zip

Daytime phone/e-mail

In honor of:

Mother's Name

Address

City, State, Zip

Please make checks payable to Breast Cancer Survival Center and mail to: **BCSC, 4 Drummers Trail, Old Saybrook, CT 06475.** Thank you. Donations are tax-deductible to the extent allowed by law.

Witness Project and BCSC Co-Sponsor Wellness Day, May 3

Join us on May 3 from 8 a.m. to 3:30 p.m. at the Burroughs Community Center, 2470 Fairfield Avenue, Bridgeport, for **Wellness Matters 2008**.

Learn how to take the best care of yourself you possibly can. This one-day conference will focus on how proper nutrition, diet, physical activity and other lifestyle changes can help you combat chronic disease. A panel discussion will include both survivors and caregivers. Conference topics will include diabetes, heart health, breast cancer, prevention, quality of life and survivorship issues.

Pre-registration for this event, which includes continental breakfast and lunch, is \$15 per person. On-site registration is \$20 per person (cash only). Checks should be made out to The Witness Project and mailed to 2470 Fairfield Avenue, Bridgeport, CT 06605. For further information, call 203-853-7304.



The Witness Project (R)
of Connecticut, Inc

Breast Cancer In the News

"Research Faults Breast Cancer Discussions."

Most doctors don't talk about breast reconstruction with women before cancer surgery, depriving them of key information that can sway their decision about whether to have the whole breast or just a lump removed, new research suggests. Only one-third of the roughly 1,200 women in the study said surgeons discussed cosmetic remedies with them in advance. When the topic did come up, women were four times more likely to choose the more drastic operation, mastectomy. *The Hartford Courant, 12/21/07*

"Study: Diversify Cancer Tests." A genetic mutation known to increase the odds of breast cancer in some Jewish women has been found in significant numbers of Hispanic and African American breast cancer patients as well, underscoring the need for genetic testing across ethnic lines to determine who is at risk.... The researchers, from the Northern California Cancer Center and Stanford University, said they hoped their data would prompt genetic counselors to develop materials for discussing breast cancer risk in a culturally sensitive way and in languages other than English. *The Hartford Courant, 12/27/07*

"Mammograms, Blood-Sugar Tests Can Reveal Stroke Risk." What do mammograms, blood-sugar tests and daytime dozing have in common? All may offer clues that someone is headed for a stroke, new studies suggest. Higher stroke risk was seen in women with artery buildups accidentally revealed by mammograms, in non-diabetics starting to have insulin problems, and in older people who tend to nod off a lot. People should not panic if they have one of these signs.... But a test that rules out breast cancer may give a valuable clue to heart disease and stroke risks-if radiologists report the findings to women and their doctors for follow-up. *The Hartford Courant, 2/22/08*

"Profile of Some Cancers Help Guide

Treatment." Today's cancer patients...are at the leading edge of what is one of the most eagerly awaited payoffs of human genome research: the ability to profile a tumor's genes and tailor treatment accordingly. The reality is still in its infancy...but a genetic analysis of tumors is already being introduced to patients with lung cancer, and tests are under development for other kinds of cancers as well. And this is "just a teaser of what's to come," said Dr. Eric P. Winer director of the Breast Oncology Center at the Dana-Farber Cancer Institute. *Boston Globe, 3/10/08*

"Fear Itself." When patients are diagnosed with cancer - or even if they're just being tested - they're often engulfed by anxiety. Sometimes, they exaggerate the threat. Now, researchers want to help ease the worry... and are increasingly experimenting with alternative ways of providing comprehensive, digestible information about cancer to patients. *Boston Globe, 3/10/08*

Nutrition Expert Speaks to Breast Cancer Survivors

The Breast Cancer Survival Center recently hosted a presentation, "Breast Cancer and Nutrition: Secrets, Lies and Common Sense - What You Need To Know," by Samantha L. Heller, MS, RD, CDN, a nationally recognized clinical nutritionist, registered dietician and exercise physiologist.



Ms. Heller, who is a Fairfield resident, was a senior clinical nutritionist and exercise physiologist at NYU Medical Center in New York City for almost a decade. She holds a dual Master of Science degree in nutrition and applied physiology from Teachers' College, Columbia University. Currently, she is a contributing editor to *HEALTH* magazine and is the nutrition coordinator at the Fairfield YMCA. She is also a favored expert on nutrition, health, and medical nutrition therapy for national news networks and programs such as CNN, "Good Morning America," and "The Today Show." In fact, the morning after her talk for BCSC, Ms. Heller appeared on "The Today Show," talking about the importance of calcium in a woman's diet.

Her BCSC talk focused on designing a healthy eating plan, particularly to lower risk of recurrence. Among items she discussed were the difference between good and bad fats, safe grilling tips - timely as the outdoor barbecue season approaches - and the importance of eating high fiber foods such as cauliflower and broccoli.

Ms. Heller also stressed the importance of physical exercise as another way to decrease the risk of a breast cancer recurrence. She pointed out that exercise also helps lower anxiety and promotes healthy sleep patterns, and advised survivors to design an exercise regimen that includes both cardio and strength training since, as we get older, our bodies lose muscle and gain fat.

Here were a few of her top tips:

- Make your diet, as much as possible, plant-based.

- Be well hydrated.
- Get as much fiber as you can through whole foods rather than supplements.
- Manage your weight.
- Avoid alcohol.

Before making any changes to diet, or adding daily exercise, she advised everyone to check with their personal physician.

She also gave a web site which contains a 44 page pdf file on nutrition: www.cancer.ucsf.edu/crc/nutrition_breast.pdf

A Personal Story

Why She Volunteered for Last Year's Fashion Show

Last year, Elaine Kosri of Fairfield brought several of her Mary Kay people to work their makeup magic on our models.

It was very special for Elaine to do this, because her mother, now 86 years old, was diagnosed with breast cancer at the age of 47.

"The doctors didn't have much hope at the time," Elaine said. "If you asked my mother today why she survived, she'd tell you that she didn't want anyone else raising her five children.

"She was determined to live, and she's a walking miracle to her family.

"I was deeply touched, watching and talking to the beautiful women who participated in the fashion show. It was a blessing for us to be able to serve and pamper the models."

Want to be a Supermodel?

The ninth annual *Celebrate Life!* fashion show and brunch will be held on Sunday, October 5, from noon - 2 p.m. at Shore and Country, Gregory Point, East Norwalk. Planning is starting now to make this our best one ever. It's amazing how fast time can go when you're having the fun we do organizing this very special event.

Once again this year, Talbots in Westport will be providing the gorgeous clothes. And speaking of gorgeous, the Gedney Modeling Agency in Fairfield will be providing handsome escorts for our superstar models. What's not to like?

If you're a cancer survivor yearning to spread your wings and shine, here is your big chance, as BCSC is recruiting models for the show. Celebrate your triumph over cancer, and invite all your friends and family to come and cheer you on.

Volunteers are also needed to help put the actual show together, solicit auction items, as well as work the day of the event on set-up, make-up, hair, etc.

If you'd like to be part of this wonderful event in any capacity, please let us know, either by phone at 203-857-7304, or by e-mail at cancersurvival@aol.com and we'll sign you up.

You'll have a wonderful time, guaranteed.