

# H.O.P.E. LIFELINE



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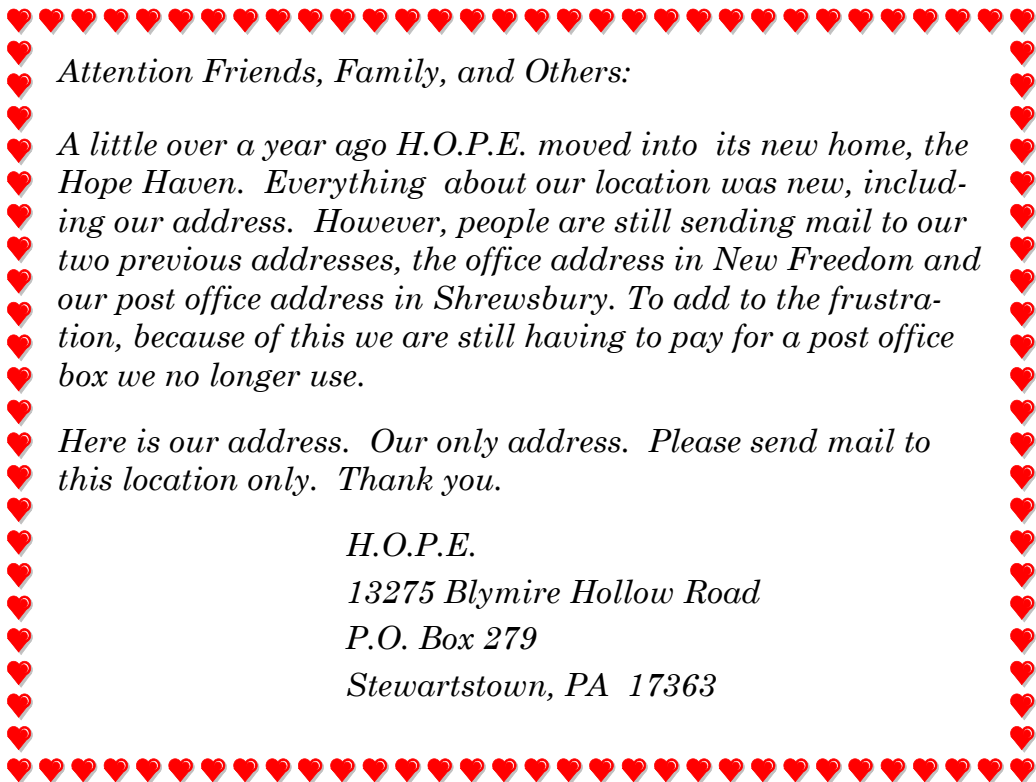
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H.O.P.E. (Help for Oncology Problems & Emotional Support) is an all volunteer cancer support network that provides free assistance to cancer patients and their families facing the challenges of cancer. H.O.P.E. is a 501 (C)(3) non-profit funded through donations. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. The official registration and financial information of Help for Oncology Problems and Emotional Support may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

H.O.P.E. does not receive funding and is not affiliated with the American Cancer Society. Funding comes from donations made by private individuals and the civic/business community. Phone: 717-244-2174 or 717-244-2161. (E-mail: [barb@hopeforcancerfamilies.org](mailto:barb@hopeforcancerfamilies.org) [www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org))



*Attention Friends, Family, and Others:*

*A little over a year ago H.O.P.E. moved into its new home, the Hope Haven. Everything about our location was new, including our address. However, people are still sending mail to our two previous addresses, the office address in New Freedom and our post office address in Shrewsbury. To add to the frustration, because of this we are still having to pay for a post office box we no longer use.*

*Here is our address. Our only address. Please send mail to this location only. Thank you.*

*H.O.P.E.  
13275 Blymire Hollow Road  
P.O. Box 279  
Stewartstown, PA 17363*

H.O.P.E.'s Office Hours are Monday through Friday, 9:30—3. **Please call in advance** to set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry

Please direct all calls to the H.O.P.E. office at 717-244-2174.

### Support Group Meeting

Still no in-person support group meetings, alas, and none planned for the foreseeable future.

But you know we're still here for you, and there is a wealth of information available on our Facebook page and website ([hopelifeline.org](http://hopelifeline.org)).

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## FROM THE EDITOR'S DESK

Just a little over a year ago, on January 21, 2020, the first official United States Covid-19 case was confirmed by the Centers for Disease Control in a person in Washington State. The rest has truly been history. At this writing, our country has lost over 400,000 people to this disease. No one has escaped its effects, and many have lost one or more loved ones to it. Life for those who have lived through this will never be the same again.

And yet we have persisted, and we will prevail. And quarantine or no quarantine, life has gone on for most of us. For some the difficulties have been minor, while others have experienced great struggles. H.O.P.E. has continued to reach out and assist our cancer patients and their families, virtually and financially if not in person. Our pantry has been well used and has also remained well stocked thanks to our generous donors. We provided Christmas presents to 98 children and are looking ahead already to Easter baskets.

Fundraisers, alas, remain on hold or are being tentatively scheduled. No spring bingo, and the annual Voices banquet in May looks iffy. That could be a summer event this year. There will be golf in August, though! Our annual pasta dinner at New Freedom Restaurant is being considered and we will post updated details on our facebook page. Remember the raffle we've been touting since summer? It began in January and almost every day has seen a lucky winner, with prizes ranging from a Coach bag to a Kitchen Aid Multicooker to \$100 gift cards to others. Thank you to all who purchased tickets and have made this such a success.

Support Group meetings continue to be on hold, but Barb is in the office almost every day available for phone calls, emails, and other means of reaching out. Her calm voice offers reassurance to her friends in pain. So if it isn't quite business as usual, it is business as best we can do. We all look forward to the warmer days of spring and summer along with the proliferation of the vaccines so that we can come together again carefully.

This newsletter is for January and February. January is Cervical Cancer Awareness month, and February is National Cancer Prevention month. Cervical cancer has become one of the most preventable types thanks to the HPV vaccine and easy screening. On page 3 we talk about both of those. According to the American Cancer Society, more than 40% of cancer cases and cancer deaths are linked to modifiable risk factors, meaning they could have been prevented. Certain diets, activity level, sun exposure, body weight, and alcohol use have all been identified as factors that can increase the risk of developing certain cancers. On page 4 we offer some diet information and tips on the healthiest ways to eat.

And finally, we give you an overview of what nine experts predict for America in regards to living with Covid-19 in 2021. It's going to take a long time to feel comfortable again, and it will require everyone's cooperation and vigilance. And a 75% herd immunity. Keep those masks on.

## H.O.P.E.'S ANGEL CORNER

BY BARB TITANISH, PRESIDENT & CO-FOUNDER H.O.P.E.



In spite of a very difficult year for everyone, Christmas 2020 brought happiness and joy to many of our cancer families.

God blessed H.O.P.E. with angels who provided our families with gifts, gift cards, meals and groceries. These wonderful angels included individuals and families who generously adopted a child or family to give them a Christmas to remember! We can't forget Stewartstown Presbyterian Church, Stewartstown Baptist Church, Mason-Dixon Baptist and Main Street Beauty Works who, also, provided gifts to the families from wishes on the Mitten Trees, that were displayed at each organization.

So H.O.P.E. bestows special angel wings to all of those who helped to make Christmas a joyous day for our patients and their families.



*"I wish I could tell you it gets better. But it doesn't. You get better."*

- Joan Rivers

If you would prefer to receive our newsletter by email (and help us save postage), please send a note to our Assistant Director Carol Nelson, at [assistant@hopeforcancerfamilies.org](mailto:assistant@hopeforcancerfamilies.org), and she'll put you on our list. (And it will have color!)  
Thanks!

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# We Can Continue to Cut Cases of Cervical Cancer

January is Cervical Cancer Awareness Month. The cervix is the opening to a woman's uterus (womb). Cancer that grows on the cervix is called cervical cancer. Cervical cancer starts very slowly, making it one of the most preventable cancers. Thanks to screening, deaths from the disease have fallen from 2.8 per 100,000 women to 2.3 per 100,000 women in 2015, according to the National Cancer Institute. Nevertheless, the American Cancer Society still estimates that about 13,480 new cases will be diagnosed in 2021.

Most cervical cancer cases are caused by sexually transmitted human papillomavirus (HPV). HPVs are called papillomaviruses because some of the HPV types cause warts or papillomas, which are non-cancerous tumors. About 75% of the HPV types cause warts on the skin – often on the arms, chest, hands, and feet. The other 25% primarily affect the genital and anal area. There are about 100 different strains of HPV but only certain types cause cervical cancer. The two that most commonly cause cancer are HPV-16 and HPV-18. Being infected with a cancer-causing strain doesn't mean you'll get cervical cancer. Your immune system eliminates the vast majority of HPV infections, often within two years.

Cervical cancers start from cells with pre-cancerous changes and for most women these will go away without any treatment. But in some women these do turn into invasive cancers. Treating pre-cancers can prevent almost all cervical cancers. Here is where screening makes all the difference. Regular screening can prevent cervical cancers and save lives. The tests for cervical cancer screening are the HPV test and the Pap test. Pre-cancerous changes can be detected by the Pap test and treated to prevent cancer from developing. The HPV test looks for infection by high-risk types of HPV that are more likely to cause pre-cancers and cancers of the cervix. HPV infection has no treatment, but a vaccine can help to prevent it.

## The HPV Vaccine

The two most important things you can do to prevent cervical cancer are to get the HPV vaccine if you are eligible, and to be tested regularly. As of 2020, Gardasil 9 is the only HPV vaccine available in the United States. Gardasil-9 helps prevent infections by four types of HPV (16, 18, 6, and 11), plus five other high-risk types: 31, 33, 45, 52, and 58. Together these types cause about 90% of cervical cancers. HPV vaccine produces the strongest immune response in preteens. According to recommendations by the American Cancer Society, girls and boys should get two doses between the ages of 9 and 12. Teens and young adults age 13 through 26 who have not been vaccinated, or haven't gotten all their doses, should get the vaccine as soon as possible, and they will need three doses. Vaccination of young adults will not prevent as many cancers as vaccinations of children and teens. The ACS does not recommend HPV vaccination for persons older than age 26.

Last year a new study published in JAMA Open Network (a monthly open access medical journal published by the American Medical Association) showed that for women ages 18 to 26 one shot of the HPV vaccine might be enough. The study included 1,620 women whose average age was 22. The prevalence of HPV infection was much higher among the 62 percent who were unvaccinated, but there was no significant difference between rates in those with a single dose versus those who had more. According to the published results, the researchers had no information on the timing of the vaccinations, and the data depended on self-reports, which can be unreliable. The lead author, Ashish A. Deshmukh, an assistant professor at the UTHealth School of Public Health in Houston, said that while these results are encouraging, three doses, given to girls and boys between the ages of 9 and 12, remain best for now. "Until we have clinical trials, we should not rely on one dose."

## Screening Guidelines

The American Cancer Society has released new cervical cancer screening guidelines that call for less screening in most women. The recommendations were published July 30 in the ACS journal. The new recommendations suggest beginning screening at age 25, instead of age 21. Moreover, the guidelines stipulate that most women need screening only once every five years using only the HPV test. The previous ACS cervical cancer screening guidelines were released in 2012 and called for screening to start at age 21 and testing every five years using both HPV and Pap tests (called cotesting). The ACS committee did not make any changes to the age at which time screening can stop – 65 for most women who have adequate prior negative screening results.

The new recommendations are based on recent research showing the HPV test is more accurate than the Pap test at predicting cervical cancer risk and can be done less often without compromising patient health and safety. Under the new regimen, women with normal test results would require only eight HPV tests over the years spanning ages 25 to 65. Studies show that a negative HPV test is linked to a very low cervical cancer risk.

It is always best to talk with your healthcare provider about your risk for cervical cancer and the screening guidelines that will protect you best. These updated guidelines are only for people at average risk.

## You Are What You Eat

February is National Cancer Prevention Month, another opportunity to remind our readers of common sense lifestyle practices they can adopt to stay as healthy as possible.

What you eat makes a big difference in your body's ability to prevent cancer. In fact, according to the American Cancer Society, at least 18 percent of all cancers and 16 percent of cancer deaths in the United States are related to lifestyle factors, including poor nutrition.

In a cancer-protective diet, the ACS specifically recommends the following:

- Colorful vegetables like those that are dark green, red, and orange
- Plant proteins like beans and peas
- Fruits and whole grains
- Almonds and pecans for snacking

Equally important are foods to minimize or avoid.

- Processed foods
- Red meats
- Alcohol
- Sugary drinks (soda, sports drinks, fruit juice)

There are 13 cancers that are associated with being overweight or obese, including cancer of the esophagus, gallbladder, liver, and pancreas. Dietary patterns have been shown to affect certain types of cancers. In a study published in June 2015 in Cancer Prevention Research on over 900 men with prostate cancer, those who followed a 'prudent' dietary pattern (that is, one that is linked to disease protection, and features vegetable, fruits, fish, legumes, and whole grains) were 36 percent less likely to die from any cause compared with men who followed more of a processed foods Western-style diet.

Here are some other diet takeaways:

- Consumption of olive oil, fish, and fresh fruits and vegetables in the **Mediterranean Diet** helps reduce inflammation and contain antioxidants to prevent DNA damage that may eventually lead to cancer.
- The **DASH Diet** (Dietary Approaches to Stop Hypertension) is associated with a 16 percent lower risk in death from any cancer and is particularly linked to a reduced likelihood of developing colorectal cancers. This diet focuses on vegetable, fruits, low-fat dairy, whole grains, fish, poultry, and nuts, while encouraging sodium reduction.
- A study presented in April 2018 by the Journal of Clinical Oncology showed that patients with stage 3 colon cancer who ate two or more servings of nuts per week were more likely to survive and less likely to experience a cancer recurrence compared with those who ate no nuts.
- Research has shown a connection between deep-fried foods and prostate cancer. A better method is stir-frying, which is quick and seals in flavors and nutrients.
- According to a study published in the BMJ (British Medical Journal) in February 2018, increasing the amount of unprocessed foods by 10 percent also increases the risk of cancer by 10 percent.
- And, as always, **DO NOT SMOKE.**



*“Resolve to be happy, and your joy shall form an invincible host against difficulties.”*

- Helen Keller



# Eight Covid-19 Experts Map Out 2021

*Business Insider* published a timeline in its December issue of what life will be like for us in 2021. Here is the month-by-month projection:

“**January** will be tough as essential workers continue to get vaccinated and hospitals overflow with patients.” Transmissions will still be high as the effects of Christmas and New Year’s are still being felt. Mask wearing is still a must.

“In **February**, frontline healthcare workers will start to feel the effects of full vaccine protection. Some might go to the Super Bowl, but house parties are still a terrible idea.” As many as 100 million Americans could be vaccinated by the end of the month, but the only people with full-scale protection will be those who got their second dose in January.

“By **March**, many doctors, nurses, adults over 75, and frontline workers including mail carriers, grocery clerks, firefighters, police officers, teachers and bus drivers will have had a chance to be vaccinated.” Nevertheless, indoor celebrations are still a threat.

“When **April** arrives, we may all begin to breathe a little easier when we’re out in public.” Houses of worship may limit crowds and keep ceremonies virtual or outdoors. Fortunately, with vaccines now available to the most vulnerable people, the pandemic should be much less deadly in the U.S. “The spring is when we’re going to start to see a light at the end of the tunnel,” said Megan Ranney, an emergency-medicine physician at Brown University.

“By **May**, going to an indoor restaurant for margaritas could be back in style in some spots.” But according to experts it still isn’t safe to hug Mom yet unless you’ve been together all along. And masks are still recommended.

“As **summer** arrives, viral transmission is likely to subside, and rapid testing may finally be available for your medicine cabinet.” Large gatherings will still be prohibited, but some bars and movie theaters may reopen, likely requiring masks and maybe with rapid tests.

“By **midsummer**, more than half the country may be vaccinated.” Fourth of July barbecues and outdoor weddings will be back with social distancing still maintained, and sports stadiums may allow fans at limited capacity.

“Kids could return to school in person in the **fall** – possibly without masks, as their teachers have had a chance to be vaccinated.” Large corporations may reopen office buildings.

“By **Halloween**, it’ll feel pretty safe to trick-or-treat. There may even be some indoor concerts happening.” Halloween house parties are still ill-advised.



“**Thanksgiving** travel (with masks) could feel safe again in 2021.” By this time most Americans who want a vaccine have access to one.

“**Christmas** will feel a lot more inclusive, with multigeneration, multifamily gatherings deemed safe again. But masks won’t be completely out of the picture.” It will be safe to gather with family, including grandparents, but masks will still be recommended for large family gatherings where not everyone has been vaccinated.

“By the end of 2021, many of the activities we used to consider routine will be safe again. But public-health experts stressed that it will still be important to remain vigilant.” The U.S. may achieve herd immunity, assuming that 75% of the country has opted to get vaccinated.



**LIVESTRONG<sup>®</sup>  
AT THE YMCA**

**Survive and Thrive** is a special program of offered for adult cancer survivors to help them regain their physical, emotional, and spiritual strength. The two programs are:

January 25, 2021 – April 15, 2021  
Monday and Wednesday, 10:30 am – 12 pm  
**York Branch YMCA**

February 9, 2021–April 29, 2021  
Tuesday and Thursday, 12:30 pm–2 pm  
Tuesday and Thursday, 6 pm–7:30 pm  
**W. Dale Brougner Foundation YMCA**

Livestrong will be held in the building for survivors who feel comfortable coming in.

For those who do not, they will offer a live/webex format. For more information, go to [LIVESTRONG at the YMCA - York and York County YMCA \(yorkcoymca.org\)](http://LIVESTRONG at the YMCA - York and York County YMCA (yorkcoymca.org))

**H.O.P.E.'S**  
**NEW ADDRESS**

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**Mailing Address:**

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Phone: 717-244-2174



*"Of all the forces that make for a better world, none is so powerful as hope. With hope, one can think, one can work, one can dream. If you have hope, you have everything."*

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