

HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.

LET CANCER WORK WITH YOU

By Mary C. Morris, MEd, LSW, CCM

As cancer affects a number of people in many stages of life, employees often opt to work through their diagnosis and treatment process. Communication is the key to developing a plan that works for you. Initially, it is most important to talk with your employer, or someone in your Human Resource department. Be aware of your benefits and deadlines for paperwork relating to them. Talk with your healthcare team for assistance with scheduling tests and treatments around your work schedule and near the weekends to minimize absences.

In the workplace, decide how much you want people to know and who you want to know. Co-workers need to know they can talk with you. If you take some time off, designate a point person, in the workplace to relay information to other colleagues. Let them know what would be helpful to you. Provide your supervisor with as much of your treatment schedule you are willing to share in order to appropriately plan workloads.

Lastly, be aware that organizations such as the Navigators, First Connection, the Phone Buddies will link you with individuals with similar circumstances and diagnosis to help you adapt to your current situation.

HOW POSITIVE ARE YOU?

Submitted by Forum Health-EAP Employee Assistance Program

Positive thinking may be difficult for some of us because we're conditioned to believe that we're always at the mercy of life's events. However, it's important to remember that what you think about all day is what you can become. By changing your thoughts, you'll effectively change your life. According to Alice Potter, author of *The Positive Thinker's 10 Commandments*, "What you believe becomes your reality." Whether you want to lose weight, find true love or get that dream job, experts agree that a positive "will do" attitude is half the battle.

Take the following quiz--answer A or B-- to measure your positive-thinking abilities:

- A. I can sometimes alter my mood just by changing my thoughts.
- B. When I'm upset or in a bad mood, I just shut down.

- A. Each day is a chance to learn and grow.
- B. Every day I do my best to handle what life throws my way.

- A. If we use our minds properly, we can create miracles in our life.
- B. There's a limit to what I can do by changing my attitude.

- A. I try to focus on what's good in others.
- B. I am realistic about other people's shortcomings.

- A. I can accomplish whatever I want if I set my mind to it.
- B. There always seems to be something standing between me and what I want.

- A. For the most part, my life is what I make it.
- B. My life is what it is--I roll with the punches.

Mostly A's: You're positive and upbeat, and what you want usually comes your way. Continue to tap into the power of your mind and you will see your dreams come true.

Mostly B's: Life often seems tough because you see yourself as having very little control over life's events. You need to realize your own personal power and let go of those attitudes that hold you back from achieving real happiness.

THE PIANO PLAYER

Submitted by Chaplain Jim Melick, Th.D, BCC

Wishing to encourage her young son's progress on the piano, a mother took the small boy to a Paderewski concert.

After they were seated, the mother spotted a friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "NO ADMITTANCE".

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and

discovered that her son was missing. Suddenly, the curtains parted and the spotlights focused on the impressive Steinway on stage. In horror, the mother saw her little boy sitting at the piano, innocently picking out "Twinkle, Twinkle Little Star".

At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit. Keep playing." Then leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right hand reached around the other side of the child and he added a running obbligato.

Together, the old master and the young novice transformed a frightening situation into a wonderfully creative experience. The audience was mesmerized.

That's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't exactly graceful flowing music. With the hand of God, our life's work truly can be beautiful. So the next time you set out to accomplish great feats, listen carefully and you can hear the voice of God whispering in your ear, "Don't quit. Keep playing." Feel His loving arms around you. Know that His strong hands are playing the concerto of your life.

Remember, God doesn't call the equipped; he equips the called. Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you are beyond the reach of God's grace.

GOOD NEWS FOR TEA DRINKERS

*By: Colleen Berdy, YSU Dietetics Graduate
Reviewed by: Diane Racz, RD, LD*

On a cold winter day, a good way to warm our chilly bones is with a cup of hot tea. On a hot summer day, a tall glass of iced tea would really hit the spot. Whatever the season, experts are finding many health benefits for people who drink at least 3 cups of tea per day.

Tea has been linked to cancer prevention in colon, mouth and stomach. Tea contains polyphenol, which is an antioxidant that may be a cancer-preventing compound. Both green tea and black tea contain epigallocatechin gallate (EGCg), which has been shown to prevent tumor formation in animals.

In human studies, EGCg killed breast cancer cells but did not kill non-cancerous breast cells. Green tea contains more EGCg than black tea. Tea also contains flavonoids, which are antioxidants that neutralize harmful free radicals (cancer causing agents) in the body. The flavonoids in tea improve the lining of the blood vessels and the heart, which are important in a healthy heart.

Studies suggest that drinking tea may help lower cholesterol (when used with a heart-healthy diet) by protecting the arteries against plaque build up and improving heart health, protecting against osteoporosis and helping with weight loss. Additional benefits include reduction of DNA damage caused by smoking and preventing bad breath and cavities.

There are three common types of tea: white tea, green tea and black tea. The only difference between them is in the processing method. White tea is the least processed and contains the most polyphenols. White tea is rare and can only be found in specialty shops, on the Internet and some supermarkets. Green tea undergoes some processing but is not fermented. Black tea is fermented, making it the higher processed form. Green tea contains less caffeine than black tea although both are available in decaffeinated forms.

Experts stress that drinking tea is only one part of a balanced diet which includes fruits, vegetables, whole grains and low fat dairy products. And don't forget about exercise. Why not make a cup of tea your beverage of choice?



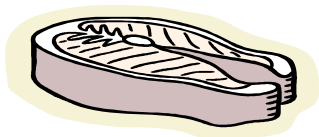
RECIPE

Iced Tea in Your Coffee Maker

6 or 7 decaf tea bags
12 cups water
½ cups sugar*
lemon*

1. Fill your coffeepot carafe and pour into coffeepot as if you were going to make a full pot of coffee.
2. Unwrap and pull the tag/staple off your tea bags and place in glass carafe.
3. Replace glass carafe in coffee maker and turn on.
4. When the process is finished, turn the coffee maker off and let tea steep for about 30 minutes.
5. Pour tea into a 4 quart pitcher. Add sugar as desired and stir.
6. Fill the pitcher to the 4 quart mark with cold tap water.
7. Place in refrigerator to cool.
8. Enjoy!

* Add more or less sugar to taste. Use a sugar substitute if desired. Add lemon slices or lemon juice to taste.



RED MEATS, PROCESSED MEATS AND COLORECTAL CANCER

By Debbie Gilbert, MS, RD, LD Dietitian

Digesting red meat produces carcinogenic chemicals called N-nitroso (NOC) that may increase the risk of colorectal cancer. Current research has found that these compounds already exist in processed red meats (including sausage, bacon and packaged lunch meats) before they are eaten, because of nitrite preservatives. Eating processed meats, which are preserved with more of these harmful compounds, may further increase colon cancer risk.

Scientists have long suspected that colorectal cancer is connected to eating red and processed meats regularly. Some of the first results from the European Prospective Investigation into Nutrition and Cancer (EPIC) study confirmed in 2001 that frequently eating processed meats increases colorectal cancer risk.

Until safer methods are used to preserve processed meats, American Institute for Cancer Research recommends only occasionally eating (cooked) hot dogs, sausage, bacon, packaged lunch meat and other processed meats, or 3 ounces of red meats only several times a week.

An even better option is to replace processed meats with more healthful soy-based substitutes made to taste like bacon, sausage and hot dogs. Other substitutes also include poultry, fish, and dried beans.

Source: American Institute for Cancer Research Newsletter, Summer 2003



EAST LIVERPOOL BREAST CANCER SUPPORT GROUP **10th ANNIVERSARY CELEBRATION**

Submitted by Support Group Member

The East Liverpool Breast Cancer Support group will be celebrating their 10th Anniversary on Tuesday, May 4, 2004.

This group originally started with Fran Savage Braunstein & Sandra Hall as co-facilitators in 1994. Breast cancer touched both these ladies because their Mother and Mother In Law lost their battle to this disease.

Currently, Joan Hughes and Sandra Hall are the co-facilitators with Fran Savage Braunstein serving as a member of the Board of Directors.

The East Liverpool Breast Cancer Support Group meets each month on the first Tuesday at 7:00 PM, except for the months of January and February. They meet at the Dawson Family Center located at 220 West Fifth Street in downtown East Liverpool.

During the last 10 years, this group has offered caring and compassionate support for those diagnosed with breast cancer and their family members.

They are an active group. For the last eight years, they have been involved with sponsoring a Relay For Life Team in Columbiana County. They have been a Platinum Team for the past three years raising over \$10,000 each year in the fight against cancer.

They annually participate in Breast Cancer Awareness Programs across the County.

The East Liverpool Breast Cancer Support Group is Sponsored by the American Cancer Society & The East Liverpool City Hospital.

Our group adopted this poem as what we stand for:

The Candle

The Candle is but a simple thing.
It starts with just a bit of string.
Yet dipped and dipped with patient hand, it
gathers wax upon the string,
Until, completely and snowy white it gives at last
a lovely light.

Life so like that bit of string.
Each deed we do a simple thing, yet day by day
with patient heart and hand,
It gathers joy, makes dark days bright, and gives
at last a lovely light.

Clara B. Thurston

For information on their upcoming Anniversary and additional information about the Group, please call 330-386-6753 or 330-424-5789.



DO YOU HAVE THE RIGHT MOVES?

By Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC. CPDS

Join us for “All the Right Moves” on Saturday, March 20th from 9:30 – 11:30 AM at the Mahoning County Senior Center at 1110 Fifth Avenue. This program promises to be fun and exciting. We will discuss colorectal guidelines, nutrition and learn new techniques for dancing for fitness. Hope to see you there!



CANCER PREVENTION: A FAMILY AFFAIR

By Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC. CPDS

“Cancer Prevention: A Family Affair” is a minority cancer awareness program that will take place on April 20th from 5:30 – 7:30 PM at the Metroplex in Girard. This program will provide an educational opportunity that should not be missed. An overview of risks, signs and symptoms of breast, colorectal, lung and prostate cancer will be covered by Dr. Darrell Grace. Nurse Wayna Hightower will discuss education of cancer prevention and detection guidelines and empowerment. An overview of support programs and resources will be presented by survivor Corlis Green. This program is funded by a grant from the Ohio Commission on Minority Health and is a partnership with Forum Health, Humility of Mary Health Partners, American Cancer Society, Mahoning Valley Coalition for Cancer Control and Prevention in the Black Community and Tri-County Community Cancer Partners.

Please come and join us for this worthwhile program.

REV YOURSELF UP WITH RAISINS

Submitted by Forum Health-EAP Employee Assistance Program

Need a quick energy boost? Have some raisins, which are loaded with boron. In USDA studies, subjects with high boron levels performed 10 percent better on attention and memory tests than those with lower levels.