

WOMEN'S HEALTH *Talk*

BREAST CANCER FACTS

One woman in eight either has or will develop breast cancer in her lifetime. Each year, nearly one-quarter of women diagnosed with this disease will die. If detected early, the five-year survival rate exceeds 95%. Mammograms are among the best early detection methods, yet 13 million U.S. women 40 years of age or older have never had one.

The third Friday in October (October 15, 2004) each year is National Mammography Day. In 2003, more than 705 American College of Radiology (ACR) accredited facilities took part by offering free or discounted mammograms.

To learn which facilities in your area are taking part this year contact:

American Cancer Society
800.227.2345

National Cancer Institute
800.4.CANCER

Y-ME National Breast Cancer
Organization 800.221.2141

A HUG SHOULDN'T HURT Cancer Patients' Second Hurdle

Following breast cancer surgery or treatment, nearly 75% of women report having chronic pain or other nervous system abnormalities. The swelling of soft tissue occurring beyond six weeks post-surgery could indicate the presence of lymphedema, a chronic disease affecting 1% of the population.

When protein builds up in a compromised lymphatic system, fluid and other metabolic waste causes an overload, spilling out into surrounding soft tissue. In the case of breast cancer surgery or radiation treatment, chest and trunk areas may exhibit signs of redness, swelling or disfigurement. Patients describe the feeling associated with lymphedema as "stretched, heavy, throbbing or inflated."

It is a little understood disease, somewhat ignored and often misdiagnosed by medical professionals. It has been referred to as an "orphan disease," because many in the American medical community do not consider it a serious problem. For this reason, the development of treatment programs has been limited. Myths surrounding lymphedema include, for example, it is rare, it is not painful and it cannot be treated.

Another obstacle patients must overcome is the unwillingness of many insurance companies to cover the cost of treatments to ease the effects of lymphedema. The Women's Health and Cancer Rights Act, a federal law enacted in 1998, requires group health insurance plans that provide coverage for medically necessary mastectomies must also cover treatments

of physical complications of all stages of mastectomy, including lymphedema.

Until more research is done to learn how this disease might be prevented or cured, self-care education and treatment are vitally important to its sufferers. Familiarizing patients with risk factors, lifestyle modification, compression wrapping, massage and exercise guidelines may help to prevent, relieve or control the symptoms of lymphedema.



The Compression Comfort® Bra by Bellisse gives support to lymphedema patients.

Compression plays a crucial role, as it promotes the drainage of lymphatic fluid. Garments or bandaging is highly individualized, based on the patient's level of comfort and degree of activity.

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GOT THAT BURNING FEELING?

TUMS No Match For GERD

Are you one of the more than seven million Americans suffering with Gastroesophageal Reflux Disease, or GERD? When stomach acid backs up into the esophagus, it causes aggravating heartburn. Those with GERD generally need more than an antacid to relieve pain and discomfort.

One study found that reflux occurs as frequently in normal individuals as in GERD patients. However, in those with this disease, the liquid contains acid more often, and stays in the esophagus longer.

Typically, night time is NOT the right time for GERD sufferers. While reclining in bed, no gravity is at work to rid the esophagus of reflux. Swallowing, decreased while sleeping, is also an important agent to reduce acid in the esophagus.

One of the most prevalent causes of this disease is the action of the small muscle, the lower esophageal sphincter (LES), surrounding the lower esophagus where it joins the stomach. If it is weak or relaxes abnormally, as when the stomach is distended with food, reflux occurs more easily.

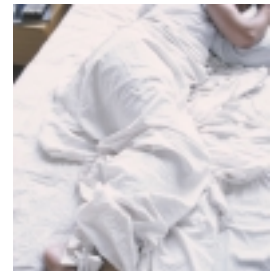
Regurgitation, nausea, ulcers, difficulty swallowing, coughing, asthma — and in severe cases — cancer of the esophagus, can result from GERD. Various methods to effectively treat this disease range from alternate lifestyle measures to the use of medication or surgical procedures. While no cure is available, the following preventative care or treatment options

may diminish discomfort and aid in preventing the more dire consequences of this disease:

- Eat smaller meals in an upright, relaxed position.
- Oral medications such as potassium supplements or the antibiotic Tetracycline will burn if allowed to rest in the esophagus.
- Excessive weight can promote reflux, as can stress.
- Antacids help to neutralize acid quickly, but offer no long-term benefits.
- H2 blockers — includes Tagamet, Zantac, Pepcid and Axid suppress acid in the stomach.
- Proton pump inhibitors may significantly block stomach acid production. Prilosec (omeprazole), Prevacid (lansoprazole), Aciphex (rabeprazole), Protonix (pantoprazole) and Nexium (esomeprazole) are brand names for these inhibitors.

Making a few lifestyle changes or finding the right prescription can reduce that “burning” feeling causing sleepless nights. Check with your doctor if you regularly experience heartburn more than three times per week.

Source: www.medicinenet.com; www.aboutgerd.org



Reaching out to women everywhere

THE HEALING POWER OF SILVER

Through the ages, silver has been valued as having healing or purifying properties. Cyrus the Great of Persia decreed his water should be carried in silver vessels to keep it from being contaminated. The ancient Romans used silver foil to dress wounds.

Today, silver is an active ingredient in medical and therapeutic products, in silver nitrate to prevent eye infections and in ointments to inhibit bacteria in burns and wounds. Silver-lined bandages are used to prevent the onset of infection around open skin.

Juzo, the leading provider of high-quality compression therapy garments, has created Juzo Silver, a revolutionary stocking actually constructed with silver fibers. The garment releases silver ions, creating a “shield” in the area surrounding the garment, though not directly interacting with the wound. As the ions bind with microbes, they are essentially deactivated, producing a barrier against infection. The garment further aids in providing a soothing effect on the skin around the affected area, reducing heat build up and skin irritation.

Juzo Silver can be used in the treatment of venous stasis ulcers and other skin wounds by assisting circulation, impeding the growth of bacteria and keeping the area cool. Scar reduction is another benefit, as it protects the healing tissue from infection. The stocking aids sufferers of lymphedema through graduated compression and by reducing the risk of skin infections, a common occurrence with the disease.

Whether in the 6th century B. C. or the 21st century, silver continues to be an agent of healing. Juzo products are known worldwide for their comfort, durability, therapeutic benefits and optimal aesthetic appeal. *If you would like to know more about compression garments, visit www.juzousa.com*



STILL BEAUTIFUL — STILL YOU

Fashions build confidence for cancer survivors

You are a survivor. Though cancer has taken a toll, you have overcome. You are still you — full of life and hope for a healthy future. Getting back in the swing means having the same options you had before surgery.

Heather Kuzmier was diagnosed with breast cancer in 2002. Due to multi-focal cancer, she soon underwent a mastectomy and began chemotherapy treatments. Though not a candidate for immediate reconstruction, Heather still wanted to feel feminine and beautiful. The clothing she found in boutiques geared for mastectomy wearers made her feel anything BUT beautiful. Heather was also given a polyester fluff ball to wear as a breast for the first eight weeks after surgery.

"I told my friend, Carole, 'We need to do something about this.'"

The two women decided they must work to expand the options for women after breast cancer surgery. They talked to manufacturers and engineers to see how they could construct a natural looking prosthesis. Making attractive, contemporary clothing was another avenue they pursued to help women feel more like themselves again.

Adversity gave birth to *Still You*, a company dedicated to helping breast cancer survivors all across the United States to feel confident and beautiful. They developed a realistic-looking prosthesis that can be worn as early as the day after surgery. Custom-designed to mold to the chest wall, it can even be worn while swimming.



Still You clothing comes in more than 15 styles, offering custom-designed tank tops and luxurious loungewear designed with features that allow wearers to feel secure — giving freedom of motion and style like nothing else available.

"Cancer will change you in ways you can never imagine," says Heather. "It led me to do something helpful and worthwhile. Though I wish no one would ever experience cancer, I hope those who do can also come away feeling that it left a positive mark on their soul."

Visit a *Women's Health Boutique* near you to try *Still You* products. Find more information at www.StillYouFashions.com

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Manual Lymphatic Drainage (MLD) is a special type of massage that promotes lymphatic contractions and opens drainage pathways. Deep massage may help to break up fibrous deposits, which improves outflow. A team approach, involving the oncologist, therapist and patient must be followed, all committed to the process of ongoing treatment.

Many health care professionals recommend The Compressure Comfort® Bra by Bellise, not only for chest and breast edema and lymphedema, but for a variety of related applications: immediately following lumpectomy or mastectomy, heart surgery or lobectomy. It can also aid in the comfort of other painful and challenging breast cancer complications, specifically post-radiation fibrosis.

This special bra is designed with four objectives in mind: comfort, to offer sustainable compression, to be unobtrusive under clothing and to possess unprecedented adjustability.

Bellise was formed as a labor of love by two women, Lesli Bell and Lisa Lindahl. Lesli is a certified physical therapist extensively trained to treat women with lymphedema and other post-breast cancer conditions. Lisa, inventor of the Jogbra, the original sports bra, refused to become involved in another business unless it was a "path of the heart."

Lesli and Lisa are committed to making sure The Compressure Comfort® Bra is available to women who need it.

If you would like more information, visit www.bellise.com or to order, go to www.w-h-b.com and check out the e-commerce store.

SURVIVING STROKE

"She acted confused, disoriented — almost childlike. Mostly, she just seemed to be far away, in a place I couldn't go, and from where she couldn't return." — Niece of stroke victim

Affecting the ability of arteries to carry oxygen and nutrients to the brain, stroke is the third leading cause of death and of serious, long-term disability in the United States.

Acting quickly to get treatment — within the first three hours of symptoms — can reduce the risk of damage from the most common type of stroke.

Warning signs include: sudden weakness or numbness in the face, arm or leg — especially on one side of the body; confusion, trouble speaking or understanding; trouble seeing in one or both

eyes; sudden difficulty walking, dizziness or loss of balance or coordination; and sudden, severe headaches with no known cause.

To prevent it from happening to you, take these steps recommended by the American Stroke Association:

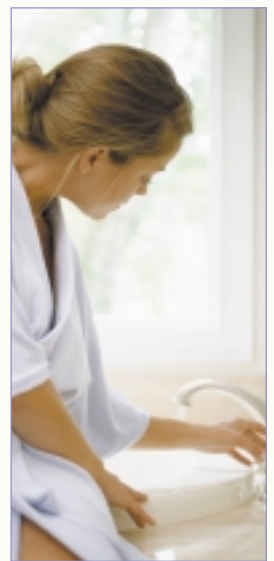
- Don't smoke
- Maintain a healthy weight
- Exercise regularly/Decrease stress level
- Take medicine as directed
- Check blood pressure regularly; control high BP

For more information visit www.strokeassociation.org

ITCHY AND SCRATCHY

Eczema, also known as dermatitis, is an inflammatory skin disease most often characterized by dry, red, extremely itchy patches on the skin. Sometimes referred to as "the itch that rashes," because the itch, when scratched, results in the appearance of a rash. It affects both children and adults, and the severity and appearance can be different from person to person.

There is no known cause for eczema, though it often affects those with a family history of allergies. A wide variety of substances such as soaps, detergents, fresh fruit juices, dust mites or animal dander have been associated with outbreaks. Stress or upper respiratory infections may also be triggers. Avoid rough, scratchy, or tight clothing. Rapid changes of temperature and any activity that causes sweating can aggravate dermatitis. Proper bathing and moisturizing are recommended by dermatologists, as are the use of corticosteroid creams and ointments to reduce inflammation. Tar treatments and phototherapy have also shown positive effects in managing eczema.



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www.w-h-b.com

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Information contained in this newsletter is for educational purposes only. It is not a diagnosis or substitute for professional advice or treatment. You should always consult your physician.

Products available at each location may vary.

Seek the care of a licensed dermatologist and avoid your personal triggers to keep your skin "in the pink."

For more information on eczema, visit American Academy of Dermatology Web site, www.aad.org