

THRIVING *and* SURVIVING



Nutrition Corner w/Christine

Fun in the sun!

Be aware - everyone is at risk for skin cancer.

Sun Protection Facts

- ◆ No matter if your skin is light or dark – you are at risk.
- ◆ When skin cancer is found early it can be treated more easily
- ◆ Just one burn increases your risk to develop melanoma, the deadliest form of skin cancer.
- ◆ Avoid exposure to the sun from 10 AM to 4 PM.
- ◆ If you work outside try to wear long sleeves, long pants, a hat that shades your face, ears and neck.
- ◆ Wear sunglasses with UV filter to protect your eyes.
- ◆ Use a sunscreen labelled Broad Spectrum SPF #30 (Sun Protection Factor) or higher that filters UVA & UVB rays.
- ◆ Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside
- ◆ For good protection you must reapply every 2 hours especially after swimming or excessive sweating.

Examine your skin once a month – head to toe
Look for changes – a spot that won't heal, or crusts, or bleeds

- ◆ A skin growth – change in color, size, texture, thickness, irregular border or outline
- ◆ See your doctor for a complete skin screening yearly
- ◆ Teach your children to protect their skin

DO NOT

- ◆ DO NOT Burn
- ◆ DO NOT - use tanning beds or UV tanning beds
- ◆ DO NOT spend long periods of time in the sun.

The American Cancer Society uses the slogan
“Slip, Slop, Slap”

SLIP on a shirt and pants,

SLOP on SPF#30 or higher

SLAP on a hat that shades your face, neck and ears.

If you would like more information ask us for a brochure or call the American Cancer Society at 1-800-227-2345.

Berries are good sources of **vitamin C** and **fiber**. According to AICR's second expert report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*, foods high in vitamin C probably protect against cancer of the esophagus, while foods containing dietary fiber probably decrease colorectal cancer risk.

All berries, but particularly strawberries and raspberries, are rich in **ellagic acid**. In *laboratory studies*, this phytochemical has shown the ability to prevent cancers of the skin, bladder, lung, esophagus and breast. Research suggests that ellagic acid seems to utilize several different cancer-fighting methods at once: it acts as an antioxidant, it helps the body deactivate specific carcinogens and it helps slow the reproduction of cancer cells.

Strawberries also contain a wide range of other phytochemicals, called flavonoids, each of which seems to employ a similar array of anti-cancer strategies.



Recipe: Strawberry Fruit Dip

Makes 40 (1 tablespoon) servings

1 quart strawberries, stemmed and finely chopped
1/4 cup light brown sugar
1/4 cup orange juice
1 cup nonfat vanilla yogurt
1/2 teaspoon grated orange rind

Directions:

In a bowl, mix all ingredients, Cover and refrigerate.

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National Cancer Survivor's Day
Sunday, June 7th
Chesapeake College

Call (410) 820-6800 for details!



Wills Seminar
Monday, June 22nd, Denton
Tuesday, June 23rd, Easton

Call Janet Andrews (410) 822-1000 ext 5792

May 2015 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 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 5866

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 Breast Cancer Support Group

Groups are held on the 4th Tuesday of every month from 6pm to 7:30pm at Shore Regional Cancer Center.

For Information call:

(410) 822-1000 ext 5387

Facilitated by: Patty Plaskon, PhD, LCSW-C, OSW-C

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

Caregivers' Support Group

Group held weekly on Thursdays from 1:00pm to 2:15pm at Talbot Hospice.

For Information call:

Shelly Culp (410) 822-6681

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

Cancer Recovery and Survivorship Education

For survivors who have completed their cancer therapies to discuss side effects, nutrition and living beyond cancer.

Classes are held 3 times a year.

For Information call:

Margot Spies, RN (410) 822-1000 ext 5096

US TOO Prostate Cancer Support Group

Education and support network providing men and their families with free information, materials and peer-to-peer support so they can make informed choices on detection, treatment options and coping with ongoing survivorship.

Groups are held on the second Tuesday of every month at 6:30pm at the Cancer Center.

For Information call:

Sharon Richter (410) 820-6800 ext 2300

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

MONTHLY

Pets on Wheels visits SRCC Tuesdays @ 10am

Chaplain Services available on Tuesday @SRCC
9am to noon

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

FREE Reiki Therapy available by appointment @ SRCC
on Fridays 8:30am to noon.
Contact Margot Spies (410) 822-1000 ext 5096

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

5-15 **Prosthesis Clinic for Breast Cancer Patients**
at Shore Regional Breast Center from 11am to 4pm.
Contact: Elisa Lawson (410) 822-1000 ext 5387

5-26 **"Look Confident & Feel Natural After Surgery"**
Special summer apparel including bras & swimsuits
Shore Regional Cancer Center from 6pm to 7:30pm.
Presented by: Elise Lawson, Women's Health
Boutique Facilitated by: Plaskon, PhD, LCSW-C
RSVP to (410) 820-6800.