

THRIVING *and* SURVIVING



Why not celebrate by quitting today!

Health Benefits of Quitting

Stopping smoking is associated with the following health benefits:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for coronary heart disease, stroke, and peripheral vascular disease.
- Reduced coronary heart disease risk within 1 to 2 years of quitting.
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath. The rate of decline in lung function is slower among people who quit smoking than among those who continue to smoke.
- Reduced risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.

Methods to Quit Smoking

- Brief clinical interventions (i.e., when a doctor takes 10 minutes or less to deliver advice and assistance about quitting)
- Individual, group, or telephone counseling
- Behavioral therapies (e.g., training in problem solving)
- Treatments with more person-to-person contact and intensity (e.g., more or longer counseling sessions)
- Programs to deliver treatments using mobile phones

Medications for quitting that have been found to be effective as well. For information on quitting, go to the [Quit Smoking Resources](http://www.cdc.gov) page (www.cdc.gov) on CDC's Smoking & Tobacco



Nutrition Corner w/ Christine

Whip Up Something Sweet

Spread holiday cheer this year with our sweet potato casserole. Sweet potatoes are full of vitamins, minerals and cancer-fighting phytochemicals like beta-carotene. Steaming them keeps in the moisture, so you don't have to use butter or cream. Placing apples on top instead of marshmallows gives a sweet touch and adds cancer-fighting quercetin.

Recipe: Whipped Sweet Potatoes with Apples

Makes 12 servings

- 3 1/2 pounds sweet potatoes (6 medium sized)
- 1 tbsp. canola oil
- 2 tbsp. pure, dark maple syrup, or to taste
- Salt and freshly ground pepper
- Nonstick cooking spray
- 2 tsp. unsalted butter
- 1 golden delicious apple
- Nutmeg for garnish

Peel and cut the sweet potatoes into 2 inch cubes. Steam them in a steamer basket, or in a pot with 1/4 cup of water, cover and steam for 10-15 minutes or until the cubes are tender. You can also steam them in the microwave.

Place the sweet potatoes in a large bowl.

Add the canola oil and maple syrup to the hot sweet potatoes and mash with a fork or a masher until smooth. Season to taste with salt and pepper. Spray a 9 inch square baking pan with cooking spray. Spray the sweet potatoes into the prepared dish, making an even layer.

Melt the 2 teaspoons of butter in the microwave. Peel, halve and core the apple. Place each half, cut side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes. Brush the apples lightly with the melted butter.

Bake uncovered at 400 degrees until the sweet potatoes are heated through and the apple slices have softened, about 25-30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

November 2018 Survivorship Resources

Look Good... Feel Better

Free, ACS program created to help women with cancer look good, improve their self-esteem. Participants get hair, skin, make-up tips, samples and a visit to the Wig Room. Classes are offered the third Monday of every other month from 10am to noon at the Cancer Center.

For Information call:
Teri Dulin at (410) 822-1000 ext 5355

Breast Cancer: SOS- Survivors Offering Support

Trained breast cancer survivor volunteers offer their support and knowledge to patients during or after treatment. We would love to have you become a part of our team! Inquire about the next training date.

For Information call:
Edla Coleman, SOS Coordinator (410)822-1000 ext 7155

Women Supporting Women Breast Cancer Group

Groups are held on the 4th Tuesday of the month at 6:30pm at the Christ Episcopal Church in Cambridge.

For Information call:
Sue Todd (410) 463-0946 or (410) 228-3161

CARES Patient Support Group

Group held on the 1st and 3rd Thursday of every month from 5pm to 7pm at the Cancer Center.

For Information call:
Sharon Loving (443) 254-5940

Cancer Support Group-Chestertown

For all persons with any type of cancer, an interest in cancer and/or caregiver of someone with cancer.

For Information call:
Chrissy Nelson, RN (410) 778-7668 ext 2175

Lung Cancer Support Group-Salisbury

For any person who has been diagnosed with lung cancer. First Thursday of each month from 5:30pm-6:30pm

For Information call:
Lisa Barnes, LCSW-C, OSW-C (410) 543-7209

CARE GIVERS COFFEE

2nd Saturdays 9-10:30am
Support for anyone who lives with, lends a hand or listens to someone going through cancer.

Facilitated by: Patty Plaskon, PhD, LCSW-C
For information call:
(410) 820-6800

MONTHLY

Pets on Wheels visits SRCC Tuesdays @ 10am

Wig Room available by appointment @ SRCC
Contact Diana Evans at (410) 822-1000 ext 5362.

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

11-1 **Open Enrollment for Maryland Health Connection**
4pm-7pm at Dorchester County Library, Cambridge MD. Call (410) 221-2600 for details.

11-10 **Care Givers Coffee at SRCC** from 9-10:30am .
Call (410) 820-6800 for details.

11-15 **Shine the Light** from 5-6pm at UMCMG Pulmonary.



11-16 **Prosthesis Clinic for Breast Cancer Patients**
at Clark Comprehensive Breast Center from 11am to 4pm. Contact: Elisa Lawson (410) 822-1000 ext 7156.

You can quit Now! Call 800-QUIT-Now!
This is how your body recovers within minutes of not smoking.

20MINUTES
Your heart rate drops.

12HOURS
The carbon monoxide level in your blood drops to normal.

2WEEKS
Your heart attack risk begins to drop. Your lung function begins to improve.

1-9MONTHS
Your coughing and shortness of breath decrease.

ONEYEAR
Your added risk of coronary heart disease is half that of a smoker's.

FIVEYEARS
Your stroke risk is reduced to that of a non-smoker's 5-15 years after quitting.

TENYEARS
Your risk of dying from lung cancer is about half that of a smoker's.

15YEARS
Your risk of coronary heart disease is the same as that of a non-smoker.