

# Making Strides Against Cancer



Why Me? The A & B Cancer Society

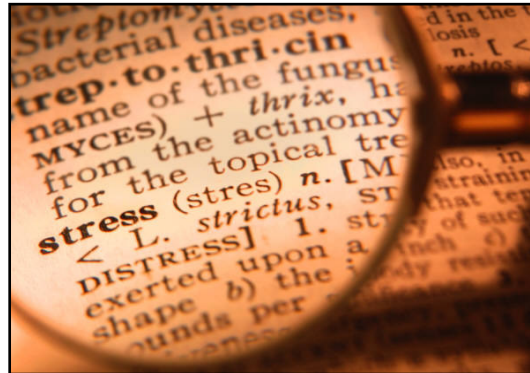
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Volume 1, Issue 1

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## Relaxation Techniques: Learn ways to reduce stress



### Types:

Health professionals such as complementary and alternative medicine practitioners, doctors and psychotherapist can teach various relaxation techniques. But if you prefer, you also can learn some relaxation techniques on your own. Relaxation techniques involve refocusing your attention to something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap the benefits.

- **Autogenic relaxation.** Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind to help you relax and reduce muscles tension. You may image a peaceful place and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations such as relaxing each arm or leg one by one.
- **Progressive muscle relaxation.** In this technique, you focus on slowly tensing and then relaxing each muscle group. You become more aware of physical sensations. One method is to start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. Tense your muscles for at least five seconds and then relax for 30 seconds and repeat.
- **Visualization.** In this technique, you form mental images to take a visual journey to a peaceful, calming place or situation.

Relaxation techniques are an essential part of your quest for stress management. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the wear and tear on your mind and body from the challenges and hassles of daily life.

Whether your stress is spiraling out of control or you've already got it tamed, you can benefit from learning relaxation techniques. Learning basic relaxation techniques is easy, often free or low cost and poses little risk. Explore these simple relaxation techniques to get you started on de-stressing your life and improving your health in the new year.

### Practicing relaxation techniques can reduce stress symptoms by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Increasing blood flow to major muscles
- Reducing muscles tension and chronic pain
- Reducing anger and frustration
- Boosting confidence to handle problems

Continue on Next Page

Breast Cancer—Pink



Ovarian Cancer—Teal



Leukemia—Orange



Colon Cancer—Dark Blue



Brain Cancer—Grey



Childhood—Gold



Uterine Cancer—Peach



Prostate—Light Blue



Kidney Cancer—Green



Bone Cancer—Yellow



Lung Cancer—White



Esophageal—Periwinkle



Head & Neck—Burgundy



All Cancers—Purple

- During visualization, try to use as many senses as you can, including smell of salt water, or the warmth of the sun on your body. You may want to close your eyes, sit in a quiet spot and loosen any tight clothing.

**Other common relaxation techniques include:**

- Yoga
- Tai chi
- Listening to music
- Exercise
- Hypnosis

- *Massage*

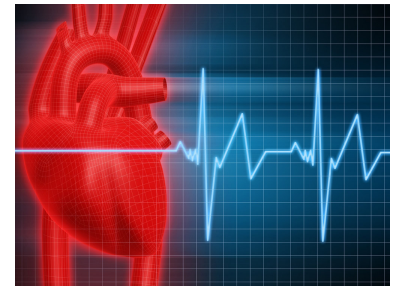
**Relaxation techniques take practice:**

As you learn relaxation techniques, you'll become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment you start to feel stress symptoms. This can prevent stress from spiraling out of control.

Remember that relaxation techniques are skills. As with any skill, your ability to re-

lax improves with practice. Be patient with yourself—don't let you effort to practice relaxation techniques become yet another stressor.

Also, bear in mind that some people, especially those with serious psychological issues and a history of abuse, may experience feelings of emotional discomfort during some relaxation techniques. Although this is rare, if you experience emotional discomfort during relaxation techniques, stop what you're doing and consider talking to your doctor or a health care professional or your mental health provider.



**SLOW DOWN YOUR HEART RATE...**



## Spirituality: A source of strength amid adversity

As a cancer survivor and a hospice volunteer, you learn to care for people at the end of their lives. The average survival time for patients that we have seen has been around 30-60 days. Daily you see the importance of spirituality as individuals reach out for consolation and strength from outside of themselves.

The name that they use for this higher power may be different. It may be God, Prophet, Lord or Allah—or it may be an unnamed force.

It is important to believe the need for spirituality—belief in a higher power—must be inherent in humans, much like the need for water and oxygen. We may have different

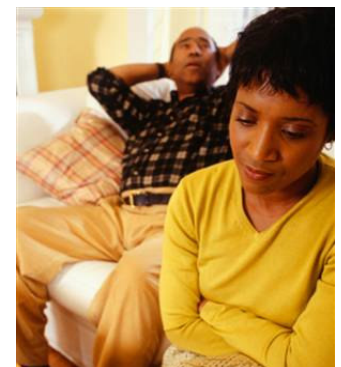
belief systems, but at the end of the day we all reach for something over and above ourselves. As many of you have commented, taking care of ourselves includes nurturing our spirituality.

A reminder that we need to slow down and live in the moment.

## Cancer Survival rate: What it means

One of the questions many people ask when first diagnosed with cancer is about their prognosis. You might want to know whether your cancer is relatively easy or more difficult to cure. Your doctor can't predict the future, but an estimate is possible based on the experiences of other people with the same cancer. It's up to you to want to know the survival rates to your cancer. The numbers can be confusing and frightening.

**What is Cancer Survival Rates?** Cancer survival rates or survival statistics tell you the percentage of people who survive a certain type of cancer for a specific amount of time. Cancer statistics often use an overall five year survival rate. For example, the overall five year survival rate for prostate cancer is 98%. That means that of all men diagnosed with prostate cancer, 98 of every 100 were living five years after diagnosed (US data). Conversely, two out of every 100 died of prostate cancer within five years. Cancer survival rates are based on RESEARCH that comes from information gathered on hundreds or thousands of people with cancer.

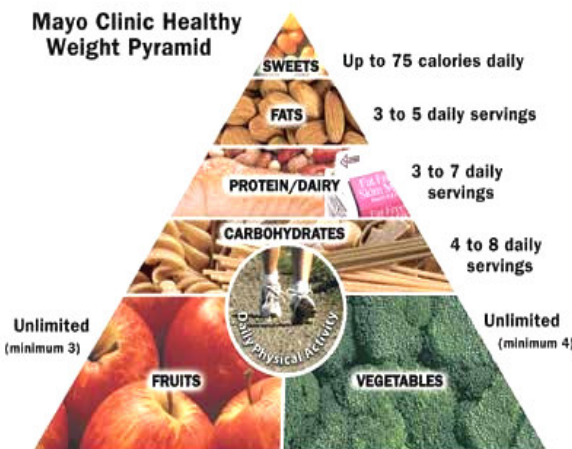


**How Are Cancer Survival Rates Used?** They help you understand your prognosis. The experience of other people in your same situation can give you and your doctor an idea of your prognosis —your chance of achieving remission. Other factors include your age and your general health. It can also help develop a Treatment Plan. Statistics can also show people with your same cancer type and stage respond to treatment. You can use this information along with your goals for treatment, to weigh the pros and cons of each option.

Knowing more about your cancer can reduce the anxiety you feel as you analyze your options and begin your treatment. But survival statistics can be confusing and frightening.

Tell your doctor, if you prefer not to pay attention to the numbers. And if you have any questions or concerns about the statistics associated with your cancer, talk about it with your doctor.

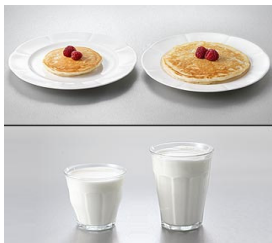
*This year  
know the facts  
Life...Be In It!*



© Mayo Foundation for Medical Education and Research. See your doctor before you begin any healthy weight plan.

The Mayo Clinic Healthy Weight Pyramid is a tool to help you lose weight or maintain your weight. The triangular shape shows you where to focus your attention when selecting healthy foods. Eat more foods from the base of the pyramid and less from the top.

**Portions vs. Servings:**



A serving isn't what you happen to put on your plate. A serving is a specific amount of food defined by common measurements, such as cups or tablespoons. In contrast, a pancake serving is 4 inches (as shown on the left). But a typical portion you might eat is 6 inches or 1 1/2 servings.

**WEIGHT LOSS: HEALTHY WEIGHT PYRAMID**

Similarly, a serving of milk is 8 ounces, but the portion you pour might be twice that size, like the one on the right. Without realizing it, you may be supersizing your meals and yourself. Use this guide to become a better judge of serving sizes and take charge of your weight loss.

**Fruits: Oranges.**



One medium orange is about the same size of a tennis ball and equals one fruit serving, or about 60 calories.

**Protein/dairy: Cheese and more.**



One and a half to 2 ounces of low fat hard cheddar cheese is about the same as three to four dice and equals one protein/dairy serving, or about 110 calories.

**Other protein/dairy servings:**

- Cheese, ricotta, part-skim** 1/3 cup
- Cheese spread, American** 1 ounce
- Milk, skim or 1%** 1 cup

- Soy milk, low fat** 1 cup
- yogurt, plain** 2/3 cup
- (1 serving = 110 calories)**

**Fats: Mayonnaise**



Two teaspoons of regular mayonnaise are about the same size as two dice and equal one fat serving, or about 45 calories.

**Other fats all about 45 calories.**

- Avacado** 1/6 section
- Bacon/port** 1 slice
- Butter, regular** 1 teaspoon
- Peanut butter** 1.5 teaspoons
- Salad dressing,** 2 teaspoons

**Protein/Dairy: Chicken**



A 2.5 ounce piece of cooked skinless chicken is about the same size as two-thirds of a deck of cards and equals one protein/dairy serving, or about 110 calories.

It may take some practice to become a better judge of serving sizes and portions, especially as you put entire meals together. But the more you practice...

# Coping With Feelings of Loss



Grief is a highly personal response to life losses.

When we grieve, we feel powerless and guilt. Some also may experience shock, denial, sadness, loneliness, depression and find it difficult to enjoy the holidays or any day when coping with a loss. Learning how and finding positive ways to remember loved ones can help you make it through.

## TALK.

Talk about your relationship with the deceased. Review, reflect, and remember the death and the funeral of your loved one. Break out the imposed isolation and do not carry that burden on your shoulders alone.

ders alone.

## FEEL.

Acknowledge and express your feelings or else you become numb. Unexpected feelings that will fester within your body and cause disease.

## THINK.

Begin to think about yourself. A grief support group can help you see the need of thinking and doing and giving of yourself.

## CHANGE AND GROW.

You do have choices. You can choose not to risk, not to challenge yourself, then you are choosing not to grow, not to mature.

Remember, there are many feelings and emotions associated with grieving. You do not have to go it alone.

## WE CAN HELP.

Contact Why M? The Antigua and Barbuda Cancer Society and you can receive and the information you need to continue to grow and mature where you maybe thought you never would again.

**NO MATTER WHO YOU ARE WE WANT TO HELP.**

### Honoring the Memory

**A good way to cope with the loss of a loved one is to create your own memorial to help you heal through your grief. Developing a new ritual takes planning, care and love. But you will reap many benefits in the days ahead, so here are a few suggestions:**

1. **Purchase or make a memorial**
2. **Spend sometime with other family members and make a family album**
3. **Make a donation to a charity in the name of your love one.**

## TALKING WITH YOUR DOCTOR

Now this has been said before, but let us say it again: "A good relationship between you and your doctor is an important part of good health care. You must be able to communicate well with each other so that your needs are met."

You should feel at ease with your doctor. This means taking the time to ask your questions and make your concerns known. Likewise, your doctor must take the time to answer your questions and listen to your concerns. If you and your doctor feel the same way about sharing information you probably have a good relationship. But what is the first step toward establishing good communication with your doctor? Well ask yourself, "How much do I want to know?" You may want to know a lot of medical details about your illness. Some people feel more in control of what is happening to them when they know all of the facts. You decide. You may only want small amounts of information, but don't be afraid to tell your doctor how much or how little information you want.

Sharing information. Everyone has a different style of communication. That's why the perfect doctor for one person may not be a good match for another. Consider what you value in a doctor. Some people feel more comfortable with a doctor who will share information in a clinical and business like manner. Other people want their doctors to have an excellent "bedside manner". They value a doctor who can address both their emotional health and medical needs.

Remember what your Doctor Says. It's hard to understand complex information when you are anxious or afraid. Even if the doctor is thorough, you may not hear or remember what is being said. There are several ways to ensure you remember and understand everything your doctor tells you. Decide which way will be best for you:

- Take notes to help you recall what your doctor says
- Ask if you can tape record your talk for later review
- Have a family member or friend there with you. They can remind you of question you want to ask and help you remember later what the doctor said.

If you don't understand something ask your doctor to explain it. Above all your doctor should take your questions seriously. He should be interested in your concerns and not make you feel rushed. Building a good relationship with your doctors...chances are you'll both benefit.

# Diabetes: Then & Now

Recently there was an older movie on YOU TUBE entitled, "Glory Enough for All", that gave a new appreciation for the diabetes treatment options we have today. In the past, a diabetes diagnosis meant wasting away to certain death in a year or two. Until the 20th century, diabetes mellitus" or "honeyed" diabetes was diagnosed by tasting the patient's urine for sweetness. Then thing began to change.

- By early 20th century, Dr. Frederick Allen prescribed low calorie diets that restricted patients to 450 calories per day. It prolonged the lives of some people with diabetes a year or two.
- IN 1921, a young Canadian surgeon, Frederick Banting, and his assistant, Charles Best, kept a dia-

betic dog alive for 70 days by injecting it with a concoction of canine pancreas extract. With the help of other doctors, a more refined extract of insulin was given to a young boy dying of diabetes. His blood sugar dropped within normal limits within 24 hours. This was truly a miraculous discovery. One of the children treated, lived to be 74 years old.

Medical breakthroughs have continued to prolong the lives of people with diabetes.

- In 1935, Roger Hinshworth discovered two types of diabetes—"insulin sensitive" and insulin insensitive"—that further opened up new avenues of treatment. Also in the mid-1930s, pork/beef insulin and longer acting PZT insulins were marketed.
- The 1950s brought oral

medications called sulfonylureas that were introduced to better manage blood sugars for those with type 2 diabetes.

- The early 60s, urine test strips were developed to test blood sugar. People with diabetes no longer had to use test tubes and tablets and wait for results. In 1969, the first blood glucose meter was developed. The instrument had a four inch galvanometer with a jeweled bearing, weighed three pounds and cost US\$650.00.

Thankfully, today's meter's fit in your purse or pocket. Insulin pumps are about the size of a pager and can easily be carried in a pocke or clipped to a belt.

Other type 2 oral diabetes medications and rapid acting insulin have been added in the last 15 years.

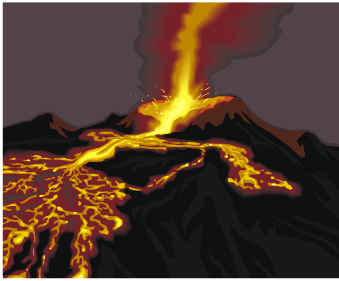
What will the future hold? What would you like to see?



**2ND YEAR..  
2ND YEAR OF  
MORE FUN FOR EVERYONE!  
THANKS TO SUBWAY AND  
ALL OF THE BEAUTIFUL  
PEOPLE WHO MADE THIS  
EVENT A SUCCESS.**



## Volcanic Eruptions & Your Health



You can do many things to protect yourself and your family from the dangers a volcanic eruption can cause. The best way to protect yourself and your family is by knowing the dangers.

Volcanoes can produce ash, toxic gases, flashfloods of hot water and debris called lahars, lava flows, and fast moving flows of hot gases and debris called pyroclastic flows.

Here you will find general precautions and preparations for a few of these threats. Some of these threats can be predicted ahead of time and others may occur with little or no notice after an eruption occurs. Each volcano and situation is unique. Pay attention to warnings from local authorities for the best advice available on actions you can take to protect yourself and loved ones.

### VOLCANIC ASH

Exposure to ash can be harmful to infants, elderly people and people with respiratory conditions such as asthma, emphysema, and other

chronic lung disease may have problems if they breathe in volcanic ash. Ash is gritty, abrasive, sometime corrosive and always unpleasant. Small ash particles can abrade (scratch) the front of the eye. As particles may contain crystalline silica, a material that causes respiratory disease called silicosis.

### GASES.

Most gases from volcano quickly blow away. However, heavy gases such as carbon dioxide and hydrogen sulfide can collect in low lying areas. The most common volcanic gas is water vapor, followed by carbon dioxide and sulfur dioxide. Sulfur dioxide can cause breathing problems in both healthy people and people with asthma and other respiratory problems.

Other volcanic gases include hydrogen fluoride. Amounts of these gases vary widely from one volcanic eruption to the next.

Although gases usually blow away rapidly, it is possible that people who are close to the volcano or who are in the low lying areas downwind may be exposed to levels that may affect health. At low levels, gases can irritate the eyes, nose and throat. At higher levels, gases can cause rapid breathing, headaches, dizziness, swelling and spasm of the throat and suffocation.

### MAJOR HEALTH TREATS FROM VOLCANIC ERUPTIONS.

Volcanoes spew hot, dangerous gases, ash, lava, and rock that are powerfully destructive. People have died from blasts. The most common cause of death from a volcano is

suffocation.

Volcanic eruptions can result in additional threats to health such as floods, mudslides, power outages, drinking water contamination, and fires.

Health concerns after an eruption includes infectious diseases, respiratory illness, burns, injuries from falls, and vehicle accidents related to the slippery, hazy conditions caused by ash.

When warnings are heeded, the chances of adverse health effects from volcanic eruptions are very low.

### PROTECT YOURSELF AND YOUR FAMILY

You can do many things to protect yourself and your family after a volcanic eruption:

- Pay attention to warnings, and obey instructions from local authorities.
- Exposure to ash, protect yourself while outdoors or while cleaning up ash.
- Stay away from ash fall areas. Keep your skin covered to avoid irritation.
- Wear goggles to protect your eyes.
- Use another source for drinking water. Such as bottled water.
- Do not travel unless you have to.

Although we are not sitting on a volcano...we do have them in our back yard. Knowledge is power...the more you know...can and will protect you and your loved ones in the New Year.

**Embody Life and Living!**  
Embody Life and Living

**Hope is Alive!**

Thank You!  
Thanks, Chefs2U (Calvin)  
Carib-World Travel (Pamela)  
Mad Mongoose (Connie)  
Richie Richardson and  
Tracy and Mrs. Forster  
Caribbean Coffee (Nora and Tim)  
We just love you and look at those faces!



## Cancer Causes: Popular myths

Misconceptions about cancer causes can lead to unnecessary worry about your health. Find out whether there's any truth to these common myths about the causes of cancer. Scary claims circulate on the Internet that everyday objects and products, such as plastic and deodorant, are secret cancer causes. Beyond being wrong, many of these myths may cause you to worry about your own health and the health of your family. Before you panic, take a look at the facts. Dr. Timothy Moynihan, MD, a cancer specialist at the Mayo Clinic, Rochester, Minn., took a closer look at some of the more popular myths about cancer and explains why they just aren't true.

**MYTH:** Antiperspirants or deodorants can cause breast cancer.

**FACT:** There is no conclusive evi-

dence linking the use of underarm antiperspirants or deodorants with breast cancer, according to the National Cancer Institute. Some reports have suggested that these products contain harmful substances that can be absorbed through the skin or enter the body through nicks caused by shaving. No clinical studies have yet given a definitive answer to the question of whether these products cause breast cancer. But the evidence to date suggests these products don't cause cancer.

**MYTH:** Microwaving plastic containers and wraps releases harmful, cancer-causing substances into food.

**FACT:** Microwave safe plastic containers and wraps don't leak chemicals into your food. But the FDA says plastic containers not intended for use in the microwave could melt and potentially leak chemicals into your food. So avoid microwaving containers that were never intended for the microwave.

**MYTH:** People with cancer shouldn't eat sugar since it can cause cancer to grow.

**FACT:** Sugar doesn't make cancer grow faster. All cells, including cancer cells, depend on blood sugar (glucose) for energy. But giving more sugar to cancer cells doesn't speed their growth. Likewise, depriving cancer cells of sugar doesn't slow their growth. All tissues in your body absorb some form of glucose. For this reason, some people have concluded that cancer cells grow faster on sugar. But this isn't true.

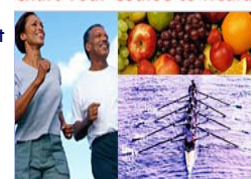
**MYTH:** Good people don't get cancer.

**FACT:** In ancient times illness was often viewed as a punishment for bad actions or thoughts. In some cultures that view is still held. If this were true, though, how would you explain the 6-month old or newborn who gets cancer? There's absolutely no evidence that you get cancer because you deserve it.

**MYTH:** Cancer is contagious.

**FACT:** There's no need to avoid someone who gets cancer. You can't catch it. It's OK to touch and spend time with someone with cancer. In fact, your support may never be more valuable.

### Chart Your Course to Health



## Chemotherapy Side Effects—Guide for the Cancer Patient & Caregivers

### In An Ideal World...

In treating cancer patients with chemotherapy, it would be ideal if health care professionals could treat only the areas where the cancer is present.

Unfortunately, that's not always possible. Chemotherapy eliminates cells that divide frequently, like cancer cells. But the treatment not only eliminates cancer cells, but also any normal cells that are rapidly dividing. Such cells are found in your:

- Bone marrow
- Digestive tract
- Hair
- Kidney, bladder and lungs
- Mouth
- Nervous system
- Reproductive system
- Skin

Because healthy tissues may also be damaged during chemotherapy, treatment can cause some side effects.

If your doctor has chosen chemotherapy as an appropriate treatment for you, it is important for you to learn how to manage any side effects you may experience.

### **What Side Effects Can I Expect?**

Anti-cancer drugs affect people in different ways. Not all cancer patients have the same side effects with the same drug, and some people have very few side effects.

It isn't possible to tell how you will react until you have been treated with a particular drug.

### **When To Call The Doctor**

After receiving a chemotherapy treatment, if you experience any side effects, such as extreme fatigue, changes in bowel habits, fever, nausea or vomiting, call your doctor right away.

Your doctor can prescribe medications to help treat the side effects.

For more information on this subject and others contact: *Why Me? The Antigua and Barbuda Cancer Society*. Or e-mail us at [whymeoutmail@yahoo.com](mailto:whymeoutmail@yahoo.com).

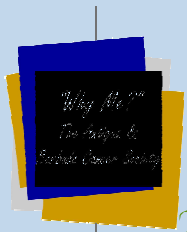
**What you don't know  
about cancer can kill you...  
Or someone you love.**



## Why Me? The A & B Cancer Society

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*The only thing as relentless  
as cancer is our comitment  
to fighting it.*

*Thank You*  
**For Everything!**

We're on the Web!  
[www.whymeantigua.com](http://www.whymeantigua.com)

## January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Rest & Relax	Complete Physical	Eat Healthy	Exercise Regularly	Avoid stress	Stop smoking	Aim for Fitness
Rest & Relax	Healthy weight	Keep Food safe	Eat whole grains	Eat Fruits and vegs	Drink/in moderation	Use common sense
Rest & Relax	Mammogram	Omega 3	No big meals at bedtime	Try Relaxation Tech-	Celebrate Life	Kiss your baby
Rest & Relax	Live Strong	Drink Rose Hips	Get Health Ins.	Help a Friend	Help a stranger	Shop sensibly
Rest More	Give it your all.					



PLANTING SEEDS OF FAITH, HOPE  
AND CHARITY



## Ignite the Spirit

A fable tells the story of a wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later he came back to return the stone to the wise woman.

"I've been thinking", he said. "I know how valuable the stone is, but

I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give the stone."

No matter what our station in life, no matter what the economic conditions, we all have the capacity for giving.

You are a pebble in a pond. One drop has the potential to cause a tidal wave. You, and everything you do will make a difference.

*Why Me?*

**HAPPY NEW YEAR FROM OUR FAMILY TO YOURS — WE WISH YOU ALL GOOD HEALTH!**