

The Women's Caucus of NPMHU Presents

Sister 2 Sister



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BREAST CANCER AWARENESS MONTH

October can feel different for each of us—some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it for you by providing helpful information, support and hope. NPMHU Local 300 Women's Caucus would like to recognize October as National Breast Cancer Awareness month. No matter who you are or where you live, breast cancer may touch your life. Love, Support and Hope is all we wish to all those who read this Newsletter.

Shirley Ramos
Editor in Chief

By Jennifer Williams

1. Men are more likely to ignore a lump in their breast and tend to present at higher rates.
2. About one in 833 men will develop breast cancer in their lifetime.
3. The risk of male breast cancer increases as you age. The average age is 67.
4. About 1 in 5 men with breast cancer have a close relative - male/female with the disease.
5. Breast cancer in men is often diagnosed at a later stage. Cancer found at a later stage may be less likely to be cured.
6. Most breast cancer in men is DUCTAL CARCINOMA which means the cancer cells begin growing in the (milk) ducts of the breast but can also begin in the glands (lobular cancer), even though these breast parts are not functional in men.

SURVIVOR:

VANESSA DAWSON-VAUGHN

By Jasmine Mills



In honor of Breast Cancer Awareness Month. I would like to honor my aunt Vanessa Dawson-Vaughn. In 2002 she was diagnosed with Colon Cancer and in 2012 she was also diagnosed with Breast Cancer. Her first initial reaction was fear but having a great support system and having faith in GOD is what got her through everything. The scary thing about Colon Cancer is that she had no symptoms. After a routine colonoscopy she found out she had polyps which were cancerous. After the removal of the polyps and careful observation for 5 years, she was Colon Cancer free. Ten years later, she discovered a lump on her Breast. She experienced a lot of pain and she said it felt like a hard rock. My aunt had 3 lumpectomies to remove the lump from her breast. She underwent 7 weeks of Chemotherapy which took a toll on her body. My aunt overcame all her obstacles by her deeply rooted faith in GOD. To those out there who are going through this, it is NOT easy. This journey can be scary. Her advice is to surround yourself with family and friends who love you. Join support a group with people who feel just like you. You are NOT alone. Create a journal write down everything you are going through. She hopes her life experience and story may help someone else who may be scared.

THINK BEFORE YOU PINK

By Atika Muhammad

Pink-Tober is approaching, many wear pink, eat pink, everything pink. For so many who are or have been affected by this horrible disease, this is a very taxing and stressful time. This is called Toxic Positivity. Not everyone wants to drown in the sea of pink. Though most have good intentions, this might be too much for some being affected by this disease. Hearing about breast cancer over and over can be taxing. We understand and acknowledge it, our mission is to support, not overwhelm.

WARRIOR

The following are some resources that may help alleviate the stress of "Pink-Tober".

1. Write a list of things that make you happy prior to October. A candlelit bath, a comedy show, your favorite song, painting, your favorite movie anything that brings light into your day.

2. Prepare for the extra calls and texts from those who think of you in October. Compose a simple text to save and send to people. For example, prepare to say, "Thank you, I know you mean well, but this isn't easy for me".

It's best to save it because when stress and anxiety comes you may not be able to think rationally.

3. Be honest- if you do not want to do Pink Ribbons, T-Shirts, or Pink Bagels. It's ok to let those closest to you know. They can spread your wishes to others for you.

4. Find a distraction- even if it's only for a minute or two. Anything to distract you. Try Art therapy- many treatment centers are available with information on this topic.

We are unique beings, dealing with this disease is not the same for everyone.

5. Breastcancer.org has over 83 virtual meetup emotional support programs.

6. The American Breast Cancer society has the "Reach to Recovery" program that will match you with a one-on-one volunteer based on your emotional needs/feelings.

7. "Cancer support Community" operates a global network which encompasses 175 locations. It was founded by a cancer survivor to ensure no one faces cancer alone.

NPMHU Local 300 will be making a donation from our t-shirt sales to Memorial Sloan Kettering Hospital to help find a cure. This is another way to give back, feel good about yourself and care for others.

**And to all
Please think before you pink.**

THE IMPORTANCE OF SELF CARE AS A PATIENT

By Theresa Start

A breast cancer diagnosis affects all members of a person's family. Someone finding out they have breast cancer will experience many emotions including fear, pain and confusion. The person will have many support needs.

Caregivers are unsung heroes. Being a caregiver is emotionally difficult and at times challenging. Caregivers also experience many emotions including fear and confusion. Sometimes they feel inadequate and overwhelmed. They take on various roles helping with daily activities like grocery shopping and cleaning. They offer emotional support by lending a shoulder to cry on. Caregivers also help with medical needs such as assistance with medicines and appointments.



BREAST CANCER CROSSWORD PUZZLE

By Shirley Ramos



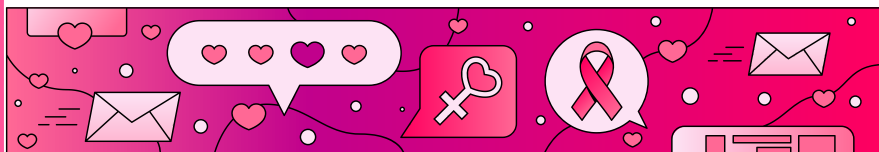
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WORDS

CLINICAL TRIALS. NEOPLASIA. CYST
HORMONES. LYMPHEDEMA. CYTOTOXIC
LYMPH NODES. LUMPECTOMY. NORMAL TISSUE
CHEMOTHERAPY. OOPHORECTOMY. MASTECTOMY
ONCOLOGIST. PALPABLE. BIOPSY.
METASTASIS. ESTROGEN. MRI.

Caregivers should remember to balance their own needs while supporting a loved one with breast cancer (or any illness) and practice self-care to avoid burnout. Take breaks away from the patient, even though you don't want to, you both need time away from each other. Do things that bring you joy, this will make you happy, reduce your stress and help you recharge. Be sure to get enough sleep. Exercise and eat healthy food. Join a support group to share experiences, process your emotions and make meaningful connections with people who understand what you're going through.

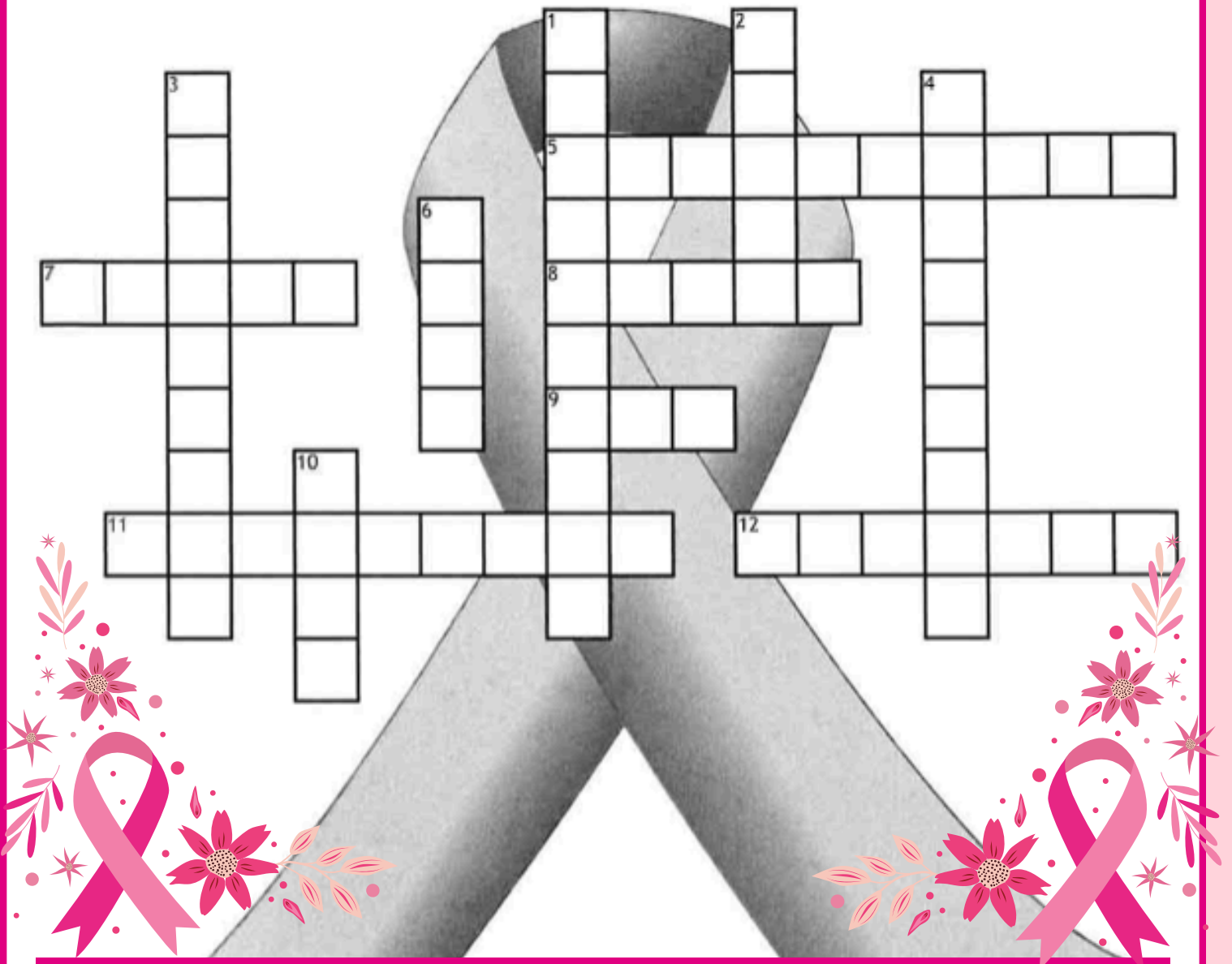
Caregivers should not feel guilty or selfish for taking time to take care of their needs. If they're not okay they can't help anyone else.



Breast Cancer Puzzle

By Linda Gibbs

Breast Cancer Awareness



Across

5. October 13th is recognized in the US as _____ Breast Cancer Awareness Day

7. Susan G. _____ is a breast cancer organization in the United States

8. One in _____ women will develop breast cancer

9. Every _____ minutes a woman is diagnosed with breast cancer

11. surgical removal of the entire breast and nipple

12. Breast cancer awareness month

Down

1. Procedure that removes a lump from the breast

2. Original color of breast cancer ribbon

3. Xray of the breast

4. _____ therapy- High energy rays that kill cancer

6. Genetic test that can indicate an increased risk of breast cancer

10. October 17-23 is _____ Breast Cancer Awareness Week