



Cindy Feist
Executive Director

Happy Spring

As spring comes into sight, flowers begin to bloom and birds are singing as mother nature renews the landscape. Here at WSW, we are in the process of change and renewing as well. Over the winter months, we have been brainstorming some new and exciting events. Hopefully one of these over the next couple of months will peak your interest. If not, keep your eyes open for future opportunities to join us.

The first event to check out is our **Crafts & Karaoke** night at Hoppers tap house. This is your time to get creative and join others as we all enjoy music and games while decorating a bra with RECYCLED materials. If you feel your creation is up to the challenge, you can submit your creation into our 9th Annual Bras for a Cause being held at the Centre of Salisbury Mall in May.

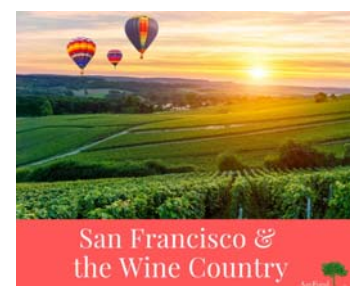
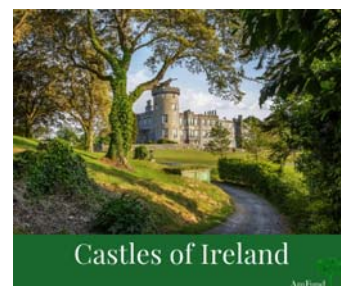
Ready for a night on the town and feeling lucky? WSW has partnered with Ocean Downs Casino and AmFund to bring you Bourbon, Bowties, & Blackjack (page 7). Let the fun begin with a three course, bourbon infused meal, \$20 complimentary slot dollars, and silent auction to include **9 TRIPS!** Wear your most pink/unique bowtie to enter our Best Bowtie Competition. Discounted rooms are available at Comfort Suites, just call 410-213-7171 and mention "Bourban & Bowties" to reserve your room. Visit our Facebook Event or website to register for tickets. See you all soon!

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- Wish List:**
- Cardstock (White or Cream)
 - Reams of white Copy Paper
 - 8 1/2 x 11 inches

Here's a special sneak peek at just a few of the incredible trips AmFund has provided for Bourbon, Bowties, & Blackjack!



SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, April 4th — 6:30PM

Women Supporting Women's Office

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

Onancock, VA (Accomack)

Thursday, April 18th — 6:00PM

Holy Trinity Episcopal Church

66 Market St, Onancock

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

Pocomoke (Worcester)

Thursday, April 11th — 5:30pm

Pocomoke Community Center

1410 Market St, Pocomoke

410.548.7880

Speaker/Topic: CBD Oil with Bridget Perry,
Peninsula Holistics

Facilitator: Virginia Schneider

Cambridge (Dorchester)

Tuesday, April 23rd—6:30pm

Christ Episcopal Church

601 Church St., Cambridge

410.463.0946

Speaker/Topic: Open Forum

Facilitator: Sue Todd

Ocean City (Worcester)

Wednesday, April 17th — 1:00PM

New Cancer Care Center

9707 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Open Forum

Facilitators: Bev Ward & Jocelyn Feist

HAVE QUESTIONS ABOUT

HOW CBD OIL CAN HELP YOU?

Bridget Perry from Peninsula Holistics will be back as our guest speaker for our Salisbury Support Group, Thursday, May 2nd at the Community Foundation of the Eastern Shore. Mark your calendars & keep an eye on our social media for more details.



Peninsula
Holistics

SURVIVOR STORY

Diane's Story.

My name is Diane and I am a 6 year breast cancer survivor. My story began November 2011 when I felt a slight burning sensation in my right breast. I was working as a daycare provider and neglected to do anything, hoping the burning sensation was temporary.

On New Years Eve, 2011, the pain was so severe that I scheduled a mammogram the first week of 2012. A few days after I received a letter telling me to return for a second test. A few more days passed and I received a letter telling me that there were suspicious findings on my film that needed further testing. My previous mammogram had been in October 2011. What could possibly be wrong? I had nowhere to turn. I did not know what to do because the place that did the mammogram only told me to ask my primary care doctor. At that time I did not have a primary doctor.

I called my older sister and she told me to go to a gynecologist. I explained the situation to the gynecologist and immediately she found a doctor to give me a biopsy. I was so frightened, not knowing what to expect, still hoping that there was a mistake on my films. The following day I received a call from my gynecologist asking me to come back. Two doctors spoke with me. "I am sorry, you have breast cancer," they said. Here came the tears; the doctors left the room and gave me time to cry alone, as I felt as nothing else was ever going to be the same.

The next day I was scheduled for an MRI, which I confirmed the breast cancer. I went home and told my two sisters and my mom. I then met with the breast surgeon who scheduled me for a pet scan, muga scan, chest x-rays, bone scans, blood tests, and, oh yes, more painful biopsies. My test results showed that I had stage 2, estrogen positive breast cancer.

In late February I had a lumpectomy on my right breast. It took me about three weeks to recuperate and I developed an infection. In the beginning of March, I had my port inserted and, shortly after, began my 8 rounds of chemo. I had Adriamycin every other week followed

by Taxol every other week. At my initial visit, I was so frightened. My husband could not take off from work, and I went to every infusion alone. The oncology nurse was not too compassionate and only said, "Go sit in your chair." Tears filled my eyes and I trembled.

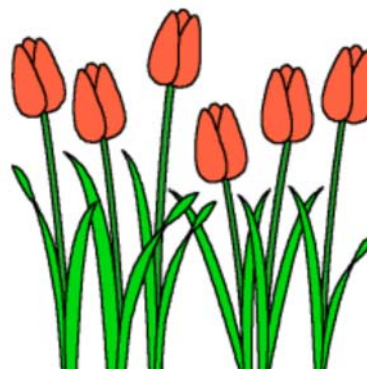
No one told me that my first urination after chemo would be red. I later learned that ACT, my chemo, was called the "champagne drug"; because of its red color, the urine becomes red upon the the first time you use the bathroom after your infusion. At the beginning of every infusion, the nurse would say, "1, 2,3" and prick my skin where the port would take the little thin tube to give me the chemo. When I had the Neulasta shot, I thought, "Oh, this is not bad." Little did I know that for 6 days I would be in excruciating pain, my joints and muscles hurt so much. My oncologist told me that this was a good sign and it meant that the chemo was working and help boost my blood cells.

On my alternate weeks, I enjoyed life. I went to weddings, birthdays and had romantic weekends with my husband. I lost my hair, and wore hats outdoors (I did not like wearing wigs). The best part was I lost my Italian chin and upper lip hair, (no more tweezing and waxing!) But my hair grew back during my Taxol infusions and there I was, back to plucking those chin hairs.

Radiation came next, 35 days of it. I did very well, and was so proud of myself. The worse was behind me.

Currently I am on Arimidex and plan to be hormone-therapy free in 2022.

To find this story and more, visit: <https://www.sharecancersupport.org/2018/08/diane-story/>



MEDICAL UPDATE

Putting Breast Cancer on a Ketogenic Diet?

Increasingly common, and increasingly worrisome, are certain online sites and providers that are aggressively promoting a ketogenic diet for breast cancer patients and others with a cancer diagnosis. The theory behind a keto approach is attractive in its simplicity, and many people are delighted to believe they can, for example, now eat all the chemical-and-hormone-free meat, heavy cream and coconut oil that they desire. Yet, despite the appeal, the diet is surprisingly very hard to stick to. It's common for many people to wind up quitting this plan. And even though certain anticancer results from some animal studies and a few human trials or case reports may sound compelling, there is solid evidence that a keto-based diet can potentially lead to adverse health problems.

The use of the ketogenic diet is based on the observation that some cancer cells use a peculiar type of metabolism called the Warburg effect. This metabolic pathway actually ferments glucose and produces many more of the building blocks of new cancer cells than typical healthy cell metabolism.

The ketogenic diet has come into play because cancer cells don't seem to use ketones to run what is known as Warburg metabolism or produce the Warburg effect. Ketones are formed when the body metabolizes fat. The ketogenic diet supplies large amounts of fat and substantially raises the levels of ketones in the blood. It can also substantially drop levels of glucose. The thought behind its application in cancer is that cells using Warburg metabolism will be starved of glucose and will also be poisoned by the accumulation of ketones that they can't use.

Given this assumption, it has been important to study the actual effects of the ketogenic diet. Researchers have, therefore, tested cancer cells exposed to ketones to observe if they do actually slow down their metabolism because of the predicted starvation/poisoning effect. In a recent published study a team of scientists tested whether ketones – at a level that were comparable to what occurs in someone on a strict

ketogenic diet — stopped the cancer cells from multiplying. Neither a short term (5 days) nor a long term (14 days) experiment showed any slowing effect in the rate at which cancer cells multiplied. Then they observed the ability of ketones to increase the sensitivity of the cells to chemo or radiation, a hypothesized benefit of the diet. But the ketones did not improve chemo-sensitivity or radiation-sensitivity. So with these findings, the effects of ketones in breast cancer cells were basically null. Additionally, a different study found that ketones caused a significant 70% increase in the growth of breast cancer cells implanted into mice!

From this data, it's hard to find the benefit in keto diets for breast cancer patients. However, keto diets can potentially result in weight loss, which might help some patients, but how long that weight loss is sustained is very uncertain. What has been found is the inability of many people to adhere to a strict keto diet – meaning, not feasible for large numbers.

There are other problems too: A different analysis found that very low carb diets decreased a measure of the flexibility and health of blood vessels that is essential to cardiovascular health, and many breast cancer patients unfortunately do suffer serious cardiovascular disease. Other disturbing findings were found in a recent analysis of several international studies that showed both low-carb diets (less than 40% carbohydrates) and high-carb diets (more than 70% carbohydrates) raised mortality rates by about 20% over moderate carbohydrate diets. Added to this information — low-carb diets that were heavy in animal protein raised mortality even more.

Find this article & more at: <http://blockmd.com/2018/10/29/putting-breast-cancer-cells-ketogenic-diet/>

COMPLEMENTARY CARE

What is CBD?

By Bridget Perry, Peninsula Holistics

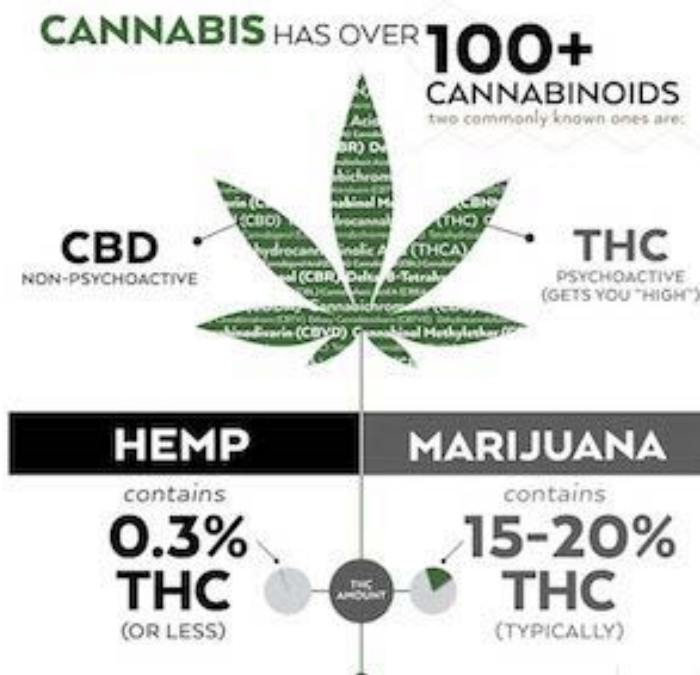
Chances are, you have heard the buzz around hemp-derived CBD products. But few people seem to really understand exactly what it is and why everybody is going crazy over it. CBD is short for “cannabidiol” - a specific type of cannabinoid derived from the cannabis plant. Its not to be confused with THC, the cannabinoid that is responsible for the psychoactive effects (the “high”) associated with smoking marijuana. CBD has little to no side effects but offers an impressive list of potential health benefits.

Our bodies utilize CBD through our endocannabinoid system by establishing several different molecular pathways. This enables it to affect our body in variety of ways. CBD benefits can range from curbing anxiety and sleeping disorders to managing chronic pain and infections.

It’s easy to get on social media and find some incredible –albeit anecdotal and subjective – evidence and testimonies about the ways CBD can alleviate a

variety of symptoms. Until recently, hemp-derived products were considered controlled substances. Now that the federal government is defining it as an agricultural product, studies are starting to pick up speed. There is still so much to learn when it comes to all the ways our bodies work with cannabinoids, but for now, CBD is looking like it holds potential to be a key part of cancer treatment for many individuals. A study done in 2011 published in American Association for Cancer Research shows that cannabidiol was capable of directly killing and detoxing breast cancer cells. Multiple studies show that CBD directly activates a serotonin receptor (5-HT1A) in the brain that is responsible for how our bodies handle anxiety, pain perception, sleep, nausea and more.

Science has a long way to go, and hemp derived products may not work for everybody. But for now, CBD looks to be a promising consideration when it comes to managing many symptoms and side effects.



YOUR HEALTHIEST YOU CONFERENCE

June 8, 2019
WICOMICO YOUTH AND CIVIC CENTER
500 Glen Avenue - Salisbury, MD 21804

WOMEN SUPPORTING WOMEN
410.548.7880

Mentoring Minute



Meet Your Mentor - Jocelyn Feist

Jocelyn Feist born and raised in Salisbury, Maryland. Recently moved back to the area from Elkridge, MD on the Western Shore. She has been an avid volunteer for Women Supporting Women for a few years prior to her move to the Western Shore. Jocelyn brings her 9 years of medical experience to Women Supporting Women to help those going through their breast cancer journey. In her spare time, Jocelyn is continuing her education returning to school at Wor-Wic Community College to finish her associate degree in Medical Office Management. She is eager to start this new adventure with Women Supporting Women as their new Mentoring Coordinator.

Feist states, "I may not have all the answers, but I want survivors and those newly diagnosed with breast cancer to know that I truly care about their concerns. I want to form a relationship with these strong, beautiful women and let them know I am here to help in any way possible." Women Supporting Women is excited to welcome Jocelyn to our team and look forward to her guiding breast cancer survivors through their journey.



From our friends at PRMC

We associate the month of April as a time of renewal, spring flowers, Easter and of course, everyone's favorite holiday April Fool's Day!

April Fool's Day is a day filled with gags, hoaxes and jokes on unsuspecting victims. It seems like an opportune time to review some common myths or false beliefs that are widely held by many regarding breast cancer. Below you will find some common myths (**in bold**) related to breast cancer with factual information listed below in regular type.

I can't get breast cancer because it doesn't run in my family.

Certainly having a family history of breast and/or ovarian cancer is a known risk factor for developing breast cancer, but in fact, 80-90% of individuals who develop breast cancer have no family history of breast cancer at all.

The use of antiperspirants, deodorants and wearing bras are all causes of breast cancer.

According to the National Cancer Institutes (NCI) a part of National Institutes of Health (NIH) there is no current research to support a relationship between the use of antiperspirants/deodorants and the development of breast cancer. Only one scientific study looked at the link between wearing a bra and the development of breast cancer and no correlation was found. So please, continue with wearing deodorant/antiperspirant and a bra if you choose! No need to offend your family, friends, and co-workers.

Men can't get breast cancer because they have no breast tissue.

Although breast cancer in males is very rare it is possible for males to develop breast cancer since they do have a small amount of non-functioning breast tissue located directly behind the nipples. Less than 1% of all breast cancers diagnosed are in men.

Injury or trauma to the breast, like getting hit in the breast can cause breast cancer.

There is presently no evidence to suggest that an injury to the breast will cause breast cancer or increase one's risk of developing breast cancer in the future.

I can get breast cancer from the radiation in mammograms.

Although mammography does involve radiation, research has shown that the small amount received during a mammogram is very unlikely to cause cancer. The benefit of having a mammogram and finding a breast cancer early far outweighs the risk associated with the small amount of radiation used in performing a mammogram.

Kathy Jarman Foxwell, BSN, RN, CN-BN

Cancer Navigator

Richard A. Cancer Institute

Peninsula Regional Medical Center

410-543-7597

BOURBON, BOWTIES, & BLACKJACK

APRIL 13, 2019 || 6:00-9:00PM || OCEAN DOWNS CASINO.

Join Women Supporting Women for a dazzling three course, bourbon infused meal and an elegant evening of fun! Break out your jazziest bowtie & enter our contest!

\$100 per guest.

Includes meal, bourbon pairings, and complimentary slot dollars.

Enjoy a small silent auction, along with an AmFund auction that includes over eight incredible trips!

Discounted hotel accommodations are available.

Call 410-548-7880 to reserve your seats, or visit our Facebook page for more information.



Must be 21 years of age or older. Please play responsibly, for help visit mdgamblinghelp.org or call 1.800.GAMBLER

WSW NEWS AND HAPPENINGS

OFFICE HOURS: MONDAY - FRIDAY, 9:00 AM - 4:00 PM

FUN FACTS:

Each year April 22 is celebrated as Earth Day. On Earth Day events around the world are used to help teach people how they can help our planet. It has been reported that over 1 billion people do something on or around Earth Day each year in an effort to help the environment.



This year, WSW has made **recycling** the theme of our 9th Annual Bras for a Cause competition!

UPCOMING EVENTS:

Bras for a Cause Launch at Hoppers!

A new event for WSW! Join us at Hoppers on April 4th & get ready to create your Do-It-Yourself Bras for a Cause submission! This year's theme is **recycled**, but remember you are not limited to that theme! We can't wait to see what everyone comes up with this year. See entry form on page 10 for all rules! Keep an eye on our Facebook for more details!

Bourbon, Bowties, & Blackjack

Another brand new WSW event! Join us on April 13th for an elegant evening at Ocean Downs Casino, where you'll enjoy a three-course bourbon infused meal—each course served with its own special bourbon pairing. For more information, visit:

www.womensupportingwomen.org/bourbonbowtiesblackjack

Ladies Night Out with the Shorebirds!

Join WSW & Spicer Brother's Construction on Thursday, May 23rd for Spicer Brothers' Annual Ladies Night Out Pink Hat Giveaway! Call 410-548-7880 for more information.

All WSW events and details can be found on our website under the "Events" tab at the top of the home page.

Office Staff Members

Cindy Feist

Executive Director

Cerah Edsall

Administrative Assistant

Sarah McGarity

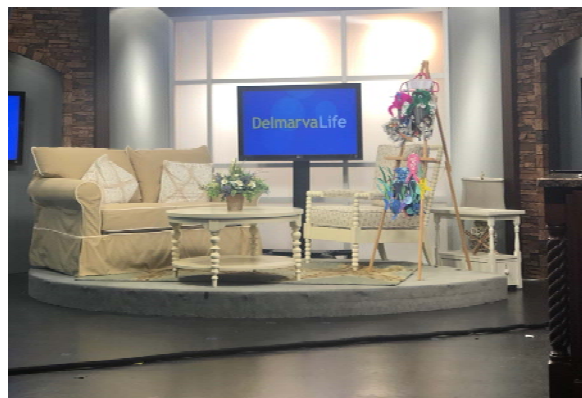
PR & Marketing

Shelby Moore

Event Coordinator

Jocelyn Feist

Mentoring Coordinator



You might've seen some familiar faces on DelmarvaLife recently! Event Coordinator Shelby Moore & PR & Marketing Director Sarah McGarity were invited to sit down and talk about WSW's 9th Annual Bras for a Cause Event! Find the video on the Women Supporting Women Facebook page!

We also brought along WSW's staff submission for 2019's Bras for a Cause: Recycle Ave! How adorable are Oscar & Olive!?



COMMUNITY SUPPORT

18th Annual Pink Ribbon Bingo!



Tish Withers & the Apple Drug table simply had a ball at Pink Ribbon Bingo!



Board member Billye Sarbanes, Past Board President Penny Bradford, WSW Founder Sue Revelle, & Mentoring Coordinator Jocelyn Feist after serving up an excellent meal at Bingo!

WSW's Chemo Care Bags Get a Facelift!



Nicole Gannon, senior stylist with Stella & Dot has given new life to WSW's Chemo Care bags! Nicole came into WSW months ago with an idea to make our chemo bags more stylish & uplifting, and she did *not* disappoint when she brought them in to show us! These adorable bags are filled with essentials & some fun little goodies to keep your mind occupied during treatment! We cannot thank Nicole enough for thinking of WSW!



Last month, WSW had the pleasure of making a sweet new friend, Aurora, who came to visit & pick out a brand new wig! We think the pink one suits her perfectly.

DONOR THANKS

In Kind

Tammy Adkins
 Rachel Baker
 Bobbi Cooper
 Rod Dulany
 Colleen Savio
 Debbie Ball
 Penny Marlin
 Lucille Henry

In Memory

Delores Plaskon
 P. Curtis & Jane Massey
Mike Todd
 Barbara Gore

Individual

Jane Roach
 Susan Jackson Stein
 Diana Elzcy
 Bonnie East

Civic

Willards Elementary School

In Honor

Ruth Culver
 Marty Yates

SPONSORS

Courage

\$5,000 +

Spicer Bros. Construction Inc.

Hope

\$2,500 +

Apple Discount Drugs

Kitty's Flowers

Peninsula Imaging

Richard A. Henson

Cancer Institute

Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

How to Donate:

Monetary

- ⌘ Online
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory

In-Kind (Non-monetary)

- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthesis
- ⌘ Hats
- ⌘ Hats
- ⌘ Scarves
- ⌘ Head coverings
- ⌘ Wish-List



Joke Of the Month

Question: When do monkeys fall from the sky?

A: During Ape-ri! showers!

Mark Your Calendars!

Midweek Meals at Belmont

WSW has partnered with local chef and caterer Al Chandler to bring you a delicious monthly menu, right here on Belmont Avenue!

Join us for lunch on **April 17th** for the **FIRST** Midweek Meal at Belmont!

Proceeds benefit Women Supporting Women. Come grab a bite for a great cause!



Local Services • Local Support

NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804


RETURN SERVICE REQUESTED

Please contact the office if you are not reading or if you no longer wish to receive our newsletter. Thank you.

410-548-7880 or
marketing@womensupportingwomen.org

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- Billye Sarbanes, Treasurer
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- Penny Bradford, Past President
- Cindy Feist, Executive Director
- Melodie Carter
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- Ginger Donovan
- Alane Emerson
- Judy Herman
- Sally Hudson
- Jeanne Kenkel-Tajvar
- Jenni Pastusak
- Chalarra Sessoms



CRAFTS & karaoke

Join WSW for a night of fun!
Hopper's Tap House || 04.04.2019 || 5:00pm

\$20 covers admission, craft supplies & a single drink, or \$25 if we supply the bra for you! Join us for music & games while you decorate, provided by MoonBeam Entertainment, and karaoke from 7-10pm!

Get a leg up on the competition & start your design for WSW's 9th Annual Bras for a Cause event, starting 5/1!

Look for our event on Facebook!
For more information, contact WSW at 410-548-7880
or events@womensupportingwomen.org

