

SEPTEMBER/OCTOBER
2009

JOURNEYS: SLVRMC CANCER NEWSLETTER



*Making Exceptional
Healthcare Personal*

Oncology services:

- Infusion Center
- Physical Therapy
- Support Groups
- Nutrition
- Social Work
- Lymphedema Therapy
- Genetic Counseling
- Clinical Trials

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NEW BROWN BAG LUNCH CANCER SUPPORT GROUP

Join us to receive information and support to encourage you to take control over your life again. Whether you have been newly diagnosed, are actively being treated, or have completed treatment, this group can help. The meetings are designed to promote discussion about relevant topics along with the sharing of personal thoughts and feelings.

SCHEDULED DATES:

Wednesday, September 16, 2009

Wednesday, September 30, 2009

Wednesday, October 10, 2009

Wednesday, October 28, 2009

TIME: 12:00 to 1:00 Bring your lunch!!

WHERE: SLVRMC Education and Conference Center (next to the Grizzly Inn) San Juan Room
1919 Main Street
Alamosa, CO 81101

For more information contact:
Roberta Tesar, MSW, LCSW
San Luis Valley Regional Medical Center, Physician Services
719-589-8008



EATING WELL: FIGHTING CANCER WITH A FORK

- ✓ Take Control of your own Health Before, During, & After cancer treatment.
- ✓ Learn how to be smart about what you put into your body and how healthy eating can have a positive affect with treatment.
- ✓ Join us for **FREE** nutrition & cancer classes held every other month.

NEXT CLASS IS: Thursday,
September 24 6:30-7:30 pm

WHERE: SLVRMC Education and Conference Center (next to the Grizzly Inn), Mt. Blanca Room
1919 Main Street
Alamosa, CO 81101

QUESTIONS: Contact Jodi Birkofer
(719)587-1482 or jodi.birkofer@slvrmc.org



SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH – 5 THINGS YOU CAN DO TO LOWER YOUR RISK

1. GET TESTED

Catching prostate cancer early **increases your odds of survival to nearly 100%**, but early detection can also catch a **pre-cancerous** condition called **HGPIN**, and allow you to take action to slow or possibly even prevent pre-cancerous cells from becoming cancer. **Men over 45** should be tested every year. African-American men and those with a family history of the disease should start at 40.

1. GET TESTED
2. EAT RIGHT
3. DRINK RIGHT
4. LOWER CHOLESTEROL
5. GET SOME SUN

2. EAT RIGHT

- **Eat Your Veggies.** Three or more servings a day of cruciferous vegetables, like broccoli and cabbage, can reduce your risk by as much as 40%.
- **Eat Your Tomatoes.** Early studies show **lycopene**, found in tomatoes, can reduce the risk and slow growth of prostate cancer. The best way to get your lycopene is to eat tomatoes cooked with oil, as in spaghetti sauce or salsa, at least twice a week.
- **Eat Your Soy.** Soy-based foods contain **isoflavones**, believed to slow growth and lower PSA levels in men with early prostate cancer. Also, countries with high soy consumption have far lower levels of prostate cancer than the U.S.
- **Eat Your Fruits.** Antioxidants are a key player in the ability to process vitamin D, a major prostate cancer fighter.

3. DRINK RIGHT

- **Drink Your Coffee.** A new study says coffee is the biggest source of cancer fighting **antioxidants**, 1,299 mg daily, for the average American adult. Tea came in second at 294 mg.
- **Drink Your Tea.** Green tea is rich in **polyphenols**, believed to slow the growth of cancer. In a study of men with HGPIN found that men taking green tea supplements developed prostate cancer at a far lower rate than those who did not. Polyphenols are also found in **red wine** and **pomegranate juice**.

4. LOWER YOUR CHOLESTEROL

Research shows **high cholesterol levels** are strongly associated with advanced prostate cancer. The **“Western” diet**, high in the type of fat found in meat and dairy products, is also strongly associated with cancer rates – **eating red meat (corn-fed or finished) 5x a week** doubles your risk of prostate cancer. **Omega-3 Fatty Acids**, found in fish, grass fed livestock, or wild game, increase your “good” cholesterol, and may actually help prevent cancer.

5. GET SOME SUN

Sunlight is Key to Producing Vitamin D. Men with increased levels of vitamin D may have as much as 45% reduction in risk of prostate cancer. Calcium lowers vitamin D levels in the body, and high levels of calcium are associated with far higher risk of prostate cancer. Get sunshine in moderate amounts (15 -30 minutes per day), or consider taking a vitamin D supplement.

(Source: *Zero: The project to end prostate cancer, zerocancer.org*)

Famous men who have faced prostate cancer

"I had prostate cancer. It was rather painful and, in many ways, life-changing."

– Roger Moore
(former James Bond)



"I was diagnosed with prostate cancer in March of 1994. I survived, but since then over 175,000 American men didn't. The good news is that this war can be won — with a combination of early detection, treatment and a commitment to ongoing research."

– Norman Schwarzkopf (U.S. Army General (Ret.), Commander of Coalition Forces Gulf War 1991)

OCTOBER IS BREAST CANCER AWARENESS MONTH

Today, women have a much better chance against cancer than what you may think. In fact, nearly 100% of women who find breast cancer early survive it. And the best way to find cancer early is to make sure you get routine breast and cervical cancer screenings.

WHY IS FINDING BREAST CANCER EARLY SO IMPORTANT?

98% OF WOMEN SURVIVE BREAST CANCER WHEN IT'S FOUND EARLY THROUGH ROUTINE SCREENINGS.

- Most breast cancers take years to develop.
- Early on, most breast cancers don't cause any physical symptoms, so without a screening, there's no way of knowing you have it.
- When breast cancer is found early, it doesn't get the chance to spread to other places.
- 80% of breast lumps are non-cancerous.
- Every woman's breast tissue is different and unique.

Getting screened every year is very important in helping your health care provider find small changes in your breast tissue. This helps them to find cancer as early as possible.

There's no reason to wait. Making sure you receive breast and cervical cancer screenings every year may just save your life. Call to find out if you or a family member will qualify for free screenings through the **Women's Wellness Connection**. Locally call:

- Janeen Martinez at SLVRMC (587-1323)
- Valley Wide Health Systems (589-5161)
- Planned Parenthood (589-4906)

WALKING SHOWN TO DECREASE BREAST CANCER RECURRENCE RISK 40 PERCENT!

When it comes to further minimizing the chance of breast cancer recurrence, Dr. Carolyn Kaelin, a Harvard surgeon, breast cancer survivor and author of *The Breast Cancer Survivor's Fitness Plan*, says, "Brisk walking - about 3.0 mph on a treadmill - for three to five hours per week, or about 30 minutes a day, can net big benefits for breast cancer survivors."

"Recurrence rates and deaths from breast cancer decreased by 40 percent among those who exercise at least 3-5 hours per week, compared with those who were sedentary," Kaelin added. "It does not need to be running a marathon, or biking a century, but rather simply walking briskly most days on a treadmill, at a shopping mall or around a track, that further reduces breast cancer recurrence for those who have been treated for the condition. For all women, in addition to physical activity helping to optimize body weight and reduce high blood pressure, heart disease and diabetes, scientific research is more strongly pointing to the positive effects of cardio-vascular exercise in reducing breast cancer risk and the risks of other forms of cancer, too."

Source: Medical News Today (September 5, 2009)





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SLVRMC AWARDED \$5000 CANCER EDUCATION GRANT

In partnership with the American Cancer Society and local school health and science classes, we are pairing up with students to spread the word on how to reduce the risk of cancer, or if diagnosed, how to increase the odds of beating it. The focus will be on cancers specific to women such as breast cancer and ovarian cancer, with some emphasis on other types of cancer. Included in the curriculum surrounding cancer, the students participating will have a final project that will include presenting their

newfound education to their community, in particular, their family members. The first round of projects will be done this fall to be presented to the community. Center High School and Centennial Junior High School in San Luis will be participating in the project. The grant is funded through the State of Colorado's Breast and Women's Reproductive Cancer Initiative. Thank you for your support on this project with the check off on your Colorado State Tax Return.

SAVE THE DATE: LOCAL BREAST CANCER AWARENESS MONTH EVENTS COMING UP...

STEPHANIE L. MINER 5K — OCT. 10, 10 A.M. IN COLE PARK

COLORADO FALL COLORS SPORTING CLAY CLASSIC — OCT. 3 AND 4, DEL MONTE GUN CLUB

KOMEN DENVER RACE FOR THE CURE — SUNDAY, OCTOBER 4