



Cindy Feist
Executive Director

“TIME FOR YOU”

I don’t know how everyone else is feeling, but to me with constant stimuli around with social media, etc. time is flying. It seems like everyone around me is traveling at a high rate of speed and I’m still not moving fast enough to keep up with all the demands. For me, I need to stop the world from turning just for a moment.

Ok, I can’t stop the world, but for my health and yours lets look at ways to move from “Doing” to “Being” just for one moment. First things first. Here are four steps to begin the journey of just “Being”.

- 1. Notice:** Disengage from doing and notice when you are caught in a whirlwind. People tend to get lost in what they are doing, i.e. Facebook or daydreaming and lose track of time.
- 2. Come Back to Present:** When you catch yourself in “Doing” mode, gently bring yourself back to present. Focus on where you are, what is in your hands, and are your feet firmly planted on the ground.
- 3. Take a moment of gratitude:** Pause to appreciate what you have right now good in your life.

We all need to stop looking and yearning for a happy future and discover your joy right now. When you catch yourself in that whirlwind, make a conscious choice to seize the moment and make time doing something nourishing for you. Take a walk, read a book, journal, learn a new instrument, in other words stop and smell the roses. Now is the perfect time!

To help you begin this process, come join WSW at “Your Healthiest You” Conference on Saturday, June 8th at the Wicomico Youth & Civic Center (see page 12 for more details). Time for you will be very well spent.

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Salisbury (Wicomico)

Thursday, June 6th — 6:30PM

WSW Office

1320 Belmont Avenue, Salisbury

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

Onancock, VA (Accomack)

Thursday, June 20th — **CANCELLED**

Holy Trinity Episcopal Church

66 Market St, Onancock

757.787.4430

Speaker/Topic: **CANCELLED**

Facilitator: Nicole Ayres

Pocomoke (Worcester)

Thursday, June 13th — 5:30pm

Pocomoke Community Center

1410 Market St, Pocomoke

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Virginia Schneider

Cambridge (Dorchester)

Tuesday, June 25th—6:30pm

Christ Episcopal Church

601 Church St., Cambridge

410.463.0946

Speaker/Topic: Open Forum

Facilitator: Sue Todd

Berlin (Worcester)

Wednesday, June 19th — 1:00PM

New Cancer Care Center

9707 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Elisa Lawson – Prothesis

Facilitators: Bev Ward & Jocelyn Feist

Support Group Meeting's in
July that will be **cancelled:**

⌘ Salisbury

⌘ Onancock

⌘ Cambridge

of her IVF doctor's protocol before receiving an egg transfer included a mammogram. Giuliana had no family history of breast cancer and no reason to be concerned about the early mammogram. Nevertheless, the test results showed a tumor. She was diagnosed with early-stage breast cancer. The news shocked her, but Giuliana realized how lucky she was to have discovered the disease at this point in her life. "Thank goodness he does this," Giuliana said, referring to her IVF doctor's required testing. "I'm sure the last thing a doctor wants is to help someone get pregnant who may have not known they have breast cancer."

It was an emotional time for Giuliana and Bill, but she credits him with helping her stay grounded. He kept a level head as they researched treatment options, and she discovered that learning more about what she was facing was empowering. "When you get diagnosed with something like breast cancer, it is very easy to take an emotional approach to every decision. I think it's important for all women to have someone in their life who can try to help take the emotion out of the process since many of us, when we are diagnosed with something like cancer, tend to catastrophize everything in our mind. That can lead to choices that are not always the best ones for us."

Giuliana's treatment began with a lumpectomy, after which her doctor advised that she consider a mastectomy. She and Bill made a list of pros and cons, keeping in mind their goal of starting a family. They took into consideration how some of the treatment types may affect that capability.

"I am so thankful," she went on, "that I had a husband who was able to take a rational approach. It really helped us get to better decisions regarding treatment."

Giuliana chose to have a double mastectomy and was given the choice to either do reconstruction at the same time or undergo the mastectomy with reconstruction after, which meant expanders and a follow-up surgery months later.

"I wanted to minimize the number of surgeries so I opted for immediate reconstruction. Luckily, I was a good candidate for this. I think it's a very personal decision since everyone is so different."

The toughest side effect of the surgery for Giuliana was actual pain at the incision site.

"Painkillers cause a lot of nausea for me, so I wasn't able to take the recommended amount. My chest and surrounding areas hurt pretty badly, but I know many women who are able to take painkillers who say that they didn't have anywhere close to the discomfort I had. Unfortunately, I wasn't so lucky, but, in the end, it was worth it. I just had to take it one day at a time, and every day the pain got more manageable."

The aftereffects of the reconstruction also proved a bit challenging.

"I would be lying if I said it was easy to get used to the scars and everything else that comes from reconstruction. It took a long time to adjust," she admitted, "but now, I look at my

public in many ways, deciding to share this very personal experience was difficult initially. "I realized I had an important story to tell and that my journey could help so many other people. I knew I had to tell the world 'Hey, if this can happen to me, a healthy 36-year-old woman with no family history of breast cancer, then it can happen to anyone!'"

Promoting the importance of early detection wasn't all she felt compelled to do. About two weeks after her mastectomy, Giuliana went back to work. She remembers looking in the mirror, after getting her hair and makeup done and putting on a pretty outfit, and seeing a face she hadn't seen in months.

"For the first time since my diagnosis, I felt like myself again," she said. "I felt like the girl I was before the breast cancer, and it made me smile."

That moment is what gave Giuliana the idea to create FAB-U-WISH, an initiative that grants wishes to women who are going through treatment.

"I wanted women going through breast cancer treatment to forget about the cancer for a while and just be themselves again."

To be able to help even more people, she teamed up with The Pink Agenda, an organization that is committed to raising money for breast cancer research and care, along with raising awareness of the disease among young professionals. Together, they have granted hundreds of wishes for many wonderful and deserving women.

"They tell us it felt so good to just let loose and forget about their worries for a day. Nothing makes me happier than seeing these incredible women smile and laugh again. The gift is for them but, in the end, creating this program has been the greatest gift I have ever received."

Giuliana and Bill celebrated the birth of their son via gestational carrier nearly a year after her diagnosis. Four years later, she celebrated the major milestone of being five years cancer-free.

The feedback she receives daily confirms she made the right decision to share her story.



The Mediterranean-style dietary pattern may provide a wide variety of health benefits.

How would you like to spend some time at a café in Ibiza or lose yourself on a Greek island? To get to know Nice, visit Naples, or explore Morocco? While waiting for these dream vacations, you can start out by adopting the way people eat in that part of the world—and enjoy the many Mediterranean diet benefits.

A Mediterranean-style eating pattern (hereafter referred to as “Med diet”)—rich in fruits, vegetables, and whole grains and high in fish and low in red meat—relies on unsaturated fats from sources such as olive oil and sunflower seeds.

Below are seven powerful reasons you should switch to a Mediterranean style of eating.

1 It's good for your heart. The Med diet is highly comprised of fresh foods. As much as you can, banish (or minimize intake of) processed foods and junk food from your diet. Many foods found in the Med diet may also be good for the heart. Olive oil and nuts help to lower cholesterol. Fruits, vegetables, and whole grains help to keep the arteries clear. Intake of fatty fish can help lower triglycerides and blood pressure. Omega-3 fatty acids (found in nuts, such as walnuts, almonds, and hazelnuts, and in fish) help to lower triglycerides and blood pressure and support heart health.

2 Healthy fats are permitted, in moderation. Healthy fats are found in foods like nuts, olives, and olive oil. These ingredients can add flavor to food and help fight diseases such as diabetes and cancer. Healthy fats are also well-known to provide cognitive health benefits. On the other hand, avoid saturated fats and trans fats, which are found in many processed foods.

3 Have your wine...and drink it too. It's customary to drink wine with meals in the countries of the Mediterranean region, especially red wine. Wine may help promote relaxation and can help fight cardiovascular disease. But keep it to one glass a day for women and two for men. By the way, if you don't drink, you don't have to start.



Fresh fruits, vegetables and whole grains along with olive oil and nuts are key elements of the Mediterranean-style dietary pattern.

4 Variety. And lots of it. The Med diet includes not only Greek or Italian cuisine, but also the foods of France, Spain, Turkey, and other countries in the region. But choose the healthier foods from these varied cuisines. Remember that French cuisine can be heavy in saturated fats from butter and cream. And Spanish food can include lots of white rice. Be choosy! Remember the basics: Avoid red meat, whole milk, and dairy products prepared with whole milk. You can eat fruits and vegetables, olive oil, fresh fish, and whole grains.

5 Enjoy a plethora of fresh herbs and spices for an unbelievable flavor experience! Mediterranean herbs and spices such as bay leaves, coriander, rosemary, garlic, pepper, and cinnamon, among others, give meals lots of flavor. Some of these even have antioxidant properties that help fight various diseases. (You don't need added salt!)

Elements of the Mediterranean Dietary Pattern

- Focus on plant-based foods, such as fruits, vegetables, whole grains, legumes, and nuts
- Replace butter with healthy fats like olive oil and canola oil
- Limit the use of salt in your cooking
- Use fresh herbs and spices to add delicious and complex flavors to your foods
- Keep red meat intake to a minimum (a few times a month, maximum)

6 Fill up on fiber! Because many of these foods are good sources of fiber, they are digested slowly and can help keep you feeling full longer. And an additional benefit: the Med diet can help you maintain a healthy weight after a weight-loss diet. This was revealed in a study by the Negev Nuclear Research Center in Israel, published in the *New England Journal of Medicine*.

7 It's good for your brain! Foods that protect the heart may also protect the mind. A research study at The University of Exeter suggests that the Med diet may protect the brain from aging and reduces the risk of schizophrenia and age-related diseases such as dementia.

Benefits of the Med Diet: Fending off Disease. If you want to give your family the gift of health and even prolong your life and theirs—switch to a Med diet at home as soon as you can. From your own kitchen, you could be fighting conditions like type 2 diabetes and obesity.

But remember that, more than just a way of eating, the Med diet is a lifestyle. If you want to maximize its great benefits, combine elements of this dietary pattern with appropriate levels of physical activity, and aim to reduce stress. The dietary adaptations along with behavior change may be just what you are looking for!

—Kristen N. Smith, PhD, RDN
(Adapted from www.universityhealthnews.com)

cancer? Unfortunately, male breast cancer is not mentioned or often talked about and this is because most men do not consider their pecs as a breast. Interesting fact, “male breast tissue is similar to females until you reach puberty (on average around age 9 or 10). Even after puberty, boys and men normally have low levels of female hormones, and breast tissue doesn’t grow much. Men's breast tissue has ducts, but only a few if any lobules.” It is rare for men under the age of 35 to be diagnosed with breast cancer. But, just like women chances of breast cancer do increase with age. Men who have been diagnosed with breast cancer are between the ages of 60 and 70. Gynecomastia is the most common male breast disorder. “Gynecomastia can appear as a button-like or disk-like growth under the nipple and areola, which can be felt and sometimes seen.”

Statistic about male breast cancer; for men, the lifetime risk of getting breast cancer is about 1 in 833. Breast cancer is about 100 times less common among white men than among white women. And breast cancer is about 70 times less common among black men than black women. Did you know some male celebrities have had breast cancer? Senator Edward Brooke was diagnosed in 2002, Erine Green (former ‘60s Cleveland Browns NFL player) diagnosed in 2006, Richard Roundtree (actor) diagnosed in 1993, and even though George Lucas (creator of Star Wars and Indiana Jones) has not public disclosed his diagnosis rumors of him having to have treatment for breast cancer. The goal is to bring Awareness and Education for all.

Jocelyn Feist

Mentoring Coordinator

<https://www.cancer.org/cancer/breast-cancer-in-men/about/what-is-breast-cancer-m-men.html>

BREAST CANCER

The American Cancer Society estimates that **1%** of all breast cancer cases occur in men

Men's breast cancer usually shows up as a lump under or near a nipple

On average, women with breast cancer live **2** years longer than men with breast cancer, largely because men don't realize that they can get breast cancer too

MISSHAPEN BREASTS, NON-MATCHING BREASTS, AND NIPPLE DISCHARGE are also possible signs of breast cancer

Men with a **STRONG FAMILY HISTORY** of breast cancer are also at high risk of developing breast cancer

Mammograms and breast exams may be helpful to men, assuming regular consultation with their doctors

Sources: Associated Press



Massage

Therapeutic massage incorporates a variety of advanced modalities that enhance the body's natural restorative functioning. Light to firm touch is used to release tension, relax muscles, increase blood and lymph circulation, and impart a sense of calm. Therapeutic massage can be used as a collaborative, supportive addition to conventional medical treatment of illness and injury, alleviating pain and stress, aiding soft tissue healing, and revitalizing the body. Also, regular massage can enhance health, providing relaxation, release of muscle tightness, relief from anxiety and tensions, and balancing aspects of body/mind/spirit.

THERAPEUTIC MASSAGE TECHNIQUES

- **Swedish Massage:** Flowing, kneading, and passive joint movement techniques. Promotes release of tensions and general relaxation. Stimulates nerve endings in the skin and connective tissue, increasing blood and lymph circulation.
- **Deep Tissue Massage:** Work done deep within the muscles and connective tissue. Slow strokes and deep finger pressure work to release contracted areas of muscles and surrounding tissue.
- **Reflexology:** Pressure point holds stimulate reflex channels. Effective for areas of tension or pain. Hands, feet, and ear pressure points are massaged to promote general well being.
- **Neuromuscular Massage:** Advance massage techniques effectively treat chronic pain and injuries. Improves muscular and postural imbalances.
- **Craniosacral Therapy:** Light touch holds work within the natural flows of the body. Results in deep relaxation and encouragement of the body's alignment and natural healing ability.
- **Lymph Drainage Therapy:** Light pressure facilitates increased movement of lymph fluid. Complements treatment of auto-immune disorders, cancer treatments, surgery, and contributes to wellness through improved immune response.
- **Reiki:** Light touch, accesses Universal Life Energy. Can speed healing, reduce pain, and decrease symptoms.
- **Hot Stone Massage Therapy:** This 90 minute session uses a variety of large and small smooth heated stones to melt away tension and stress, resulting in deep relaxation.

Research has shown that therapeutic massage techniques may be helpful in the following conditions:

- **Stress, Anxiety, Depression:** promotes relaxation response, enhances coping mechanisms in patients undergoing treatment for cancer, reduces symptoms of anxiety, depression and stress disorders
- **Pain control:** fibromyalgia, arthritis, sciatica, headaches, childbirth
- **Chronic lung disease:** increases respiratory function and decreases anxiety
- **Digestive:** adjunctive therapy to treatment of chronic constipation

An NCI-funded analysis of data on more than 83,000 women from large cancer registries in California and Georgia found that, in 2013 and 2014, only about one-quarter of women with breast cancer and one-third of women with ovarian cancer underwent testing for known harmful variants in breast and ovarian cancer susceptibility genes. The study also found that among patients who did receive genetic testing, 8% of breast cancer patients and 15% of ovarian cancer patients had “actionable” gene variants, meaning variants that might warrant changes in treatment, screening, and risk-reduction strategies. “Genetic testing has become quite cheap and accessible, and this study includes a time period when it was becoming much cheaper, so it’s striking that we still see low rates of testing,” Dr. Kurian said. “I think that suggests that there are most likely other barriers outside of cost.” The study also revealed racial and socioeconomic disparities in testing rates among women diagnosed with ovarian cancer. Genetic testing rates were far lower for black women than for white women, and they were also lower for uninsured patients than for insured patients.

Reasons and Recommendations for Genetic Testing

About 15% of ovarian cancers are caused by inherited mutations, and several medical organizations recommend that all women diagnosed with ovarian cancer receive genetic testing. For women with breast cancer, the recommendations for genetic counseling and testing are generally more limited, typically relying on factors such as age at cancer diagnosis and family history. However, some organizations, including the American Society of Breast Surgeons, recommend that genetic testing be made available to all women diagnosed with breast cancer.

There are many reasons why women with ovarian and breast cancer would get tested, Dr. Kurian explained. “We know that if patients have a specific inherited gene mutation, they will likely have more benefit from a new class of drugs called PARP inhibitors,” she said. The Food and Drug Administration has approved three PARP inhibitors for BRCA1- and BRCA2-associated ovarian cancer and two for BRCA1- and BRCA2-associated metastatic breast cancer. Harmful variants of both BRCA1 and BRCA2 are known to increase the risk of breast and ovarian cancer, as well as of several other types of cancer. “Another reason to get tested is that patients with a genetic mutation that is associated with breast or ovarian cancer may be at higher risk of a second cancer, so you don’t want to miss a second cancer that could be a problem,” Dr. Kurian said. “The findings could also be life-saving information for a patient’s relatives. If you find that she carries a mutation, every first-degree relative, male or female, has a 50% chance of having the same mutation,” she said. Testing, then, could allow for enhanced screening and prevention for family members who are carriers, she explained.

April 9, 2019, by NCI Staff

Office Staff Members

Cindy Feist

Executive Director

Cerah Edsall

Administrative Assistant

Shelby Moore

Event Coordinator

Jocelyn Feist

Mentoring Coordinator

*Father's Day
June 16th*

*First day of Summer
June 21st*



UPCOMING EVENTS:

Your Healthiest You Conference

June 8th from 8 am—2 pm at the Wicomico Youth & Civic Center

Participate in a day of health and wellness education with a holistic approach, hosted by Women Supporting Women. Admission is free and includes representation from various vendors such as essential oils, herbal teas and therapy services to topics of discussion on relaxation, CBD oil, and genetic testing.

Register now at: wswhealthiestyou.eventbrite.com

Pint & Pecs

See flyer below.

15th Annual Ride for Awareness

Our 15th Annual Ride For Awareness kicks off on June 29th! Same event, new route—start at WSW office. Registration begins at 8am, kickstands up at 9am. Check back on our website and social media channels 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.

Pint & Pec's

NEW EVENT!

Come to Evolution Brewing Company on June 17th, at 5:30pm to 7:30pm to learn that



Breast Cancer isn't JUST a "Woman's" disease.

.....
One drink token per attendee.

For more information please call

410-548-7880

or visit us on Facebook at

WSWDelmarva



RIDE FOR AWARENESS & Poker Run

Benefitting:

WSW
Local Services • Local Support

**SATURDAY,
JUNE 29th**



NEW ROUTE!

Starting at the Women Supporting Women Office!

Registration: 8 AM. First bike out 9 AM. Last bike out 10 AM

\$25 per driver, \$10 per passenger.

A 50/50 Raffle will be at each stop & pulled at the last stop!

MORE INFO: 410-548-7880 womensupportingwomen.org

Thank you Courage Sponsors:





Executive Director, Cindy Feist (second to right), attends Soroptimist dinner May 8th as one of the award recipients.



Event Coordinator, Shelby Moore (middle), accepts check from ECI in Princess Anne May 9th.

Bra's For A Cause Closing, Tuesday, May 21st



Ladies Night, Thursday, May 23rd @ Shorebirds Stadium



In Kind

Debbie Bell
Denise Conklin
Charles Phippin
Claudette Contorino
Carol Taylor
Carolann Wessles
Gail Lekites
Gail Copes
Barbara Synder
Jen Williams

Business

ECI

In Memory

Mary "Mer Mer" Brown
Herl's Bath & Tile Solutions
Jeanette Brown
Ruth Ann Andrews
Barbara Jones
Robert & Linda Hearn

Individual

Lee & Debbie Smith
Janet Wilkins
Fayette Jarmon
Cassandra Johnson
Faye Dorman

Civic

Willards Lion's Club
Soroptimist of Salisbury
Fruitland Intermediate School

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 +

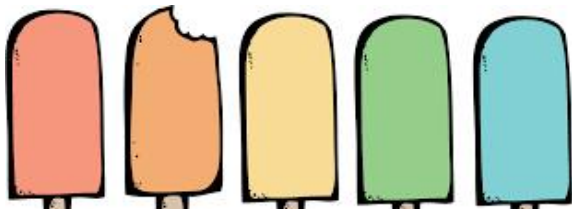
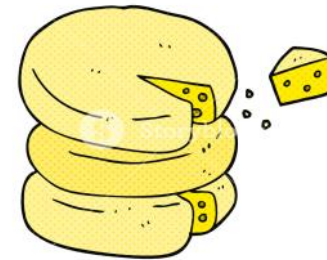
Airport Self Storage

Pepsi Bottling Ventures

JOKE OF THE MONTH

Q. Did you hear about the cheese factory that exploded in France?

A. There was nothing left but de Brie.



How to Donate

Monetary

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

In-Kind (Non-monetary)

- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthe-
- ⌘ Hats
- ⌘ Scarves
- ⌘ Head cover-

WomensSupportingWomen.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
wicomico@womensupportingwomen.org

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YOUR HEALTHIEST YOU

INTEGRATED HEALTH AND WELLNESS
CONFERENCE



JUNE 8, 2019

WICOMICO YOUTH AND CIVIC CENTER

Participate in a day of health and wellness education with a holistic approach. Admission is free - Registration opens at 8:00 AM. Program runs from 8:30 am to 2:00 pm.

Pre-registration is suggested.

- Breakout session speakers include topics on CBD Oil, Nutrition, Journaling & Tai Chi.
- Vendors covering: Herbal Teas, Chiropractic Care, Lyme Disease & Master Gardener.
- Enjoy lunch while listening to our guest speaker: Beth Ohlsson: author, storyteller, speaker, & counselor..
- Genetic testing, courtesy of Myriad (Fees may apply)