



Notes of Hope

— March 2018 —

Empowering you through support, education, and hope.

Bottoms up...it's
Colorectal Cancer Awareness Month

Mark's Journey: All Alone

"After my wife died, I told my kids we couldn't look back because then we couldn't see what's ahead of us." ~ Mark Schwab



Mark Schwab

Wow. It was just supposed to be a fun night for the family—Mark Schwab, his wife Tiffany, and their three kids. They were going to cheer at an Iron Pigs game, maybe eat hot dogs, and then drive home, and that would be that

Instead, the night opened the door to a horrifying downward spiral for Tiffany. A line-drive slammed into her, springing the latch on that door.

Tiffany was taking five-year-old Kylie to the rest room, when a foul ball clobbered her collar bone. At the ER, when doctors examined the X-rays, they found something more startling than anyone could imagine: her collar bone was fine, but she had a mass on her left lung. A PET scan confirmed the diagnosis. It was June 2009.

[Mark's Journey continues here.](#)

Really, Really Relevant



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www.cancersupportglv.org
610-861-7555

Did You See This?

Links to important news about cancer.

[FDA approves new treatments for certain neuroendocrine tumors](#) (NIH, 2/8/2018)



[Cancer risk from cellphone radiation is small](#) (*The New York Times*, 2/2/18)

[Breast cancer treatments can raise risk of heart disease](#) (*The Washington Post*, 2/1/18)

Helping Out

Doing good is [good for the do-gooder](#), too.

Hey, volunteers, [we could use your help!](#)



[Volunteer Information Meeting](#): Wednesday, April 4, 2:30 or 6:30 PM

[Patients' voices: lung cancer](#) (*The New York Times*, 2/18)

[Turn negative thinking into positive](#) (*The New York Times*, 4/3/17)

Program Director: Colon Cancer Quiz

Can you pass? Take the test, then sign up for the special workshop.

1. Colorectal cancer is the _____ most commonly diagnosed cancer in both men and women: 2nd 3rd 5th

Answer: 3rd. Approximately one in 20 will be diagnosed with colorectal cancer in his/her life.

2. True or False: 1 in 3 people are not up-to-date with colorectal cancer screening.

Answer: True. Make sure to follow colorectal screening recommendations. Screens have decreased the likelihood of dying from this disease.

3. What age should men and women at average risk for colon cancer start screenings?
45 50 55

Answer: Age 50

4. True or False? Crohn's Disease does not raise your risk for colorectal cancer.

Answer: False. Conditions that may put you at higher-than-average risk include previous, or family history of, colorectal cancer or adenomatous polyps; inflammatory bowel disease (Crohn's Disease); or family history of a hereditary syndrome (Lynch Syndrome).

5. Since 1985, new cases of colorectal cancer in older adults have _____, while the rates for people under age 50 have _____.

Answer: Decreased in adults over 50; increased in adults under 50, probably because they haven't reached the recommended screening age, and symptoms in younger adults aren't well communicated.

So... how'd you do? Join us Friday, [March 2 at noon for a workshop with Dr. Daniel J. Bowers](#), colorectal surgery specialist, to learn about risks, signs, symptoms, and treatment of colon cancer.

[More info on colorectal cancer.](#)

Thanks to the American Cancer Society and Fight Colorectal Cancer



Regards,
Jen Sinclair, program director

Acknowledgement and love are all I need.

Every 90 days I lie inside a small, loud, and whirling MRI machine, so the doctors can see whether the tumors throughout my body are growing. If they are not, my doctors smile and say, "See you in three months!"

I live for three months, take a deep breath, and start over again. I will probably do this for the rest of my life. It's tough to be a family member or friend to a cancer patient at times. Not really understanding what it's like to live with a life-threatening disease could often find you saying or doing the wrong thing. Personally, someone could never say the wrong thing to me; I don't get easily offended, but others do. So, I wanted to pass on some tips!

First, **acknowledge my cancer**. Sometimes those who love you best skip that first horrible step of saying, "I'm sorry. I'm so sorry this is happening to you." Acknowledgment is also a sign of compassion or understanding. It can be a smile or a simple, "Oh, hon, what a year you've had." It does not ask anything from me but makes a little space for me to stand there in that moment.

Then love me--in so many simple, but meaningful ways. There is tremendous power in a hug, in a card, or a home-cooked meal. These seemingly small efforts are anchors that hold me to the present, that keep me from floating away on thoughts of an unknown future.

[Here are more tips](#): "8 Things Not to Say to Someone Who Has Cancer."

Presbyterian Church of Bethlehem, 2344 Center Street, Bethlehem 18017 [For more info](#)

The Lookout: Cancer-related Events

What's coming up.

[8th Annual Hope and Healing Juried Art Show](#)-March 8-28 (Baum School of Art, Allentown)

Consider These Webinars:

[Update on Clinical Trials](#)-Fri., March 2, 1:30-2:30

[Treatment Update on Renal Cell Cancer](#)-Fri., March 9, 1:30-2:30

[Advances in the Treatment of Mesothelioma](#)-Mon., March 12, 1:30-2:30

[Updates from the 2017 American Society of Hematology Annual Meeting](#)-Thur., March 15, 1:30-2:30

[Update on the Treatment of Colorectal Cancer](#)-Mon., March 26, 1:30-2:30

Hanging Out: Take Your Mind Off Illness

What to watch, read, craft, and put soap into

We love

-*watching* [Midsomer Murders](#) (Fun British detective stories in isolated English county, filled with amoral and snobbish eccentrics)

-*reading* [Patchenko](#) (sprawling, tumultuous saga of Korean family in Japan in early 1900s)

-*crafting* [mosaic china pots](#)

-*putting liquid soap* in a [soap pump](#) (useful and pretty)



Have an idea? [Let us know.](#)

Getting By

Other survivors and healthcare professionals can make your journey easier.

Sore mouth? Try these:

-*Foam swap* (instead of a toothbrush)

-*Mix warm water with 1 teaspoon of baking soda*

Want a funny, intimate view by a writer with stage 4 cancer? Read (then listen to):



Yours,
Amanda Buss, executive director

-An interview on NPR's Fresh Air: [Everything Happens for a Reason and Other Lies I've Loved](#) by Kate Bowler

Interested in National Nutrition Month?
Read:

-[Food & Fitness after 50](#) by Christine Rosenbloom and Bob Murray

Thanks to a participant for this tip.

Dishing It Out: Healthy Cooking

Eating right before, during, and after cancer treatment can help you feel better and stay stronger.

March recipes from *Prevention Magazine*
Two recipes that begin to usher in spring.

[Mediterranean Chicken and Orzo](#)

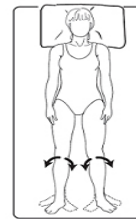
[Home-style Lemon Pudding Cake](#)



Working Out: Exercise

Physical activity can help reduce the [impact of cancer treatments](#) on bones, muscles, energy level, and mood, and may increase survival and decrease the risk of a cancer recurrence.

[Internal and external leg rotations](#)



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to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. We help people affected by cancer actively engage in their health care, connect with others, reduce stress and isolation, and restore hope for a better quality of life.

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