

# THRIVING *and* SURVIVING



## Some good advice for everyone!

Whether you remain in cancer therapy or have completed your cancer treatment plan, it is very important to develop a healthy lifestyle. As we begin to return to the enjoyment of the out-of-doors here are 2 practices to seriously consider every day.

‘Covid-19 has forced Americans to remain indoors and many people are anxious to get back to outdoor activities with some stay-at-home orders being lifted’, said Laura Makaroff, DO, senior vice president, prevention and early detection, American Cancer Society. ‘As more people get outside, practicing social distancing and avoiding crowded areas is still very important to reduce the risk of Covid transmission, and it is also important not to forget the risks of sun exposure and sunburn and take appropriate steps to protect your skin.’

Skin cancer is highly preventable. Over 90% of all skin cancer is caused by the exposure to ultraviolet radiation from the sun or indoor tanning devices. You can dramatically reduce your risk of skin cancer by:

- \*Not burning or tanning intentionally-no tan is a safe tan;
- \*Generously applying broad-spectrum sunscreen with at least 30 sun protection Factor (SPF). Remember to re-apply every 2 hours;
- \*Wearing sun-protective clothing and broad rimmed hats;
- \*Seeking shade during peak hours of 10am and 4pm, and using extra caution near water and sand.

Walking can be one of the best ways to get exercise and stay healthy. You can walk alone, with a pet, or with a partner-even a socially distant one if you walk at least 6 feet apart or on the opposite sides of the street.

A brisk walk counts as a moderate-intensity activity. The American Cancer Society recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. If that’s more than you can do right now, do as much as you can and work your way up. According to the Centers for Disease Control and Prevention, even just 5 minutes of physical activity has real health benefits. Research shows that getting regular

Physical activity and staying at a healthy weight can help reduce your risk of cancer as well as heart disease and diabetes.

While a little walking is good, more is even better. Follow these tips from the Mayo Clinic:

- \*Set a goal for how long you want to walk;
- \*Be sure you’re wearing comfortable, supportive footwear with a roomy toe box;
- \*Warm up by walking at a slow pace for about 5 minutes;
- \*End by walking slowly for about 5 minutes and stretching. This cools you down and reduces stress on your muscles.

AS you pursue healthy lifestyle practices consider participating in the Livestrong Program at the YMCA of the Chesapeake-small group comprised of all ages, all levels of fitness.

How can I help you? Call me for more information at 240-677-4700 Margot Spies—Oncology Nurse Navigator or email: [mbspies@umm.edu](mailto:mbspies@umm.edu).

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## June 2020 Survivorship Resources

### SUPPORT GROUPS

#### ARE MEETING BY PHONE AND INTERNET

**Support group for cancer patients** (CARES) still meets on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday 5-7 pm **BY ZOOM**.

Want to try it? Call Sharon Loving, LCSW-C, for more info 443-254-5940.

If you don't feel comfortable "Zooming", you can talk to her 1:1.

**Caregivers support group** still meets the 1<sup>st</sup> Saturday each month from 9AM- 10:30, but **OVER THE PHONE/SKYPE!** Interested? Call Patty Plaskon, PHD, LCSW-C for more info. 410-820-6800

**Women Supporting Women** Breast cancer support group, Cambridge MD.  
For more info call Bobbie Rideout 410-228-3078.

**Breast Cancer Support 1:1 – SOS Mentors-** call Lisa Sheehan: 410 820-9400

**Chestertown Cancer Support group** – For more info, call Chrissy Nelson 410-778-7668 x 2175

#### Other support by phone or internet:

Cancer Hope Network  
877-468-3638 [www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

The Cancer Support Community-  
888-793-9355 [www.mylifeline.org](http://www.mylifeline.org)

*(All support listed is free of charge)  
Looking for support for a specific type of cancer?  
Call our Social Workers for more info: 410-820-6800*

#### CRISIS HOTLINES:

**The Eastern Shore Crisis Response Team call:**  
1-888-407-8018

**TEXT a crisis counselor at 741741**

**24 hour Parenting Hotline**  
to support stressed out parents-contact Family Tree  
(800-243-7337)

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## **SUNDAY JUNE 7<sup>th</sup> 2020 Is NATIONAL CANCER SURVIVORS DAY! How will YOU celebrate??**

We won't have a live event this year due to social distancing, but here are some ideas from the National Cancer Survivors Day Foundation:

- \*Enjoy a special meal/treat to celebrate & post on social media
- \*Set a goal to improve your overall health
- \*Write a letter to the editor to give others hope about surviving cancer
- \*Ask your church to post a special prayer for Cancer patients or their caregivers in their bulletin or on their website
- \*Send your doctor a Thank you note!
- \*Make a donation if you can for cancer research or to non-profits that help cancer patients with information & assistance

**Prizes for the first 10 people who tell us about their Survivors Day celebration!**

Contact Margot Spies, [mspies@umm.edu](mailto:mspies@umm.edu)



**Did you  
wash them?**



**Hand washing prevents disease.**