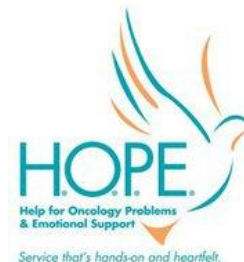


H.O.P.E. LIFELINE



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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.

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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 Mtg.

Date: Wednesday,
October 12

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Shrimp and Bull Roast

Saturday, October 8
7—11 p.m.

Jarrettsville Gardens,
Jarrettsville Fire Hall

3825 Federal Hill Road
Jarrettsville, MD 21084

All You Can Eat Buffet
Shrimp, Pit Beef, Pit Turkey,
Sides
Beer and Wine



Silent Auction * Door Prizes
Sponsored by W. Dale
Brougher Foundation

Annual Craft & Vendor Show

Saturday, October 15

8:30 a.m.—2 p.m.

Stewartstown Presbyterian
Church
14 College Avenue



Variety of Crafters and
Vendors

Lots of Holiday Gifts!

Chinese Auction, Raffle

Food Truck Cuisine

Admission: 2 Cans of Food
for the Food Pantry

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

Mailing Address:

P.O. Box 279,
Stewartstown, PA 17363

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13275 Blymire Hollow Rd.,
Stewartstown, PA 17363

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INSIDE THIS ISSUE...

From the Editor's Desk Pg. 2

Angel Corner Pg. 2

Breast Reconstruction Pg. 3

Good Food Choices Pg. 4

A Promise Kept Pg. 5

FROM THE EDITOR'S DESK

They say in every cloud there is a silver lining. In this case the cloud was a broken left wrist that prevented me from typing (or doing pretty much anything well) for five weeks. Fortunately it wasn't my right wrist.... The silver lining to the cloud was the opportunity for our newsletter readers to learn about the history of the **Hope Haven** from the creator herself. Barb wrote a detailed, honest, humorous explanation of how her vision/dream came true. Next time (or first time) you visit you can appreciate even more the beauty and utility of the Haven having learned about the nuts and bolts of its creation. On page five please read the lovely tribute titled "A Promise Kept" written by Jeff Hoffman about Barb and her friend and inspiration Jeanette. Jeff was recognized several years ago with a Seeds of Hope award for his decades of work for our organization. He's done everything!

Here it is October already, and that means **Breast Cancer Awareness Month**. This newsletter talks about a topic it's never addressed before: breast reconstruction. Since approximately 75 percent of mastectomy patients go on to have some kind of reconstructive surgery, we hope this information can help inform decisions. For those who do go ahead with the surgery, we've also included a helpful list of products offered by the American Cancer Society that will help the patient from the time she's in the hospital to postsurgical clothing. Here's the link to the products and explanations: <https://www.everydayhealth.com/breast-cancer/living-with/ultimate-mastectomy-guide-essentials-before-surgery/>

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

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



What a lovely day it turned out to be! The weather was beautiful and so many of our wonderful friends were there to celebrate with us. We were honored to have Senator Kristin Phillips-Hill, Commissioner Doug Hoke and Mayor Brittany Bannette of Stewartstown. Governor Tom Wolf sent a Congratulatory Letter that was read during the Ribbon Cutting Ceremony.

State Farm representatives, Ray and Ethan, were here to present a check for \$25,000 from the State Farm Neighborhood Assist Program. This program was designed to help organizations creatively solve a problem or improve their community, such programs like H.O.P.E.! In order to get this \$25,000 H.O.P.E. wrote a grant that was open to every non-profit across the United States. State Farm selected the top 4000. Then it was put out to the country for the citizens to vote for their choice deserving of this grant. H.O.P.E. ranked in the top 100 and was very excited to be recognized for this wonderful donation.

I want to thank everyone who came out to help us celebrate the Grand Opening of the Haven. A special Thank You to all the board members and volunteers who participated that day. We want to thank the Winterstown Fire Department for providing Fire Police to direct traffic. Chris Wagman was there to provide the music and "MC" the Ribbon Cutting Ceremony.

The day was extra special for Barb because Jason and Cory Cartwright were there with their families to celebrate their Mom's final wishes — the opening of The H.O.P.E. Haven—A vacation from cancer retreat!



"My relationship with my body has changed. I used to consider it as a servant who should obey, function, give pleasure. In sickness, you realize that you are not the boss. It's the other way around."

~ Federico Fellini

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, and she'll put you on our list. (And it will have color!) Thanks!

More To This Than Meets the Eye...

For the majority of people diagnosed with breast cancer, the ordeal doesn't end when treatment is finished. Seventy five percent of breast cancer patients go on to have reconstruction. Women who have lumpectomy or partial mastectomy for early-stage cancer do not have reconstruction, but even some of these women have plastic surgery to reshape the breast at the time of surgery or afterward.

For patients who have had a mastectomy (or double) surgery to rebuild the breast(s), called reconstruction, typically takes place during or soon after mastectomy but can also be done many months or even years later. During reconstruction a plastic surgeon creates a breast shape using an artificial implant (implant reconstruction), a flap of tissue from another place on your body (autologous reconstruction), or both. What are the pros and cons of these procedures?

Implants

Implant-based breast reconstruction remains a safe, effective, and popular option for postmastectomy patients. Compared with autologous breast reconstruction, implant-based techniques entail more efficient surgery and recovery. The surgeon uses a silicone gel implant to create the breast mound. The operation doesn't take as long as the autologous procedures and recovery is usually two to three weeks. However, surgeons do not typically recommend implant-based reconstruction for women who have had, or who will require, radiation as part of their treatment. The most common problem with breast implants is capsular contracture. A scar (or capsule) can form around the soft implant. As it tightens, it can start to squeeze the implant, making the breast feel hard and look distorted. Capsular contracture can be treated. Something else that needs to be considered is that once a person has implants she no longer can have a mammogram. And yet another thing to keep in mind is that implants need to be replaced every 10 to 15 years due to age-related changes, failure of the implant, or age of the implant.

Flap Reconstruction

There are two types of **autologous**, or **flap surgeries**: a TRAM flap and DIEP flap. TRAM stands for transverse rectus abdominal muscle, and DIEP is deep inferior epigastric perforator artery. The main difference between the two is that the TRAM moves a small amount of muscle from the lower abdomen to the chest, while the DIEP (pronounced deep) spares the abdominal muscle and uses only soft fat tissue and local blood vessels. Each surgery lasts from six to eight hours with total hospital stay around five days. It usually takes six to eight weeks to fully recover from the surgery, and patients are left with a scar across the belly from one hip to another, typically below the bikini line. DIEP flap surgery is not for women who don't have a lot of belly tissue or women who have already had certain abdominal surgeries, or who are concerned about losing core strength, especially in the lower abdomen.

Restoring a breast isn't considered a cosmetic procedure. It's reconstructive surgery. Since it's considered part of the treatment of a disease, the law says insurance providers must provide coverage. The timing is based on what you want to do, your medical conditions, and your cancer treatment. You can have it done during the operation to remove the breast, or you can have it months or years after a mastectomy. If you've started chemotherapy or radiation treatments, reconstruction is usually put off until they're finished. Your surgeon can help you decide the best timing for you.

'Going Flat'

When you choose to leave one or both sides of the chest flat after mastectomy — rather than have breast reconstruction surgery with tissue flaps or implants — it is known as going flat. People who go flat either live flat all the time or choose to use external breast forms however often they wish. Doctors sometimes assume that, after mastectomy, women want to rebuild their breasts, using either a breast implant or tissue from another place on the body (called flap or autologous reconstruction). If your doctor doesn't present going flat as an option, you may have to be your own advocate and start the discussion yourself. Current research shows that women who choose to rebuild their breasts have no advantage in quality of life, body image, and sexuality over those who choose to go flat.

Physical recovery from a mastectomy with no breast reconstruction is usually easier than physical recovery from a mastectomy with breast reconstruction. People who have breast reconstruction with either tissue flaps or implants usually need at least two procedures to achieve the desired results — or even more to make the breasts evenly balanced (symmetrical). Going flat usually requires only one procedure, although sometimes more than one procedure is needed to achieve a flat closure.

Some women report feeling a sense of grief and loss after going flat, at least initially. But others say they feel liberated because they no longer have a body part that threatens their health and well-being. Still, it can take some time to adjust to having a flat chest and

[Continued on next page]

Reconstructive Surgeries and Alternatives

[Continued from previous page]

to figure out what makes them feel comfortable. For example, they may prefer to wear a breast form most or all of the time. The important thing is that the woman takes her time and goes at her own pace. Sex after mastectomy with aesthetic flat closure can be just as fulfilling as it was before surgery. Women who go flat sometimes choose to decorate their post-mastectomy chests with tattoos — either decorative artwork that typically camouflages the scar area or restorative tattoos that look like a nipple and areola. (See box on page 5.)

People who choose to go flat after mastectomy are becoming much more visible. Lending their support are celebrities who are also going flat after mastectomy, including actors Kathy Bates and Anjelica Huston and comedian Tig Notaro.

You may also find it helpful to talk with others who have similar experiences. Organizations such as BreastFree, Not Putting on a Shirt, Flat Closure NOW, and Flat & Fabulous can be valuable resources, as can online discussion boards such as Living Without Reconstruction After a Mastectomy in our community.

Good Food Choices For Your Breasts

Every few months this newsletter reminds you which foods are best for health (colorful, plant-based, protein, etc. – pretty much the Mediterranean diet). This month, in response to breast cancer month, we're reiterating the usuals but adding a few specifics for foods that are recommended for people either living with the risk of breast cancer, cancer that's newly diagnosed, or even metastatic breast cancer.

According to Joe Feuerstein, MD, an integrative physician in Stamford, Connecticut, the "strongest scientific evidence on the relationship between cancer and diet supports a largely plant-based, anti-inflammatory, fish-oriented diet that avoids red meat. Inflammation is part of the body's normal healing response to damage; however, as part of this response there is a release of substances in the body that promote cell division, which is not something optimal in patients with cancer. As for red meat, it contains hormones (which can fuel breast cancer growth), endocrine disrupting chemicals, and contains heme (iron), a potentially gene-damaging oxidant." Here are some foods Dr. Feuerstein recommends:

Cruciferous Vegetables

Brussels sprouts, bok choy, arugula, collard greens, kale, broccoli, cauliflower. This family of vegetables is high in calcium and two types of compounds in particular – indoles and isothiocyanate – which contain compounds that contribute to the detoxification of excess estrogen, a hormone that fuels breast cancer growth.

Eggs

Dr. Feuerstein recommends a couple eggs a week because, in addition to being a non-meat source of protein, they're rich in choline, lutein, and zeaxanthin, all micronutrients believed to have disease-fighting properties.

Fish

Breast cancer is less common in countries where people eat a lot of fish (versus the meat-heavy Western diet). That could be because fish, in addition to being a good non-red-meat source of protein, has anti-inflammatory properties in the form of polyunsaturated fatty acids (PUFAs). Recent research in mice bred for an aggressive form of breast cancer found that exposure to PUFAs mitigated the animals' risk of developing the disease over the course of their lifetimes. Feuerstein recommends eating cold-water fatty fish such as tuna and sockeye salmon, sardines, herring, and mackerel.

Green Tea

Green tea has been identified as a potential super-ingredient because it is consumed heavily in Asian cultures, where breast cancer risk is low. Antioxidants help prevent damage to cells from free radicals that are generated as part of normal metabolism and which can cause genetic damage in cells leading to cancer growth. One major study of post-menopausal Asian women who drank green tea found a 25 per cent reduction in breast cancer recurrence.

Yogurt

As little as a quarter or 1/3 cup of dairy milk was shown to increase the risk of breast cancer by 30 per cent, according to a study published in the International Journal of Epidemiology in 2020. One reason may be the sex hormone content of dairy milk, since cows are lactating (and many are pregnant). But the risk seems lessened if the dairy is fermented, as in yogurt, which is also a good source of calcium and protein. Yogurt also contains beneficial bacteria, such as probiotics, that may lessen inflammation and lower breast cancer risk.

*"You are not
your scars."*

~ Malisa Morris

A Promise Kept

By Jeff Hoffman

Friendships are a barometer of an individual's personality. Our society is often cavalier when defining the parameters of friendships. From something as casual as sharing a common interest to helping someone through the hard times, a friendship can take on a life of its own. This was the case of two women who have traveled time and existence over decades to see a shared dream come true.

Jeanette Cartwright and Barb Titanish met as first-generation soccer moms. They developed a fondness for one another through their mutual love of family and community. It was Jeanette's cancer diagnosis that served to define their friendship into something few have ever experienced.

While many of Jeanette's friends turned away, unable to cope with the physical, emotional and spiritual upheaval that cancer had wreaked upon Jeanette and her family, one friend - Barb Titanish - stood in the breach and fought alongside her. Through the ugliest of times, as Jeanette's health slipped towards the inevitable ending of her physical existence, Barb helped her to cope and then prepare for the journey yet to come.

It was during this time with Barb's help that Jeanette sought peace and solitude in her family cabin in the mountains of Pennsylvania. While wrapped in blankets, Jeanette would remind Barb that there were others out there fighting the same battle. As these conversations progressed, Jeanette became more emboldened and shared her vision of helping cancer patients by bringing them to her mountain retreat: a place where they could experience tranquility and even but for a brief moment leave cancer behind. Barb had to constantly remind Jeanette that such an idea was impractical, but she persisted.

Eventually Jeanette came to the end of her battle. Weakened and on her deathbed, she fought on. One evening just prior to her death, her friend Barb crawled into bed next to her. Armed with paper and markers, they both drew out plans for a retreat from cancer. Jeanette made her friend, Barb - the one who stood next to her throughout her difficult journey - promise to build their retreat from cancer.

Through countless hours of work, endless fundraisers, recruiting everyone she could, Barb finally fulfilled her promise to Jeanette after more than two decades.

Now that you have read this, step back. Look around, and you will see A Promise Kept.

FUNDRAISER RAFFLE

January 2023
Calendar Raffle
Donation \$20 per ticket

Prizes from
\$50 up to \$1000

GIFT CARDS
Diamond Necklace

Visit link to see prizes and
order online.
[https://hopelifeline.org/
calendarraffle/](https://hopelifeline.org/calendarraffle/)

A trained artist and a breast cancer survivor, Barbara Fox wants to help those ladies looking for scar cover-ups. After treatment, she saw a video and decided THIS is it, THIS is what she needs to do. She has spent over 3 years learning art. Now she execute amazing realistic areola tattoos and beautiful scar camouflage in Lebanon. More info and photos on

www.ConfidenceInked.com
717-273-2273



BASKET BINGO

**SUNDAY,
NOVEMBER 6th, 2022**
New Freedom
Community Center
New Freedom, PA

Doors Open 12:30 p.m.
Bingo Starts at 2 p.m.
**DONATE NON-
PERISHABLE FOOD ITEMS
FOR CHANCES TO WIN
PRIZES**

**TICKETS \$20 BEFORE
NOVEMBER 4TH
\$22 AT THE DOOR**
Refreshments for Sale by
Tasteful Occasions

Visit Us on the Web
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<http://www.hopelifeline.org>
"Like" Us on Facebook:



"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."

RETURN SERVICE REQUESTED

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(717) 244-2174

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