

Baked Pumpkin Recipe

Ingredients:

4 tablespoons of butter	½ cup of flour
2 medium eggs	1 teaspoon of vanilla
2 cups of pumpkin	Pinch of salt
1 cup of sugar	Pinch of baking soda
1 cup of milk	Cinnamon

Preparation Instructions:

Preheat oven to 450°F. Put the butter in a pan and melt.
 Put the remaining ingredients except cinnamon in a blender and blend until smooth.
 Pour into the melted butter and sprinkle top with cinnamon.
 Bake for about 30 minutes. Serve.



WHAT'S COOKIN'?

INSPIRATIONAL CORNER...

Sometimes the best things in life happen after you've done what you're "supposed" to do and are free to follow your dreams.

Hope to see you at the November meeting!

Karen & Sharon

Sharon Kershner, MS, RN, OCN Breast Care Coordinator (937) 298-3399, ext. 57593	Karen Pelfrey, MS, RN, OCN, CHPN Breast Care Coordinator (937) 298-3399, ext. 57404
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IF YOU WISH TO HAVE YOUR NAME ADDED OR DELETED FROM THIS NEWSLETTER MAILING LIST, PLEASE CALL KMC CANCER CARE AT (937) 395-8115.

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CANCER CARE at
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"SOARING" to New Heights

"SOAR"... strength, optimism and recovery... today and tomorrow!

2008 - Focusing on Health and Wellness... integrating body, mind and spirit to enhance healing into our breast health journey.



Join us for the next
 "SOAR" breast cancer support
 group meeting ...

Kettering Medical Center - 6:30-8 p.m.
Tuesday, November 4, Dining Room 1
on the ground floor.

Grandview Medical Center - Please call
395-8115 for date, time, and location.

Open Discussion and
"Arm Function Following
Breast Cancer Surgery"

Mary Fisher, PT, MSPT, OCS-
 Advanced Therapy Coordinator from
 the University of Dayton will join us to
 discuss arm function following breast
 cancer surgery, the state of current
 research, and how women cope with
 this quality of life issue.

Did You Know? MOVING FORWARD HAND-IN-HAND

SOAR is now offered monthly at both Grandview Medical Center (GVMC) and Kettering Medical Center (KMC). "Moving Forward Hand-in-Hand" – trained breast cancer survivor volunteers will be at each meeting to offer support to newly diagnosed women.

For more information on
 "Moving Forward Hand-
 in-Hand", call Esther at
 (937) 299-5296, or Joan
 at (937) 435-1923.



LOOK GOOD ... FEEL BETTER

Look Good..Feel Better is a program in which volunteer cosmetologists teach women who are undergoing cancer treatments how to cope with skin changes and hair loss. Each

woman will receive her own make-up kit during the class, which she can take home for future use. *The program is free, but registration is required.* Please call the American Cancer Society at 1-888-227-6446 for class dates and locations.



I CAN COPE

I Can Cope is an American Cancer Society series of educational classes for people with a history of cancer, their families, and friends. These classes are free of charge, but registration is required. The next class through Kettering Health Network is at Sycamore Medical Center (4000 Miamisburg-Centerville Rd.) in Dining Room #1 on November 11, 2008 from 2-4 p.m. The topic is "Mobilizing Resources & Support". Please call the American Cancer Society at 1-888-227-6446 to register or for more information.



In recognition of National Breast Cancer Awareness Month, we honor all of you, our "special ladies", and the young girls of our future.

TAKING CARE OF OUR GIRLS... ARE WE EMPOWERING THEM?

In a recent *Breastcancer.org* survey of 2,500 girls ages 8-18, nearly 30% believed they might currently have breast cancer.

How is this possible when, in fact, the likelihood of any girl under age 18 having breast cancer is exceedingly rare? Why are so many girls mistaking the normal signs of breast development as symptoms of breast cancer?

How does this fear evolve?

Over the past 30 years, the breast cancer awareness movement has saved many lives. But as revolutionary as the movement has been, something important has been overlooked. Few, if any, have considered the unintended fallout of surrounding young girls with constant messages about breast cancer. Impressionable girls seem to respond to the information with fear — they don't have the resources to understand the meaning and relevance of these critical issues.

Replacing fear with facts...

To deflate unrealistic fears, young girls living in the breast-cancer-awareness era need accurate information and reassurance. More than 20% of the girls we surveyed believe that breast cancer is caused by infection, tanning, drug use, stress, and breast injury or bruising. The fact is, none of these are risk factors. And, sadly, few girls surveyed knew how to reduce their risk of developing breast cancer in their lifetime. It is also clear that without accessible and accurate information, girls can mistake regular breast development changes (such as the formation of breast buds) as symptoms of breast cancer.

Bottom line: our girls lack information that can empower them to establish breast-healthy behaviors to reduce the risk of ever getting breast cancer.

Facts that might surprise you...

- Only 1 out of 10 breast cancers has a known inherited genetic link.
- Nine out of 10 breast cancer cases can be triggered and/or promoted by unhealthy life-

style factors and environmental exposures including:

- obesity
- lack of exercise
- smoking
- alcohol consumption
- unhealthy chemicals consumed through eating, drinking (many plastic containers used in packaged food and drinks can be harmful), breathing, and using personal care products (including certain hair care products such as relaxers).

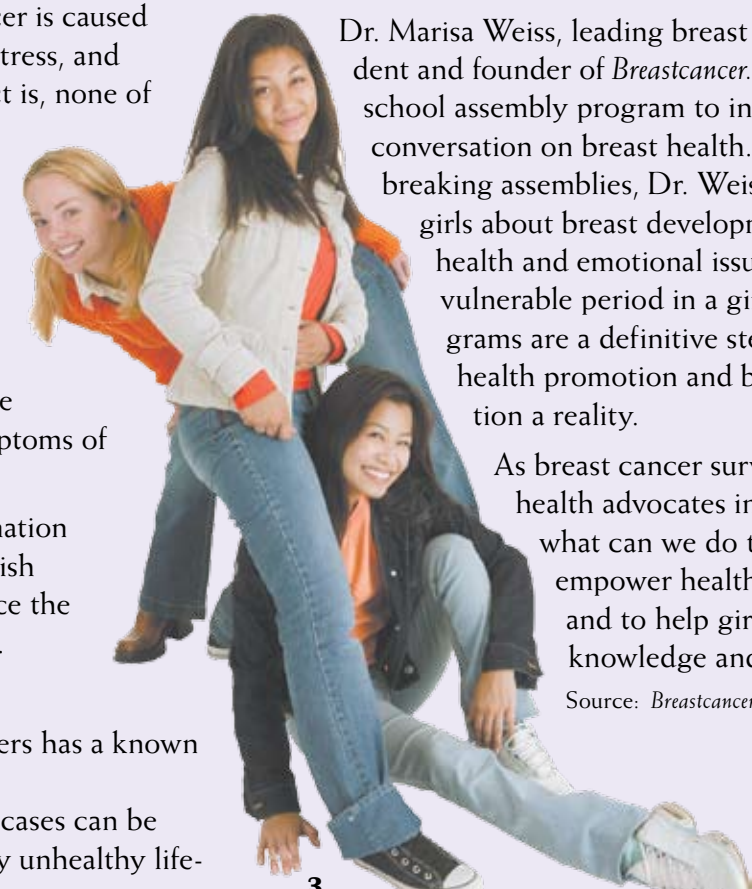
During the 10 years of breast development, a girl's food, water, beverages, and air are the building blocks of their new breast tissue — the foundation of their future breast health.

The time has come to dispel the myths, to empower health, to build community, and to help girls face the future with knowledge and confidence. *Breastcancer.org* plans to spread the message about breast health and breast cancer prevention to young girls across the nation through multiple channels including a groundbreaking school assembly program, Dr. Marsia Weiss' book *Taking Care of Your "Girls:" A Breast Health Guide for Girls, Teens, and In-Betweens*, and an upcoming website.

Dr. Marisa Weiss, leading breast oncologist and president and founder of *Breastcancer.org*, has pioneered a school assembly program to introduce the national conversation on breast health. In these groundbreaking assemblies, Dr. Weiss talks openly with girls about breast development and the complex health and emotional issues associated with this vulnerable period in a girl's life. These programs are a definitive step in making breast health promotion and breast cancer prevention a reality.

As breast cancer survivors and/or breast health advocates in our community, what can we do to dispel the myths, to empower health, to build community, and to help girls face the future with knowledge and confidence?

Source: *Breastcancer.org*



OCTOBER BOOK REVIEW...

Dr. Marsia Weiss' book *Taking Care of Your "Girls:" A Breast Health Guide for Girls, Teens, and In-Betweens*

Dr. Weiss and her 18-year-old daughter, Isabel, have co-authored *Taking Care of Your "Girls:" A Breast Health Guide for Girls, Teens, and In-Betweens*, published by Random House. They talk candidly about breast development and breast health - separating myths from facts and detailing everyday steps to improve breast health and reduce breast cancer risk over a lifetime.

Encourage a young woman you love to contribute her own "girls" story. Visit www.TakingCareOfYourGirls.com.



RESOURCE CONNECTION...

On-line support for women diagnosed with breast cancer: The Pink-Link Breast Cancer Support Network provides valuable community and support resources for women currently being treated for breast cancer or who have completed their treatment. Members can read and post questions and create their own personal journal or blog. Check it out at <http://www.pink-link.org/>

