



Cindy Feist
Executive Director

March National Nutrition Month!

National Nutrition Month (NNM) is an annual nutrition education and information campaign created by the Academy on Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

The NNM campaign purpose is to “increase the public’s awareness of the importance of good nutrition. This is also what WSW strives to provide on the shore, awareness and education. Nutrition is a large piece of this breast cancer puzzle. We know that eating well and making good food choices helps to maintain a healthy weight, which we all hope works to keep diseases at bay. Studies have shown that a decreased state of overall health and increased weight, for breast cancer survivors, may mean a longer period of healing and increase possibility of recurrence.

Throughout this issue of our “Care & Share” Newsletter are several healthy recipes for you to try and a way to start your own garden this spring. However you choose to begin your healthy eating, just BEGIN. During this National Nutrition Month, let’s help the Academy on Nutrition and Dietetics achieve its vision of a world where all people thrive through the transformative power of food and nutrition.

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Wish List:

Cardstock (White or Cream)
Reams of white Copy Paper
8 1/2 x 11 inches

Happy Eating!



SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, March 7th — 6:30PM

Women Supporting Women's Office

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

Onancock, VA (Accomack)

Thursday, March 21st — 6:00PM

Holy Trinity Episcopal Church

66 Market St, Onancock

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

Pocomoke (Worcester)

Thursday, March 14th — 5:30pm

Pocomoke Community Center

1410 Market St, Pocomoke

410.548.7880

Speaker/Topic: Lymphedema Specialist

Beverly Fry Beckett

Facilitator: Virginia Schneider

Cambridge (Dorchester)

Tuesday, March 26th—6:30pm

Christ Episcopal Church

601 Church St., Cambridge

410.463.0946

Speaker/Topic: Juliana Pax—Healthy Nutrition

Facilitator: Sue Todd

Ocean City (Worcester)

Wednesday, March 20th — 1:00PM

New Cancer Care Center

9707 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Open Forum

Facilitators: Bev Ward & Jocelyn Feist

Love to knit? 

Attend one of WSW's knitting groups!
We meet in Ocean Pines on the 2nd
Monday of each month, or the 1st
Wednesday of the month at the
WSW Office! Call 410-548-7880 for
more information.

SURVIVOR STORY

Mary's Story: Stage I Invasive Breast Cancer

My name is Mary Vetting, and I am an eight-year breast cancer survivor.

Most people think of breast cancer as an older woman's disease. It turns out, however, that breast cancer is actually the most common cancer in women aged 15-39.

A cancer diagnosis is terrifying for anyone, but it was especially frightening for me as my Mother died of metastatic breast cancer in 1998, after a brave, 14-year battle, at age 55.

As much as I still miss her everyday, the silver lining is that she became my guardian angel in many ways, but specifically in that high-risk specialists began screening me for breast cancer through bi-yearly mammograms, sonograms, and MRIs at age 31 because my Mother was first diagnosed at age 41.

Therefore, my breast cancer was caught early, before it spread. Even though I'm BRCA negative, a 1.1 centimeter tumor was found on my MRI, and I was diagnosed with stage one invasive breast cancer in 2009, at age 34.

I was treated at Sloan-Kettering and had a lumpectomy, several months of fertility treatments followed by an egg retrieval procedure, eight rounds of CMF chemotherapy, a bilateral mastectomy, and several reconstructive surgeries over the course of four years. Also, I started taking Tamoxifen in 2010 and have about two years left to go as the protocol is now ten years rather than five.

Shortly after I was diagnosed, I was walking in my neighborhood and passed a store called "The Upper Breast Side," which is a play on words because it is located on the Upper West Side. I didn't know if it was a breast cancer organization, or a store for nursing mothers. Turns out it was the latter, but, coincidentally, the woman who owned it was a breast cancer survivor. When I told her that I was in treatment, she recommended that I contact SHARE as she credited

them with keeping her sane during her cancer experience.

So I looked them up and soon began attending SHARE's support group meetings for young women with breast cancer. These meetings and the women I met through them were extraordinarily helpful. They eased my fears, gave me tips on how to cope, encouraged me, and understood my experiences in a way that others couldn't. My friends and family were amazing, but it was so wonderful to sit in a room full of breast cancer warriors; it gave me hope and made me feel less alone.

A few years later, one of the facilitators at SHARE decided to "retire" after eight years of service and I was asked to take her place. I was flattered to be asked and am honored to be able to spend time with these women warriors on a regular basis, and hopefully help them through their breast cancer journeys.

Throughout my many years with SHARE, I have also become a peer counselor, phone hotline operator, and the co-facilitator of the Coping with Aromatase Inhibitors support group, all of which have been wonderful experiences.

Today, at age 42, the chart in my oncologist's office reads N.E.D., the three most beautiful letters in the English alphabet. N.E.D. stands for No Evidence of Disease. Words cannot express how grateful I am for my health, and I look forward to the day when every cancer patient's chart contains those lovely letters.

To find this article and more, please visit: <https://www.sharecancersupport.org/2018/02/mary-stage-i-invasive-breast-cancer/>

Looking for a Support Group?
WSW has five groups
that meet monthly! Call us at
410-548-7880 & we'll connect you!



MEDICAL UPDATE

Researchers Develop Comprehensive New Way to Predict Breast Cancer Risk

Scientists have created the most comprehensive method yet to predict a woman's risk of breast cancer, according to a study by Cancer Research UK published in *Genetics in Medicine*.

They have developed a way of calculating the risk of developing the disease by combining information on family history and genetics with other factors such as weight, age at menopause, alcohol consumption and use of hormone replacement therapy.

Although individually some of these things have a small impact on the likelihood of developing the disease, researchers found that by considering all of them at once, plus family history and genetics, they can identify groups of women who have different risks of developing breast cancer.

Importantly, for the first time, researchers have considered more than 300 genetic indicators for breast cancer. This makes calculating the risk much more precise than ever before.

From this, the researchers have created an online calculator for GPs to use in their surgeries. Some GPs, practice nurses and genetic counsellors are testing this tool before it is considered for wider use. Doctors are prompted to answer a series of online questions about their patient including their medical and family history, whether they have any known genetic alterations linked to cancer, their weight and whether they drink alcohol.

In the future, information like this could help to tailor breast cancer screening depending on an individual's risk. For example, it could help determine what age they are first invited for breast screening or how regularly they are invited to receive it.

The risk calculation could also help people to make decisions about preventative therapy—such as identifying women at high risk who may benefit from taking the drug tamoxifen—as well as encouraging women to think about the ways they could reduce the

risk themselves, for example trying to keep a healthy weight.

Professor Antonis Antoniou, lead author at the University of Cambridge, said: "This is the first time that anyone has combined so many elements into one breast cancer prediction tool. It could be a game changer for breast cancer because now we can identify large numbers of women with different levels of risk—not just women who are at high risk. "This should help doctors to tailor the care they provide depending on their patients' level of risk.

For example, some women may need additional appointments with their doctor to discuss screening or prevention options and others may just need advice on their lifestyle and diet. "We hope this means more people can be diagnosed early and survive their disease for longer, but more research and trials are needed before we will fully understand how this could be used."

Breast cancer is the most common cancer in the UK. Nearly 55,000 women are diagnosed with the disease each year. But a large proportion of breast cancer cases occur in people who are at an increased risk. Cancer Research UK has helped to double breast cancer survival over the last 40 years. Dr. Richard Roope, Cancer Research UK's GP expert, said: "Research like this is hugely exciting because in the future it will enable us to offer much more tailored care which will benefit patients and make best use of the services that we have available.

"Although having an increased risk of breast cancer means a woman is more likely to develop the disease—it's by no means a certainty. A woman at high risk may never get breast cancer just as a woman at low risk still could. But any woman with concerns should speak to her GP to discuss the options."

To find this article and more, visit: <https://medicalxpress.com/news/2019-01-comprehensive-breast-cancer.html>

COMPLEMENTARY CARE

Easing Anxiety With Self-Acupressure

Acupressure done at home by women who were taught the technique helped reduce pain, anxiety, and depression in women with long-term fatigue after breast cancer treatment, according to a small study.

Acupressure uses the fingers, thumbs, or special devices to put pressure on specific points on the body. It is part of traditional Chinese medicine. Acupressure can be done by a practitioner or it can be self-administered.

Other studies have found acupressure helps ease fatigue, sleeping problems, pain, depression, and anxiety. But no study had looked at using acupressure to treat multiple side effects at the same time in women treated for breast cancer. In this study, the researchers looked at two different types of acupressure: relaxing acupressure and stimulating acupressure.

Relaxing acupressure is traditionally used to treat insomnia. Stimulating acupressure is used to increase energy. These two types of acupressure are different in that they put pressure on different points on the body. This study included 288 women who said they were experiencing fatigue along with anxiety, depression, and/or pain after breast cancer treatment. The women had been diagnosed with stage 0-III breast cancer, and treatment was completed a year or more before the study started.

- ⌘ The women were randomly assigned to one of three treatment groups:
- ⌘ relaxing acupressure
- ⌘ stimulating acupressure
- ⌘ usual care

Women in the two acupressure groups were taught how to find and put pressure on the specific points on their bodies so they could perform acupressure at home once per day for 6 weeks.

Women in the usual care group were given handouts on how to better manage their depression, anxiety, and pain. The researchers measured the women's levels of anxiety, depression, and pain before the study started and again after the study was completed.

At the beginning of the study:

- ⌘ 193 women reported chronic pain
- ⌘ 92 women were considered to have depression

- ⌘ 142 women were considered to have anxiety
- ⌘ 50 women reported all three conditions

After 6 weeks, relaxing acupressure helped ease depression better than both stimulating acupressure and usual care. This difference was statistically significant, which means it was likely due to the difference in treatment and not just because of chance. Both types of acupressure helped ease anxiety and pain better than usual care. These differences also were statistically significant.

“Acupressure was associated with greater improvements than usual care in anxiety, pain, and symptoms of depression in breast cancer survivors with troublesome fatigue,” the researchers wrote. “These findings warrant further evaluation in suitably controlled randomized trials.”

If you're continuing to have symptoms of fatigue, depression, pain, and/or anxiety a year or more after being treated for stage 0-III breast cancer, you might want to talk to your doctor about this study. You can easily learn to give yourself acupressure, and as this study shows, the technique can help many women. Acupressure is one of several complementary and holistic medicine techniques that have been shown to help ease breast cancer treatment side effects. Other techniques include yoga, massage, acupuncture, journaling, and meditation. Find this article & more: <https://www.breastcancer.org/research-news/self-acupressure-eases-anxiety-pain-depression>

Mark your calendars!

WSW's Your Healthiest
You Conference returns
to the Wicomico Civic Center
June 8th, 2019!



NUTRITIONAL INFORMATION

Zesty Lemon Garlic Penne with Broccoli

Pasta is generally easy to digest and very filling, perfect if you need to build your weight up after treatment. The added nutrients and antioxidants of the lemon, broccoli and garlic will help to boost your immune system. Swap out the chicken broth for vegetable broth for a vegetarian version.

Ingredients (serves 4):

- ½ pound of penne pasta (or any other type of pasta you have)
- 5 cups of broccoli
- ¼ cup of olive oil (or oil of your choice)
- 10 thinly sliced cloves of garlic
- ½ cup of low sodium chicken or vegetable broth
- Zest of one lemon, grated
- ¼ cup of grated parmesan cheese
- salt and pepper to taste



Directions:

Cook the pasta as per directions on the packet, but add in the broccoli three minutes before the end of cooking time, once cooked, drain and put to one side. In a skillet heat the oil over a medium heat and sauté the garlic slices for one to two minutes until it starts to color. Add the broth and bring to a boil; simmer until the liquid has reduced by about half. Stir regularly so the garlic doesn't stick to the pan. Add the broccoli, pasta and lemon zest and stir through until heated. Season and serve with the parmesan cheese scattered over the top.

Find this recipe and more at: <https://breastcancer-news.com/social-clips/2016/10/13/7-recipes-every-cancer-patient-should-try/2/>

From our friends at PRMC

The month of March brings with it many reasons to celebrate, including Mardi gras, Daylight Savings Time, St. Patrick's Day, and of course, the first day of spring! I know that the team at the Breast Center are all hoping that Punxsutawney Phil was right and that we will be ushering in some warmer weather soon. With all these reasons to celebrate, it seemed appropriate to address breast health and alcohol use this month. Alcohol consumption is associated with an increased risk of hormone receptor positive breast cancer. Not only can drinking excessive amounts of alcohol increase our risk of breast cancer, but it can increase our risk of other cancers, as well. According to www.breastcancer.org, women should limit their alcohol consumption to under 3 drinks per week. With all of this in mind, I wanted to share a recipe for one of my favorite "mock-tails" to help liven up your March celebrations. Thank you for reading!

Carrie A. Kellams, BSN, RN, CN-BN
Cancer Navigator



Rosemary Blueberry Smash

- Ingredients:
- 1 oz honey
 - 7-8 blueberries
 - 1 oz fresh lemon juice, strained
 - 1 rosemary sprig
 - 4 oz sparkling mineral water
 - ice

Muddle blueberries, rosemary leaves, and honey in the bottom of a cocktail shaker. Add lemon juice and shake with ice vigorously for 10 seconds. Strain through a mesh strainer into a tall glass of fresh ice. Top with sparkling water and stir. Enjoy!

MENTORING MINUTE

March is the beginning of Spring, and the first day of Spring lands on the 20th this year. At this point, everyone has had cabin fever. So, what is the best way to Spring out of those Winter Blues you ask? Enjoying the great outdoors, of course. No better way to enjoy the outdoors then to start your own little vegetable garden. You can soak up a little vitamin D from the sun, while planting healthy vegetables.

Like some, I am not a gardener, but I have found a great article to help us beginner gardeners. The beauty about being a beginner gardener, is that you can start out small, and once we find our green thumbs, we can be able to grow our gardens even bigger and better. Start with a flower pot, then pick 1 or 2 veggies of your' choose and start the fun and relaxing time of planting those seeds and watching them grow.

A few simple rules to follow:

Picking the right location – place pot in a sunny location, Plant in good soil, Plant in a stable environment.

How to grow the best veggies –use high-quality seeds, water properly, plant and harvest at the right time.

Great Veggie for barrel/pot planting ideas:

Tomatoes, Beans, Lettuce, Peppers/Chilies, Radishes, Asian Greens, Spinach, Peas, Carrots, Cucumbers, Eggplant, and Squash

Great Veggies for Breast Cancer:

Green Leafy – Lettuce, Spinach, Beet greens, Romaine

Cruciferous Vegetables – Broccoli, Cabbage, Turnips, Brussels sprouts, Cauliflower, Kale, Collards, Mustard greens

Umbelliferous Vegetables – Celery, Parsley, Carrots, Fennel

Solanaceous Vegetables – Eggplant, Tomatoes

Cucurbitaceous Vegetables – Squash, Cucumber

Happy Gardening!

Jocelyn Feist
Mentoring Coordinator

Upcoming Events:

March 14th

Basket Bingo
Salisbury Moose Lodge

April 4th

Crafts & Karaoke
Hopper's Tap House

April 13th

Bourbon, Bowties, &
Blackjack
Ocean Downs Casino

May 1st—21st

Bras for a Cause
Entry form on page 10!



The Price is Right?

Organic foods may be worth the higher price tag. A new French study of 70,000 adults found that participants who frequently consume organic dairy, meat and produce had 25 percent fewer cancer diagnoses than those who don't eat organic foods. There was an especially steep drop in diagnoses of lymphoma and post-menopausal breast cancer.

Article from Food Network magazine, March 2019.

Thank god this horrible winter weather has officially become horrible spring weather.

someecards



Follow us on social media to keep up with all of our day-to-day happenings!
[@wswdelmarva](#)



WSW NEWS AND HAPPENINGS

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

FUN FACTS:

The month of March is home for St. Patrick's Day and International Women's Day!



March 14 or 3/14 is celebrated as pi day because of the first 3.14 are the first digits of pi. Many math lovers around the world love celebrating this infinitely long, never-ending number.

UPCOMING EVENTS:

18th Annual Pink Ribbon Bingo

Fun, food and fantastic prizes! Our Pampered Chef and Thirty-One Bingo is one of the largest events of the year! Have you purchased your tickets yet? March 14, 2019 at the Salisbury Moose Lodge. See opposite page.

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 years 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!

Calling all Riders!

The Salisbury University Sea Gull Century is approaching fast! If you will be riding on October 5, 2019 and would like to show your support for WSW at the same time, contact us to find out how you can fundraise for us!

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

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PR & Marketing

Shelby Moore

Event Coordinator

Jocelyn Feist

&

Kathy Pisani

Mentoring Coordinators

BOURBON, BOWTIES, & BLACKJACK

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

Don't miss this brand new
WSW event! See our Facebook
for event details.



MARCH 14

Pink Ribbon BINGO

Local Services • Local Support

18TH ANNUAL PINK RIBBON BINGO

- March 14: doors open at 5:00 pm - Salisbury Moose Lodge
- Thirty-One and Pampered Chef prizes, 50/50 raffle and food.
- \$20 in advance/\$25 at the door
- Admission may be purchased in office, online at <http://bit.ly/pinkribbonbingo>, or by calling 410-548-7880.
- Must be 18 or older to play. No outside meals or alcohol will be permitted.

CONTACT:
CERAH EDSALL 410.548.7880





2019 Bras for a Cause

A creative fundraiser to promote breast cancer awareness

All entries must be submitted to the WSW office by 4:00 PM Wednesday, April 24th

This official entry form must accompany your submission.

Entry Type (please circle one): **BUSINESS** **GROUP** **INDIVIDUAL** **YOUTH**

Are you creating a " Recycled " themed bra design made from recyclable items? **NO** **YES**

Please List Recycled Materials: _____

Are you creating a Breast Cancer message theme bra design? **NO** **YES**

Bra Title: _____

Business, Individual or Team Name: _____

Team Captain: Name: _____

 Address: _____

 Phone: _____

 Email: _____

Team Members: _____

Do you wish to have your entry returned following the contest? (please circle one): **NO** **YES**

OFFICIAL RULES:

- Contest entry is FREE. We do ask that you secure 100 votes at \$1.00 per vote.
- Entries must be received at a WSW office no later than 4:00 PM Wednesday, April 24th.
- Entries must be accompanied by a signed entry form.
- **Any bra size or type is eligible. However, your overall design must be no larger than 2' x 2' and must fit onto one hanger without being too heavy to hang securely**
- All entries must be on pink hangers. Pink hangers are available at WSW offices if needed.
- WSW may reject any entry deemed inappropriate
- All entries must be available for display at the Centre at Salisbury from May 1 to May 21.
- Entries and photos there of may be used for promotional and other purposes as WSW deems appropriate.

I have read the official rules and agree to the terms. Signature: _____

The Eastern Shore's only LOCAL breast cancer survivor support nonprofit

DONOR THANKS

In Kind

Ellen Post
 Jamie Handy
 Denise Seebode

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Pidge Schmidt
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 Lynn Benson
 Linda Fentress
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The Dressing Room

Deloris Plaskon

Barbara Shockley
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SPONSORS

Courage

\$5,000 +

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Hope

\$2,500 +

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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: What do you call leprechauns who collect aluminum cans, used newspapers and plastic bottles?



A: Wee-cyclers!





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

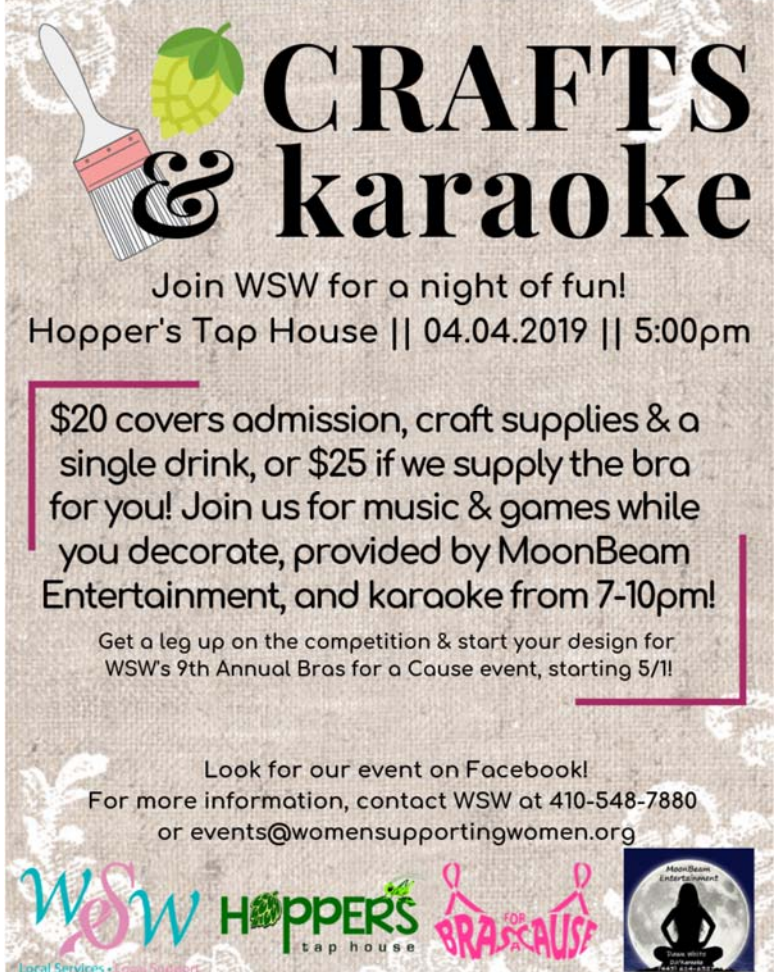
Please contact the office if you are not reading or if you no longer wish to receive our newsletter. Thank you.

410-548-7880 or
marketing@womensupportingwomen.org

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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

