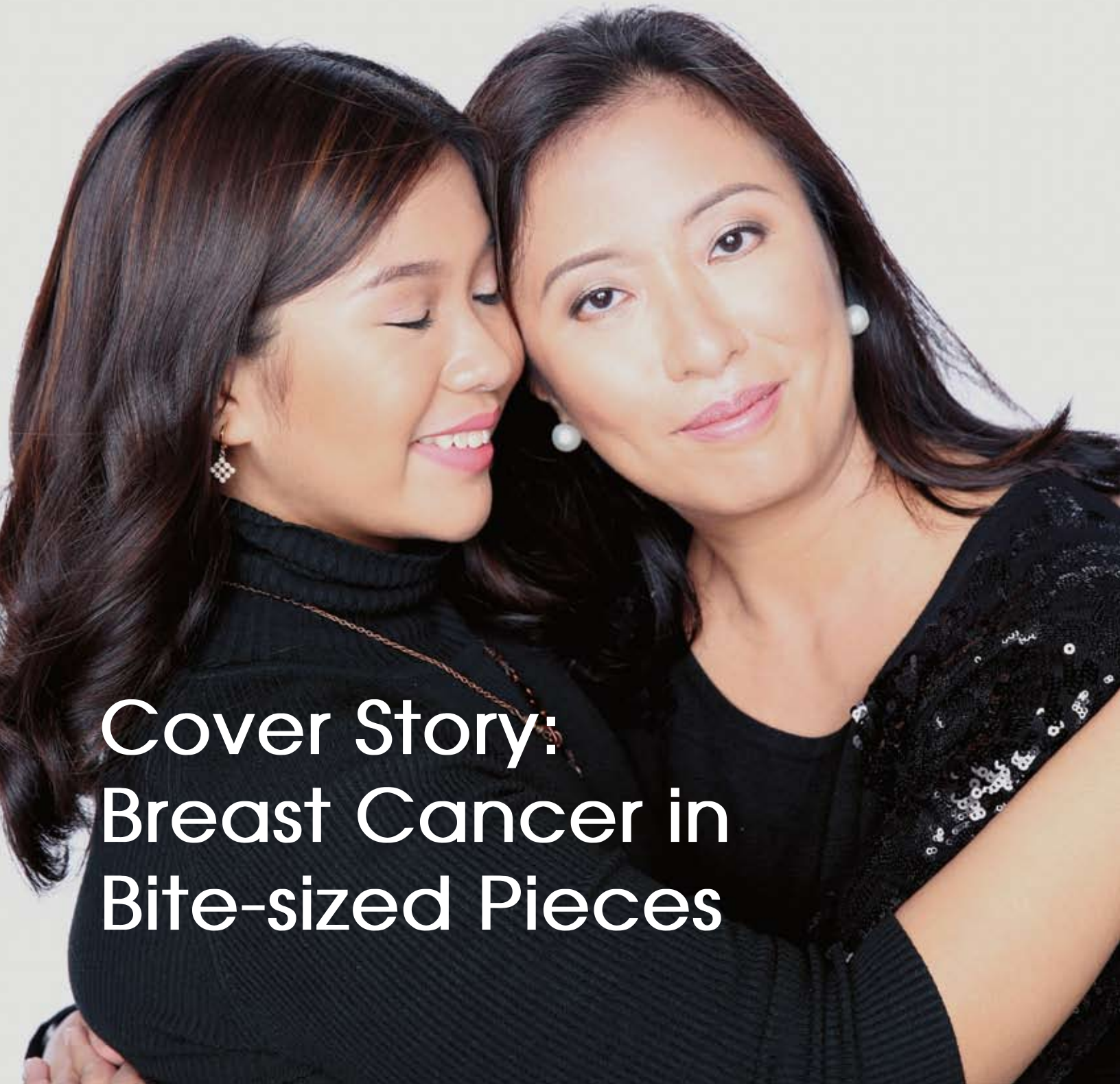




Carewell

the cancer resource and wellness community

Issue 2016



Cover Story:
Breast Cancer in
Bite-sized Pieces

CAREWELL PARTNERS OVER THE YEARS

The Rafael B. Buenaventura Foundation



Philippine Cancer Society



Plantation Bay



HIZON LABORATORIES, INC. MANUFACTURING PHARMACISTS



ASIAN HOSPITAL AND MEDICAL CENTER



THE MEDICAL CITY Where Patients are Partners



To persons with cancer and their loved ones - who have always been our reason to be and our inspiration

To our affiliate hospitals and volunteer doctors - who have enabled Carewell to grow in scope & strength

To our supporters - who have faithfully attended our various events and activities

To our individual partners and corporate donors - who have generously donated to fund our resources and programs

To our volunteers, counselors, and wellness professionals - who have selflessly shared their time and talent

And to all who have in one way or another lifted Carewell to where we are today



Thank You from the bottom of our hearts.





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Photography by Sarah Black	

Dear Friends of Carewell,

Welcome to the 2016 – and the 10th - edition of Carewell Magazine!

There is a Chinese Proverb that says: “The best time to plant a tree was 20 years ago. The second best time is now.” While I fully agree with this, I would like to suggest that, at least in our case, “planting” our Carewell “tree” a decade ago has already born much fruit – though it may take 20 years (and even more, I hope!) for it to come to full fruition. That said, I’m absolutely certain there is no better time than right now to help someone affected by cancer believe – truly and deeply believe – that there is no need for them to feel helpless, hopeless, or alone, when living with this disease. This is our sole mission, indeed, our *raison d’etre*, at Carewell.



This year, we celebrate with humility, pride, and much gratitude our 10th year of providing cancer support free of charge to persons with cancer and their loved ones. Just as we could not have reached this milestone without your support, neither could we have helped scores of persons affected by cancer without our amazing team of generous, caring, and compassionate professionals. As you peruse the pages of this issue, I trust you will see through their eyes that there is no better way to Care well for persons with cancer than by providing them with holistic support, relevant and timely information, and most important – boundless hope!

Thus, the core of this issue focuses on Integrative and Holistic approaches to dealing with cancer. Our lead article is written by none other than Carewell’s much beloved Qi Gong Master, Roger Simone. Roger, who has generously agreed to take on the huge role of Programs Director, has put together a compelling piece entitled, What is Integrated Care. This will set the context, not only for many of the articles to follow, but also for the new and enhanced programs, resources, services, and activities Carewell will be implementing starting in 2017.

Following in this vein, the pages that follow will guide you through an enlightening journey covering the Experience of – and the science behind - Aromatherapy, Vipassana Meditation, Pranic Healing and the importance of emotional healing in the cancer journey, and Yoga as a Way of Life.

continued on page 9

Breast Cancer Awareness Month

The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease. There are about 1.38 million new cases and 458 000 deaths from breast cancer each year (IARC Globocan, 2008). Breast cancer is by far the most common cancer in women worldwide, both in the developed and developing countries*

* Source from World Health Organisation Website



BREAST SELF-EXAMINATION SHOULD BE DONE

1X FOR WOMEN
A MONTH **20 YEARS & OLDER[^]**

DO YOU
HAVE THE

SYMPTOMS?



1 PAINLESS LUMP IN BREAST

2 PERSISTENT ITCH & RASH AROUND NIPPLE

3 SKIN OVER BREAST IS DIMPLED OR PUCKERED

4 SKIN OVER BREAST IS SWOLLEN & THICKENED

5 NIPPLE IS PULLED IN OR RETRACTED

6 BLEEDING OR UNUSUAL DISCHARGE FROM THE NIPPLE

HOW TO DO IT[^]



1 LOOK FOR CHANGES IN THE MIRROR



2 FEEL FOR CHANGES WHILE LYING DOWN



3 FEEL FOR CHANGES IN THE SHOWER

WHAT TO LOOK FOR[^]



PERSISTENT LUMP



CHANGE IN BREAST SHAPE OR SIZE



DIMPLING OR PUCKERING OF SKIN



NIPPLE RETRACTION



NIPPLE DISCHARGE

IF YOU OR SOMEONE YOU KNOW DISCOVERS A SYMPTOM DESCRIBED ABOVE, STEP FORWARD AND SEEK MEDICAL ADVICE. CALL US AT +632 962 1481, +63 917 837 7725 (GLOBE) OR +63 998 959 9169 (SMART) FOR MORE INFORMATION

The Whole Picture

Integrative cancer support care looks at the person, not the disease

Roger Ty-Simone
QiGong Instructor

IF you have been diagnosed with cancer, there are ways to enhance the body's ability to fight cancer and synergize with traditional cancer treatments to work more effectively. This is the basis of integrative cancer support care (ICSC). Key points of this approach are:

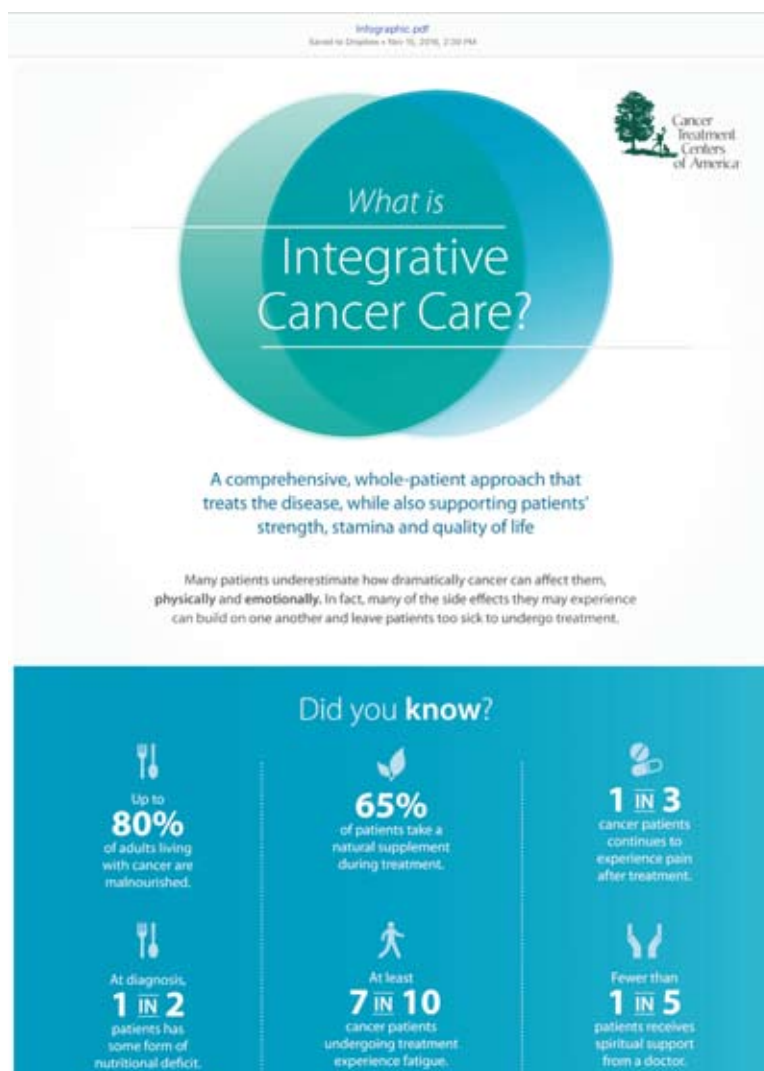
- Focus on you, not only the cancer
- Treating the whole person, not just the tumor
- Safe and non-invasive adjunctive treatments
- Integrating the best care available to you
- Improving your outcome and quality of life

Why should you choose ICSC? Many research studies show that lifestyle causes of cancer can be prevented, modified, and treated. The National Cancer Institute estimates that 41 percent of people will develop cancer in their lifetime, and many more in some countries. A third of these cancers will be related to obesity, lack of exercise, and poor nutrition. At least 30 percent of cancers can be prevented by not smoking, having a healthy diet, exercising regularly, and moderating alcohol use. According to the World Health Organization (WHO), in developing countries, up to 20 percent of cancer deaths could be prevented by immunization against Hepatitis B Virus and Human Papilloma Virus infections. Only 10 percent of all cancer is caused by inheritance of mutated genes. The remaining 90

percent of cancers are linked to lifestyle and the environment.

New studies show that ICSC and therapies improve quality of life and cancer survival. This is achieved by strengthening the body and immune system before, during, and after conventional cancer treatments such as chemotherapy, surgery, and

radiation. ICSC enhances the power of traditional cancer therapies to kill cancer cells and helps protect non-cancerous cells. A reduction of side effects is seen, while the body's natural anti-cancer defenses are stimulated, such as reducing inflammation, angiogenesis (new blood vessel formation), and other cancer-friendly environments like acidity and high



sugars. Also, very importantly, ICSC supports the mind, body, and spirit connection before, during, and after cancer treatment.

Are you looking for an integrative or holistic approach to managing your cancer care? Why not improve the quality of your life while reducing the risk for cancer recurrence? Seek out an integrative cancer care specialist to provide you with a personalized treatment plan using current and innovative therapies which complement your conventional treatments. Your integrative treatment plan should provide comprehensive support throughout your diagnosis, treatment, recovery, and remission and beyond. A true long-term plan for survivorship requires a team care approach.

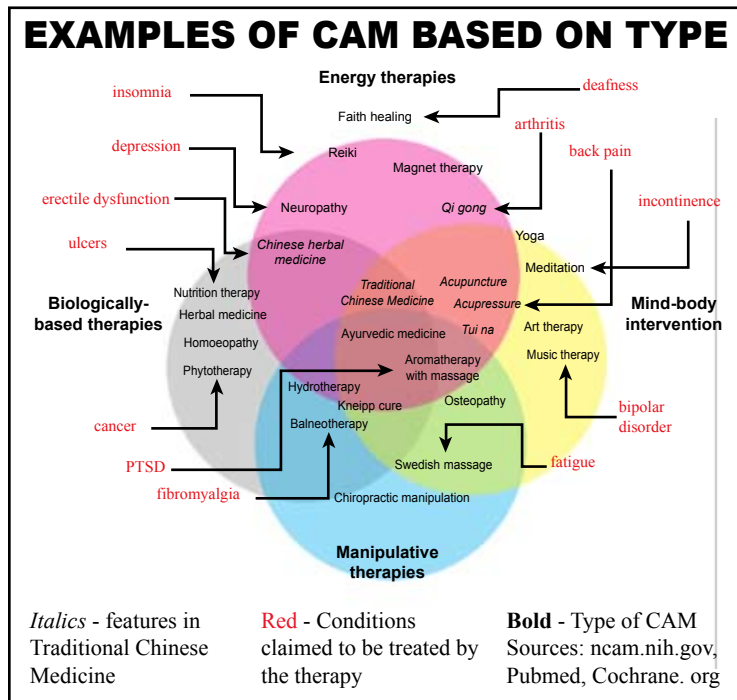
How do we do this at Carewell? Like many other wellness and cancer support communities, we provide a variety of free psychosocial support activities such as support groups, wellness education, opportunities to experience caregiving and receiving counseling, coaching, and sup-

port, healthy living paths such as proper nutrition, exercise, and mind-body practices such as meditation, yoga, qigong, dance, art classes, and much more. There are medical consultations and non-traditional healing therapies offered, such as Energy Healing, Gong Healing, Aromatherapy, acupuncture, and massage. Also, very importantly, we provide social connections to assist in understanding one's illness, and communicating our needs and concerns in order to provide hope and avoid loneliness, isolation, and helplessness in our cancer journey.

This is possible through the generous donations of our friends and families and the support of our talented volunteers.



We thank you for 10 years of love and emotional and financial support, and we hope to enjoy a prosperous future making a difference in the lives of kababayan with cancer in the Philippines.



GLOSSARY OF TERMS OVER THE YEARS

- PM - preventive medicine
- AM - alternative medicine
- CAM - complementary and alternative med
- IM - integrative medicine
- CT - complimentary therapies
- Mind Body Medicine



A whiff of wellness

By: Marie Ganir

Carewell Member and Volunteer

Relief from aromatherapy allows this Carewell volunteer to fight body pain and stress — and enables her to continue helping people

WHEN I was informed that we would be having an aromatherapy session at Carewell, I immediately signed up because I have read articles about aromatherapy, but never had the chance to try it. I have muscle weakness, joint pain, and osteopenia which was caused by chemotherapy and taking maintenance medicines for five years. I also developed a sleeping disorder. For several years, I experienced waking up at night every one or two hours to check the time. I believe that subconsciously, it was my body's way of reassuring me that I was still alive. Lack of sleep and stress triggered frequent migraine attacks.

During the first session, I was interviewed by our aromatherapist, Ms. Teresa, regarding my medical history, and on whatever pain or emotional stress I was experiencing that time. Then, based on the information I gave, she selected essential oils and mixed them with a carrier oil. She explained that these oils would help relax my tense muscles, thereby reducing pain and inducing sleep. Inhalation and a gentle massage on my back and legs would allow the essential oils to be absorbed through the skin and released through sweat and urine. A few minutes

into the session, I was snoring my way into oblivion. I did not notice that Ms. Teresa had already left the room, and my aromatherapy session was done. Upon my waking up, she made me drink a glass of water to facilitate the excretion of toxins.

I felt the positive effect of aromatherapy after two sessions at Carewell, and continued getting massages even after Ms. Teresa had left for London to continue her course. I chose a therapist like her, a person with a good disposition and gentle personality to attract positive energy. Aromatherapy eliminated my migraine attacks, too. This invigorating experience definitely relieved my fatigue and daily stress.



As a full-time volunteer at Carewell, I interview newly diagnosed members and their loved ones. I face men who suddenly burst into tears during the interview, and patients who feel hopeless, helpless, and at a loss after being diagnosed with cancer. Initially, a newly diagnosed patient and their family experience shock, disbelief, and confusion, along with being barraged with too much misleading information from the internet, or inundated with unsolicited advice. These, along with coping with the disease and the struggle of finding means to finance their treatment, are heavy burdens for cancer patients and their loved ones to carry.

A weekend aromatherapy session relieves me of physical and emotional fatigue after a week of interacting with new members. It gives me enough energy to keep me in a positive mood while doing interviews, and this, I believe, puts me in the right state of mind to welcome new members who are facing the challenge of dealing with the disease. I share my experiences from when I was initially diagnosed, and how I dealt with the situation. By doing so, the new member can slowly open up to me and talk about how they feel, and are able to release pent-up emotions which they are afraid to share with their loved ones.

Through sharing my own cancer journey and how I was able to go through it with a positive outlook, I am able to pinpoint the immediate needs of new patients, and how Carewell can help. In doing so, I am able to accomplish my goal, which is to reach out to people who are in a similar situation and effectively serve the cancer community. I am glad to say that the healing benefits of aromatherapy allow me to stay healthy enough to continue my work.

Message from the Executive Director ... continued from page 4

The experience of cancer can vary greatly from one person to the next. Thus, the next set of articles will help you navigate this often complex, sometimes turbulent, but also surprisingly blessing-filled landscape. Terry Abad generously shares her journey in our cover story section. Rounding this off, Carewell's wise, compassionate, gentle, "Santa Claus" – Psychologist, Fred Uriarte, writes about the critical role of communication to address what many people sometimes experience as a "perceived lack of family support."

As always, we strive to provide you with comprehensive, fundamental information to help you and your medical team make the best decisions about addressing your illness. Our partner, Parkway Cancer Center (PCC), has shared their piece on "Misconceptions About Cancer Pain, Strong Opioids." While PCC's psychosocial support organization, Can Hope, outlines for us "10 Things You Need to Know About Cancer Prevention." And "while a spoon full of sugar helps the medicine go down..." in my personal view, a recipe for Tomato-Avocado salsa and poached egg sandwich may be even more effective – and enjoyable! These are just a few of the gems waiting for you in this issue of Carewell Magazine 2016.

Some pundits are of the opinion that the Chinese Proverb, "May you live in interesting times," is neither Chinese nor proverbial. They suggest that this phrase may actually be interpreted as more of a curse. Furthermore, it is likelier than not, that it is not Chinese, but rather, Western (perhaps, American) in origin. With the rise of our new crop of world leaders and their yet emerging, though already controversial, actions - and with the rapid and radical shifts in our global environmental, financial, and geopolitical contexts - the times we live in are, indeed, interesting, to say the least. And 2017 looks to be even more so.

So while nobody knows exactly what the future will bring, this much I can definitely assure you: local politics, geopolitics, economic change and climate change aside - for as long as Carewell is here – you can always count on us to walk alongside you as you travel your cancer journey. As a dear friend of mine likes to say: we are here for you "Anytime. All the time." So until the next ...

... Remember to always Care well, every step of your way,



Robert "Bobbit" Suntay
Co-Founder and Chairman

Surrendering To The Silence

How meditation helped me on my journey through grief

Vipassana made me realize that all sensations are impermanent—they arise and eventually pass away, making me understand the futility of clinging and resisting

Jessie Severino

Iyengar yoga teacher and practitioner

THE MORNING of January 31, 2007, was when my wife, Jenny, left the physical world, after five-and-a-half months of battling uterine cancer. From then on, grief was my constant companion.

Grief is a state of clinging to the past, an aversion to the loss of a loved one. Grief brings about helplessness, hopelessness, and deep sadness.

Even before Jenny's death, I had experienced loss in the family—my father, my younger brother. But the grief I experienced losing Jenny was the most intense. I have heard stories of people who lost their spouses, and carried their grief to their graves.

In the first few weeks after Jenny's death, the grief that enveloped me started to build up, and at certain moments, it became so overpowering that it made me lose interest in whatever I was doing or involved with.

In the Buddhist tradition, the grieving period is 49 days from the time of death (the equivalent of the 40 days in the Christian tradition). Unexpectedly, on the 48th day, I got a "message" coursed through a new acquaintance who never knew of Jenny—a message that I should stop grieving. Of course, I knew such a break from grief wouldn't happen just naturally, but I also knew that it could be worked out systematically.

Departing from the standard medication route, I decided to manage my grief naturally. Having practiced a Buddhist style of meditation in the past and experienced its transformative effects, I knew then that only meditation could liberate me from my grief.

Call it serendipity, but I stumbled upon a forthcoming Vipassana meditation course. Two months after Jenny's death, I joined a 10-day Vipassana meditation retreat.

What is Vipassana? Vipassana is a Sanskrit word for "insight"—"just seeing things as they actually are." It is a practice of self-observation and non-judgmental awareness.

I knew that going through these 10 days would be most challenging, but I also knew that this was the best remedy for me.

During the first day of orientation, I was warmly welcomed by one of the main organizers, who, incidentally, was Jenny's best friend in primary school. I vividly remember her saying, "Jenny would be happy to see you join this course."

Before the formal start of the course, all participants were asked to surrender all forms of possible distraction—mobile phones, laptops, books, notebooks. Living quarters were provided, food was vegetarian. Noble silence was a strict policy.



The Vipassana technique was taught progressively over the 10 days. It started with the observation of the breath for the first few days, then progressed to observing and feeling the sensations in the body. Instructions on the technique were provided daily. A trained Vipassana teacher facilitated the conduct of the whole course.

Throughout each day, I sat for around six to eight hours, with breaks in between.

Towards the end of each day, a talk (via recorded video) by the teacher, SN Goenka, was played, explaining the technique, and sharing inspiring stories on the life of Gautama the Buddha. Vipassana was a technique discovered by Gautama.

A lot of the stories about the Buddha centered on death, grief, and suffering, which were exactly what I was experiencing. Even while the talks were taped, I truly felt the love and compassion of SN Goenka, which had such a healing effect on me.

Towards the 10th day, a new meditation technique was taught, Metta (Loving Kindness), which was, for me, the highlight of the course. After doing my initial Vipassana course, I had never felt lighter and happier. The sadness from the grief was still there, but had become less overwhelming and more manageable.

Through the course and the subsequent daily practice of “sitting in silence,” I got to understand more the nature of emotions and the habit pattern of our minds to “react”—to cling to pleasant sensations and resist unpleasant sensations. The technique helped me see grief manifested through the sensations in the body.

Vipassana made me realize that all sensations are impermanent—they arise and eventually pass away, making me understand the futility of clinging and resisting.

I continued with my daily practice of Vipassana. I even joined more Vipassana courses, both sitting and serving. A year later, while standing in front of my wife’s grave, a spontaneous feeling of gratitude and joy enveloped my being. The grief that has been my companion all these months had left me.



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The Energy To Be Well

I am convinced that pranic healing helped me overcome a medical debacle, and made recovery fast and easy

Donna Bautista Pranic Healer

I have been a pranic healer since 2009, and have been practicing pranic healing and healing meditation. I also run regularly, so I feel that my physical body is okay.

Pranic healing has helped me cope with my anxiety, relieved

me of stress, and made my physical body stronger.

It was March 26, 2012 when I experienced menstrual spotting, and I immediately consulted a doctor. There was no immediate diagnosis, as there were more tests to conduct. I decided to join

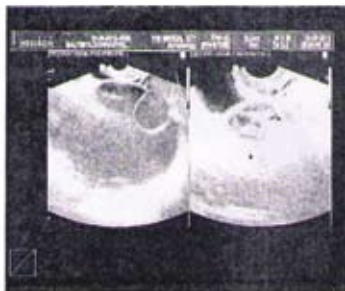
the group meditation and healing, because I knew there was something wrong. Fellow pranic healers immediately joined the meditation for my complete healing.

The results of the test came: there was a huge cyst in my right ovary, as big as the head of a five-year-old child. All the while, I thought it was just fat, so I exercised constantly. My OB-gyne advised me to have the cyst immediately removed through surgery.

One of the most powerful pranic healing methods is Kriyashakti. This includes not just healing, but selecting the right doctors, the right hospital, and the right nurses, and healing all the equipment and medicine to be used. The healing was done before, during, and after the operation.

I consulted three doctors before I found the right one. I was given a very cool and caring doctor.

How did I know that pranic healing really made a big difference in my treatment? I had a big cyst, but the procedure was quick and smooth. They opened my stomach, remove the cyst, and closed the wound. There were no complications.



Ultrasound before surgery



Ultrasound after surgery



The author is a pranic healer and pranic healing instructor, Arhatic Yoga practitioner, and property manager

I was confined in the hospital for only two days, which also meant less expense. I also had few medicines, since I healed fast. Two weeks after the operation, I was already able to attend pranic healing conventions. I just made sure I had enough rest.

No bills came for my medical expenses. I was blessed with a company that took care of the bills. There were no additional expenses after the prescribed medicines, and there are no scars on my stomach.

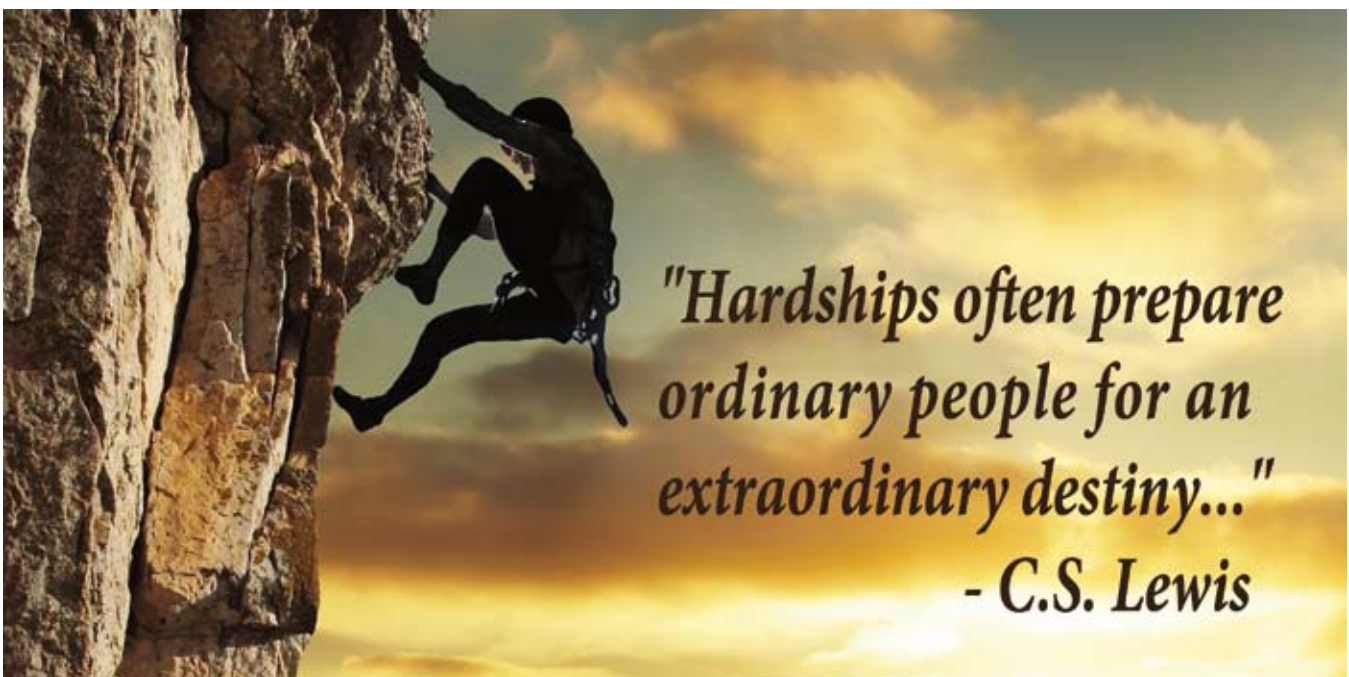
This event in my life turned out to be an opportunity for cleansing on every level, rather than a problem. Pranic healing helped me a lot in coping and healing easily and healing fast, alleviating pain and suffering.

What is pranic healing?

Pranic healing is a healing modality that utilizes prana to balance, harmonize, and transform the body's energy processes. Prana is a Sanskrit word that means "life force." This invisible vital energy is believed to keep the body alive and maintain a state of good health.

Although no touching is involved, pranic healing is based on the idea that, since humans are beings of energy, the body can heal itself, and the healing process is hastened by increasing this life force that comes from the sun, air, and earth to address physical and emotional afflictions.

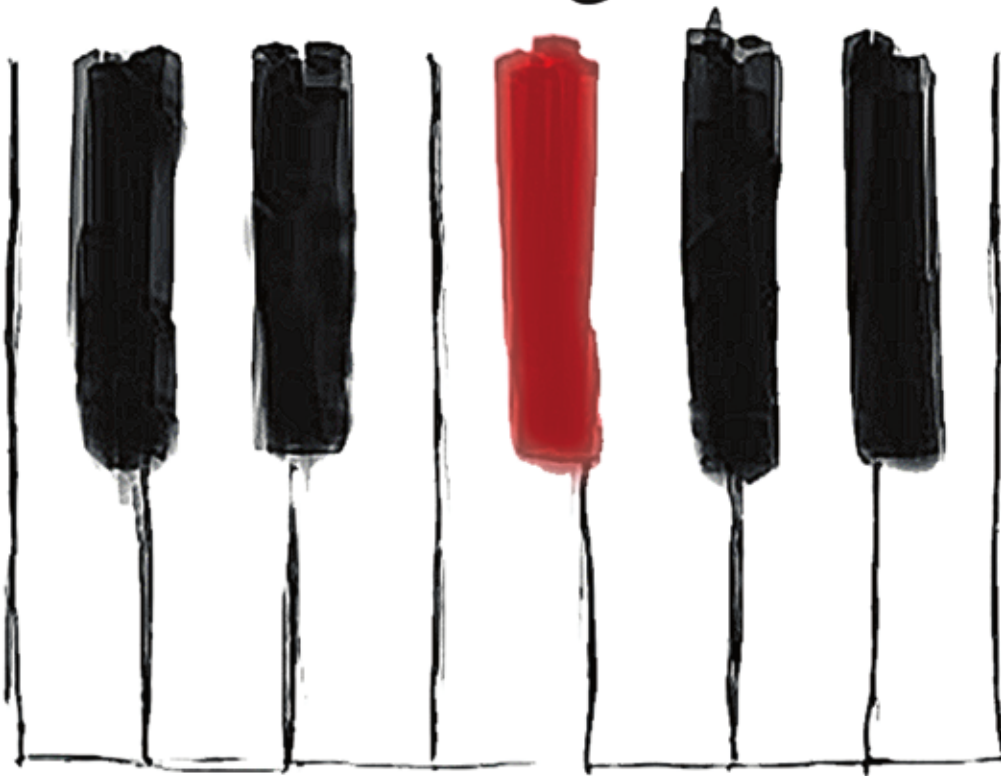
Source: pranichealing.com



"Hardships often prepare ordinary people for an extraordinary destiny..."

- C.S. Lewis

The Music School of



Ryan Cayabyab

Yoga as a Way of Life

It isn't just exercise; it helps accelerate a person's spiritual development so he or she can be of great service to mankind and the planet Earth

Donna Francisco
Volunteer

YOGA has created a stronger, younger, smarter, and more flexible me. It has also evolved into a popular fitness routine in the Philippines, with more studios and teachers ready to share their knowledge with the growing number of interested Filipinos. This is good news for all of us, because more people can benefit from this healing practice.

Other than the physical, emotional, and psychological health benefits of the yoga postures, the goal of yoga is Divine Oneness. Doing the postures alone may benefit us physically, but doing these poses in sync with our mind, breath, and soul brings us nearer to whatever goals we want to reach.

Keep in mind that yoga is a spiritual practice, and when done diligently, gives tremendous energy to the practitioner.

I would like to talk about two types of yoga that have given me inner power: Superbrain Yoga and Arhatic Yoga.

Superbrain Yoga

Superbrain Yoga is a system developed by Master Choa Kok Sui that aims to expand your brainpower beyond its current boundaries. Superbrain Yoga can provide the energy to keep the brain fit and functional, helping to counter the effects of aging, memory loss, dementia, and



Volunteer Donna Francisco and her daughter, Zoe Dorothy (photo courtesy of MigsCastro)

Alzheimer's disease.

Recent studies show that regular practice of Superbrain Yoga can increase the alpha wave activity of the brain. When the alpha wave activity is increased, the left and right hemispheres of the brain become synchronized and enter a deeper relaxed state, allowing you to perform at best. Athletes and artists who enter this state are known to perform and create better.

The technique of Superbrain Yoga does not require you to perform complicated twists or poses. Master Choa Kok Sui designed the tech-

nique in such a way that everyone, including the disabled and incapacitated, can apply it. You only need to follow a simple exercise and practice it regularly. Before long, you will become a more active and mentally alert person.

Superbrain Yoga is practiced by millions of people all over the world, and many inspiring testimonials have been documented, leaving no reason not to start practicing it.

The benefits of Superbrain Yoga include:

- Energizing and activating the brain to its full potential

- Helping improve the overall condition of an autistic child
- Aiding in improving the condition of a child with ADHD
- Helping treat dyslexia
- Treating emotional disturbance
- Improving students' academic performance
- Helping create a balanced emotional and behavioral state
- Heightening intelligence and creativity
- Regulating the sex drive
- Increasing the pranic energy flow efficiency of the body
- Partially energizing and cleansing chakras and auras

You can check out a video of medical practitioners doing Superbrain Yoga by searching “Super Brain Yoga,” uploaded by Deven Doshi on YouTube.com.

(Reference: Superbrain Yoga by Master Choa Kok Sui)

Arhatic Yoga

Arhatic Yoga comes from two words: “Arhat,” a highly evolved being or what is called a saint, and “Yoga,” which means union. Arhatic Yoga is a synthesis of various yogas that includes powerful meditations, purifications, and breathing techniques integrated into a step-by-step system to rapidly and safely accelerate spiritual development.

Arhatic Yoga is universal and does not belong to any religion, sect, or nation. The aim of Arhatic Yoga is to enable everyone, from various backgrounds and beliefs, to access these inner teachings, kept secret for centuries. The system has been designed in a way that makes it possible to pursue the spiritual path while

living a “normal life”—having a job, a family, and hobbies.

The purpose of Arhatic Yoga is to produce intelligent, compassionate, good-hearted, powerful people who will help humanity.

In the practice of Arhatic Yoga, observance of the Five Virtues is essential in character formation. By practicing the virtues consistently, one achieves increased awareness of the self, which is the key to a better nation.

The Five Virtues and the Golden Rule:

1. Loving Kindness and Non-Injury
 - Loving Kindness**
 - a. Physical
 - Being helpful and charitable
 - Being courteous

- b. Verbal
 - Being supportive and nurturing
 - Being inspirational and instructive
 - Being courteous
 - c. Emotional and Mental
 - Being psychologically supportive and nurturing
 - Blessing
- Non-Injury**
- a. Physical
 - b. Verbal
 - Harsh words, slanderous words, or excessive verbal criticism
 - c. Mental
 - Excessive mental criticism, enviousness
 - Balance Mercy with Severity
 - Balance Forgiveness with Justice



Plant Golden Seeds to Reap Golden Harvest

2. Generosity and Non-Stealing
 - Generosity - Being helpful physically, supportive and nurturing emotionally, sharing knowledge, and blessing other people
 - Non-stealing – materially, financially, credits and merits of others, affection, and intellectual property like printed, audio, and video work
3. Honesty and Non-Lying
 - a. Avoid all unnecessary lies
 - b. Self-honesty, non-conceitedness, discernment
4. Moderation and Non-Excessiveness
 - a. Work
 - b. Recreation – fun, food, drinks, rest
 - c. Sex
5. Constancy of Aim and Effort and Non-Laziness
 - a. Having a goal and consistently working to reach the target
 - b. Non-laziness physically, emotionally, mentally, and spiritually

Golden Rule

Do unto others what you want others do unto you.

(Reference: *The Origin of Modern Pranic Healing and Arhatic Yoga* by Master Choa Kok Sui; www.pranichealing.com.ph)

Spirituality

Yoga isn't just an ordinary physical exercise; it is also considered a spiritual practice. It helps accelerate a person's spiritual development so he or she can be of great service to mankind and the planet Earth.

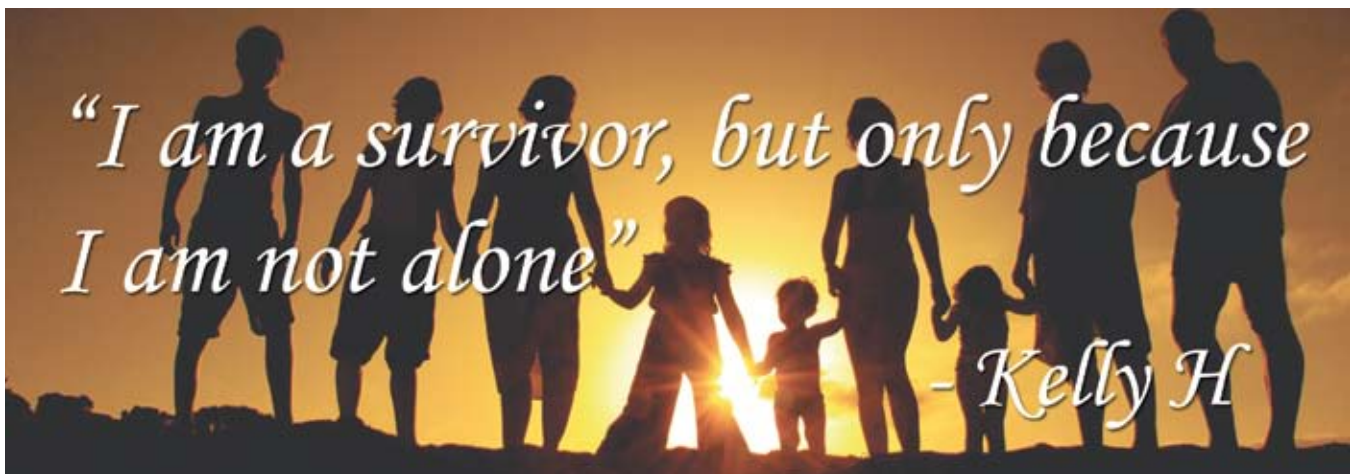
As we continue to evolve into a better person, the world also evolves into a better place to live in. It starts with awareness of our thoughts, emotions, and actions to help us master ourselves.

Spiritual practice is not just meditation. We have to consistently build our character by thinking good, feeling good, and doing well to others and ourselves.

Spirituality is a way of life.

The author is a yoga teacher, Arhatic Yoga practitioner, pranic healer, and pranic healing instructor. She believes that by being aware of the energy within and around us, we can heal our bodies and understand our connection with every being on Mother Earth.

*Superbrain
Yoga can
provide the
energy to
keep the brain
fit and
functional,
helping to
counter the
effects of
aging,
memory loss,
dementia,
and
Alzheimer's
disease.*



Emotional Healing on the Cancer Journey

“Healing doesn’t mean the damage never existed. It means the damage no longer controls our lives.” - Anonymous

Maria Teresa Gustilo-Villasor, PhD
Counselor Volunteer

Physical illness cannot be separated from one’s mental, emotional, social, and spiritual life. These all come together in the person. The physical dimension is our body, which relates with the physical world through our senses. We feel pleasure and pain through our bodies. Our mental dimension is our facility to think, understand, assess our physical experience. The social dimension relates, connects, and communicates with others, our loved ones, our friends, our environment. The spiritual dimension allows an experience of something bigger than ourselves, what others call God or the Divine. The emotional dimension gives meaning, value, and quality to our physical, mental, social, and spiritual experiences through feelings of highs and lows, good and bad, happy and sad. Through the prism of emotion, its intensity and passion, the sense of being human is expressed.

Any kind of unexpected shock, stress, and change—including a cancer diagnosis—can have a

devastating effect on the physical health or immune system. A similar mechanism seems to hold true when emotions create fear and panic.

A person’s attitudes, beliefs, and values about life, illness, and recovery affect how he or she perceives cancer. At the same time, patients (currently in treatment or done with treatment) and their loved ones report a wide range of emotions: they’re overwhelmed, afraid, uncertain, cast adrift, experience a sense of loneliness, helplessness, and hopelessness. Still others report a sense of urgency, agitation, anger, and hostility.

According to the National Cancer Institute, the following emotions may initially manifest individually or simultaneously when you



are first confronted by a diagnosis of cancer:

- Feeling overwhelmed
- Denial: refusal to accept diagnosis and refusal of treatment
- Anger: tendency to blame self, others, or God; “Why me?”
- Fear and worry
- Hope
- Stress and anxiety
- Sadness and depression
- Guilt

What needs to be emphasized is that all of the above reactions are normal, because the circumstance has threatened the stability of life. How can these emotions be better understood and handled by the patient and his or her loved ones?

Feeling overwhelmed

When first confronted by the diagnosis of cancer, it may seem like “the rug has been pulled from under you.” Suddenly, day-to-day undertakings take the back seat, and dealings with work, family, and friends are challenged. Feelings of control are challenged—you are uncertain if you’re going to live; your normal routine is disrupted by doctor visits and treatments; you hear medical terms that you don’t understand; you feel like you can’t do the things you enjoy, and are helpless and lonely.

There are ways you can take charge. Try to learn as much as you can about your cancer. Ask your doctor questions, and don’t be afraid to say when you don’t understand. Also, many people feel better if they stay busy. You can take part in activities such as music, crafts, reading, or learning something new.

Denial

You may have trouble believ-

ing or accepting the fact that you have cancer. Denial can be helpful, because it can give you time to adjust to your diagnosis. It can also give you time to feel hopeful and better about the future. On the other hand, if denial lasts too long, it can keep you from getting the treatment you need.

Most people can work through denial. Studies have shown that usually, by the time treatment begins, most



people (the patient and loved ones) have accepted the fact that they have cancer.

Anger

It is normal to ask, “Why me?” Anger comes from feelings that are hard to show, such as fear, panic, frustration, anxiety, or helplessness. Anger can be directed toward the self, the sickness, the health care provider and

loved ones, even God. There may be times when anger can spill over to unfinished business that has no relation to cancer, especially when one feels rejected by significant others.

If you feel angry, you don’t have to pretend that everything is okay.

Understand that your anger can be displaced. Anger can be helpful in that it may motivate you to take action.

Fear and worry

In spite of the progress made in the diagnosis and treatment of cancer, it is normal to be afraid and worried.

Fear and worry have been found to revolve around being in pain, either from the cancer or the treatment; feeling sick or looking different as a result of your treatment; taking care of your family; paying your bills; keeping your job; and the possibility of dying.

Stories, rumors, or wrong information may fuel fear and worry. To cope, it helps to be informed, to know what to expect. Learn about your cancer and understand what you can do to be an active partner in your care. Some stud-

ies suggest that people who are well-informed about their illness and treatment are more likely to follow their treatment plans and recover from cancer more quickly than those who are not.

Hope

Scientists are studying whether a hopeful outlook and positive attitude help people feel better. Currently, findings reveal that with acceptance of the illness, feelings of hope emerge. There are many reasons to feel hopeful. Millions of people who have had cancer are alive today. Your chances of living with cancer—and living beyond it—are better now than they have ever been before. And people with cancer can lead active lives, even during treatment.

How do you reinforce hope? Plan your days as you always have. Don't limit the things you like to do just because you have cancer. Look for reasons to have hope. If it helps, write them down or talk to others about them. Spend time



in nature, and reflect on your religious or spiritual beliefs. Listen to stories about people with cancer who are leading active lives.

Stress and anxiety

Life changes can trigger stress. Anxiety and uncertainty can lead to extra worry, heightening tension and the inability to relax. You may experience physical symptoms such as a rapid heart beat, headaches or muscle pains, a loss or increase in appetite, feel-

ing sick to your stomach or having diarrhea, being shaky, weak, or dizzy, and a tight feeling in the throat and chest. You might sleep too much or too little, and find it hard to concentrate.

Stress can keep your body from healing as well as it should. Though the above are common signs of stress, you may want to talk to your physician to make sure these are not due to medication or treatment. If you're worried about your stress, ask your doctor to suggest a counselor for you to talk to. You could also take a class that teaches ways to deal with stress, such as yoga or dancing etc. The key is to find ways to control your stress and not to let it control you.

Sadness and depression

Many people with cancer feel a sense of loss of their health, and of the life they had before they learned they had the disease. Even when you're done with treatment, you may still feel sad. This is a



normal response to any serious illness. It may take time to work through and accept all the changes that are taking place.

When you're sad, you may have very little energy, feel tired, or not want to eat. For some, these feelings go away or lessen over time. But for others, these emotions can become stronger. The painful feelings don't get any better, and they get in the way of daily life.

Join a support group to help deal with sadness that comes with the diagnosis of cancer and living with the condition. Talking to and listening to others who have had a similar journey can be a healing and bonding experience.

When the sadness continues for more than two weeks, this may be a medical condition called depression.

For some, cancer treatment may add to depression by changing the way the brain works. Some emotional signs of depression are feelings of sadness that don't go away; feeling emotionally numb, nervous, or shaky; having a sense of guilt or feeling unworthy; feeling helpless or hopeless, as if life has no meaning; feeling short-tempered and moody; having a hard time concentrating

and feeling scatterbrained; crying for long periods of time or many times each day; focusing on worries and problems; losing interest in the hobbies and activities you used to enjoy; finding it hard to enjoy everyday things, such as food or being with family and friends; and thinking about hurting or killing yourself.

Body changes include an unintended weight gain or loss, not

symptoms could be due to physical problems, so it's important to talk about them with your doctor. If your doctor thinks that you suffer from depression, he or she may give you medicine to help you feel less tense. Or, he or she may refer you to other experts. Don't feel that you should have to control these feelings on your own. Getting the help you need is important for your life and your health.



Guilt

You may blame yourself for upsetting the people you love, or worry that you're a burden in some way. Or, you may envy other people's good health and be ashamed of this feeling. You might even blame yourself for lifestyle

choices that you think could have led to your cancer. These feelings are all very common. It may help you to share them with someone. Let your doctor know if you would like to talk with a counselor or go to a support group.

due to illness or treatment; sleep problems, such as not being able to sleep, having nightmares, or sleeping too much; a racing heart, dry mouth, increased perspiration, upset stomach, or diarrhea; changes in energy level; fatigue that doesn't go away; and headaches as well as other aches and pains.

Be aware that some of these

choices that you think could have led to your cancer. These feelings are all very common. It may help you to share them with someone. Let your doctor know if you would like to talk with a counselor or go to a support group.

Feelings of loneliness and isolation after diagnosis may be due to several reasons. Friends sometimes have a hard time dealing



with cancer, and may not visit or call you. You may feel too sick to take part in the hobbies and activities you used to enjoy. Sometimes, even when you're with people you care about, you may feel that no one understands what you're going through.

It's normal to feel alone after treatment. You may miss the support you got from your health care team. Many people have a sense that their safety net has been pulled away, and they get less attention. It's common to still feel cut off from certain friends or family members. Some of them may think that now that treatment is over, you will be back to normal soon, even though this may not be true. Others may want to help but don't know how.

Look for emotional support in different ways. It could help you to talk to other people who have cancer or to join a support

group. Or, you may feel better talking only to a close friend or family member, a counselor, or a member of your faith or spiritual community. Do what feels right for you.

A note on gratitude

On the other hand, some see cancer as a "wake-up call."

They realize the importance of enjoying the little things in life. They go places they've never been. They finish projects they had started but put aside. They spend more time with friends and family. They mend broken relationships.

Pay attention to the things you do each day that make you smile. They can be as simple as drinking a good cup of coffee or talking to a friend.

You can also do things that are more special to you, like being in nature or praying in a place that has meaning for you. Or, it could be playing a sport you love or cooking a good meal. Whatever you choose, embrace the things that bring you joy when you can.

There are also other ways to cope with your emotions.

1. Express strong feelings like anger or sadness. Some people are more able to let go of them. Some sort out their feelings by talking to friends or family, other cancer survivors, a support group, or a counselor. But even if you prefer not to discuss your cancer with others, you can still sort out





your feelings by thinking about them or writing them down.

2. Look for the positive

Try looking for the good even in a bad time or trying to be hopeful instead of thinking the worst. Try to use your energy to focus on wellness and what you can do now to stay as healthy as possible.

3. Don't blame yourself for your cancer

Some people believe that they got cancer because of something they did or did not do. Cancer can happen to anyone.

4. Don't try to be upbeat if you're not

Be true to how you feel. As one woman said, "When it gets really bad, I just tell my family I'm having a bad cancer day and go upstairs and crawl into bed."

5. You choose when to talk about your cancer

It can be hard for people to know how to talk to you about your cancer. Often loved ones mean well, but they don't know what to

say or how to act. You can make them feel more at ease by asking them what they think or how they feel.

5. Find ways to help yourself relax

Whatever activity helps you unwind, you should take some time to do it. Meditation, guided imagery, and relaxation exercises are just a few ways that have been shown to help. These may help you relax when you feel worried.

6. Be as active as you can

Getting out of the house and doing something can help you focus on other things besides cancer and the worries it brings. Exercise or gentle yoga and stretching can help, too.

7. Look for things you enjoy

You may like hobbies such as woodworking, photography, reading,

or crafts. Or find creative outlets such as art, music, or dance.

8. Look at what you can control

Some people say that putting their lives in order helps. Being involved in your health care, keeping your appointments, and making changes in your lifestyle are among the things you can control. Even setting a daily schedule can give you a sense of control. And while no one can control every thought, some say that they try not to dwell on the fearful ones.

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Cancer Treatment Centers of America: www.cancercenter.com/community/managing-side-effects/emotional-psychological/



Breast Cancer in Bite-sized Pieces

“Cancer is big word. Way too big, actually, when you are first told that you have it. So, what did I do? I broke it down...I defined the problem, then mapped out strategies to deal with it”

Terry Abad Cancer Survivor

MY CANCER story started in late July to early August of 2012, when I first felt a lump on my left breast. It was big enough to feel even when I wasn't looking for it. Not being one to worry unnecessarily, I let it be for a few weeks. I was hoping it was one of those hormonal things that happen to women at certain times of the month. But it did not go away.

Late that August, I went to my OB-gyne with the hope that she was going to say it was nothing to worry about. As my doctor examined my breasts, I saw something in her face that worried me. She urged me to see a breast surgeon, that very same day.

Fast-forward to September 7, 2012. After undergoing all necessary tests and a vacuum-assisted biopsy, I was told that I had breast cancer. When you are first told that you have cancer, you have no way of knowing what stage it is. You are just told that you have it. And essentially, you need to figure out what that means for you.

At the time of my diagnosis, I was 42 years old. I was a single mother to a nine-year-old, and running my own business. We led busy lives. And I had to figure out how to fit a breast cancer diagnosis into the many balls we were already juggling in the air.

My final diagnosis was stage 2A, ER/PR/her2neu positive breast cancer.

A quick rundown of the timeline: On September 26, 2012, I had a double mastectomy with tram flap reconstruction. Surgery took 18 hours! November 15, 2012 was my first cycle of chemotherapy. My treatment was an extended one, because I was diagnosed to be her2neu positive, and needed 18 cycles of Herceptin (trastuzumab). I was in treatment until January 2014.

I think it's important to say here that I am a type A personality. I am used to being in control, telling people what to do, and planning for every eventuality that I could anticipate. The most difficult part of dealing with the cancer diagnosis for me was the sense of not being in control. When I was told I had it, I did not know how bad it was. Before surgery, there was the obvious uncertainty about the outcome.

The prospect of chemotherapy scared me most; I did not know how my body



Terry Abad with daughter Macy

was going to react to it. I was spooked, but the type A in me said, “Soldier on. This is not anything that you cannot deal with.” Another way of putting it was, “Hell, NO! This isn't going to kill me, pull or slow me down. No. Bloody. Way.” So this was my mindset.

Cancer is a big word. Way too big, actually, when you are first told that you have it. So, what did I do? I attacked it like any business problem that I helped my clients with. I broke it down into smaller, more manageable bite-sized pieces. I defined the problem, then

mapped out strategies to deal with it. Breast cancer was and still is my biggest project.

A resolve I made early on was that I was not going to look past what I had to deal with today. I dealt with what was in front of me, one thing and one day at a time.

I have, since my diagnosis, taken to looking at my life as B.C. (Before Cancer) and A.C. (After Cancer). And to deal with the big word, I've found it helpful to make categories of my B.C. and A.C. lives. A conscious choice I made was that I was going to Live Well, no matter what. I choose to Live Well with, through, and beyond breast cancer.

On living with breast cancer:

I learned not to give the big word too much power. One has to accept cancer for what it is, understand it, and work with it. You cannot live with something you are afraid of. Acknowledge the fact that cancer is scary as hell. Then work like crazy to get over the fear.

Work on a plan and assemble your cancer A-Team. I have two A-Teams: a topnotch team of doctors I am able to proactively work with to deal with the medical issues, and more importantly, a team of angels who have loved me through the journey. In my case, it's my now teenage daughter, my immediate family, a select close circle of friends. I have chosen to surround myself with people who will root for me and want me to do well.

Resolve to make manageable, healthier choices. I remember preparing myself for the beating I was going to take from the surgery and chemotherapy. I made sensible changes in nutrition, exercised, ditched the stress. They are changes that have served me well to this day.

On living through the cancer:

Be an empowered patient. I have chosen to participate actively in my treatment. I figured, I had the most at stake. I got educated (and continue to do so) on medical options, and worked with my doctors to make the most informed choices for myself. Every choice I have made in dealing with the breast cancer has been mine.

Keep your eyes on the prize: remission, not having a recurrence. For me, it was simple. Failure is not an option.

You are not your cancer. While it becomes a major presence in one's life, it shouldn't take over it. Go on. I continued working during treatment. I scheduled chemo treatments so that I would be done in time to pick up my daughter (I drove myself!) You have to dig deep, but I've found that one is always given the grace to persevere.

On living beyond cancer:

Now what? On the day of my last Herceptin treatment, I remember thinking, "Now what?" For 14 months, my life was built around my medical schedule. I knew that I could not go back to business as usual. I was not the same person. I wanted the things that happened to me to count for something. I resolved to go back to the passions of my youth—writing, reading poetry. I now never say that I have no time. I make time for the people and things that truly count.

Embrace the fact that the cancer will be a constant in your life. It never goes away; the buzzword with cancer survivors is "the new normal." I choose to think of every check-up, every medical procedure as taking care of myself so that I can continue to be around for my daughter and the people who love me.

I have but one takeaway from this cancer adventure I've been on: Be grateful. Always. It is not hard to do. I am here and I am well. That is more than

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Let's Talk About It

Communication is at the heart of cancer support, and it is important at all stages of the disease

Fred Uriarte
Counselor Volunteer

WHEN I was given the privilege of writing this article on communication, literally dozens of memories, thoughts, and feelings flooded my mind and heart. I remembered all those I loved who had passed, and those struggling with cancer who are still alive and who continue to inspire me with their courage and strength.

I talk about real people, but allow me to use the word “patients” to facilitate communicating what these people are going through. A medical condition requires the intervention of medical professionals as a major component of treatment. Critical psychosocial intervention comes in the form of communication, and I have learned how important communication is. More often we focus on important information and decisions, but the exploration of feelings

is very often overlooked—largely because both physicians and patients are uncomfortable talking about feelings. As a result, studies show that easily 50 percent of patients go through adjustment disorders and depression, and to a large degree, this can be reduced significantly with communication and emotional treatment goals.

Even patients with families have difficulty, because they don't want to go deeper into the many feelings of anxiety, uncertainty, and fear of dying that never really go away; these remain like a sword hanging over their and their loved ones' heads. Most dramatic are those patients who themselves



don't want to explore their own feelings and become anxious, always fearing everything uncertain in all the areas of their lives.

Information gathered from my colleagues, members of Carewell, and research studies show that communication cuts across every aspect of one's journey through cancer, and affects patients, their families, and the health care team.

A primary building block in this journey is a trusting relationship among all concerned, with the well-being, quality of intervention, and quality of life of the patient remaining paramount.

While I'm writing primarily about the importance of communication from the patient's point of view, I also want to highlight that families and loved ones have their own concerns and feelings, aside from having their own lives to live. They are the constant caregivers every single day, yet are often taken for granted, as the



focus is understandably on the patient. Family and loved ones have to deal with the outbursts and difficulties which many patients have, yet suppress their own emotions, as they are expected to be patient and understanding. This at times creates boundary issues, like when to say no, or health care issues like not being firm enough about taking medication or eating because they feel sorry for the patient. This, of course, creates another set of problems due to non-compliance.

Patients with cancer have special communication needs; they have fears that range from thoughts of dying, to anxiety about treatments, expenses, and how the sickness will affect other members of their family. These realities and the feelings that accompany them are very important, and at the very least should be identified and verbalized. Studies show that patients

typically escalate into constant anxiety and fear if repressed.

It also becomes easier to go through the treatment plan when feelings are openly shared. It encourages patients to go into clinical trials with more optimism. Decision-making, with the help of proper information and recognition of the feelings that come with such decisions, is more effective when proper communication is used. This gives everyone involved an opportunity to talk about their own thoughts and feelings.

Those in more advanced stages of cancer are more inclined to talk about their feelings than to acquire more information. Cancer care varies for the different stages, and the right communication is crucial. There are different needs for when a patient is first diagnosed, has treatment concerns, has to make new decisions regarding treatment, or has completed treatment. This is true even when the goals of care

change, and when the patient has a need for more advanced directives such as a living will. The end of life stage is the most painful to deal with. It is a point when not much can be said that will change anything, and it is hard to find wisdom when we don't know



what lies ahead and what's going to happen to the family. Tears, more touching, warm embraces, and enjoying the little moments of day-to-day living like conversations, doing things together, and just being present in the now with no expectations become very important. When I am blessed to be part of that moment with someone who is dying, I always try to help the person find meaning in what his or her life was about, so there is peace of the soul. It's a tall order for someone who can only imagine what it is like to be in others' shoes, but I can still try.

Thanks to the Carewell Team, Bobbit, Oliver, Roger Jane, Marie and Enzo; our core volunteers Dely and Abelle; fellow counsellors Marita and Suzy; and our guardian angels Billie, Cris, and Chickie. To our loving dearly departed, and to members still with us, who never cease to inspire us with their courage and wisdom. Lastly, thanks to the American National Cancer Institute for their valuable data from a patient's perspective.



are more satisfied when they feel that they have more control, even if it sounds unreal, especially considering the nature of cancer. When we can identify our feelings and talk about them, we put things in some kind of order and let go of energy that could poten-

Misconceptions About Cancer Pain, Strong Opioids

Dr. Kok Jaan Yang, a Senior Consultant focusing on palliative from Parkway Cancer Centre, addresses some misconceptions of cancer pains and the use of the strong opioids.

Dr. Kok Jaan Yang
Senior Consultant, Parkway Cancer Centre

It is not uncommon for advanced cancer patients to suffer from cancer pain. Strong opioids such as morphine or oxycodone are commonly prescribed to manage moderate to severe cancer pain. However, many fear the side effects of these strong opioids.

Misconception 1: All Cancer patients suffer from severe pain

Many patients think all cancer patients will suffer from severe pain. But the

reality is some of them do not. Some studies suggest that as many as one in four patients with advanced cancers do not suffer from cancer pain. About one in four many have severe cancer pain, while the others experience either mild or moderate cancer pain.

Misconception 2: All cancer pains are managed by morphine or other strong opioids

Strong opioids such as morphine, oxy-

codone and fentanyl are just one category of medications used to control cancer pain.

Cancer patients with mild or moderate cancer pain are usually prescribed medications like paracetamol and/or non-steroidal anti-inflammatory drugs (such as diclofenac, naproxen and celecoxib).

Weak opioids (such as codeine and tramadol) may be added. Drugs such as morphine, oxycodone or fentanyl are used only to deal with more severe cancer pain.

If patient also experiences neuropathic (nerve) pain, where pain is caused by the nerve being damaged or affected, other drugs such as Lyrica or gabapentin may be prescribed as well for pain relief.

Misconception 3: Morphine has many intolerable side effects

There are three common side effects for patients on morphine or strong opioids – drowsiness, nausea and vomiting, as well as constipation. These side effects can be managed relatively easily.



Drowsiness is usually experienced when the patient first starts on the drugs or when the dose is increased – it usually improves after a few days. If drowsiness persists or becomes more severe, the dosage can be reduced or the drug can be stopped.

Nausea and vomiting affects only about one in three parts users and can be easily countered with anti-vomiting drugs such as metoclopramide or domperidone. Many patients who take morphine or strong opioids for some time get accustomed to the medication and no longer experience nausea and vomiting.

Misconception 4: Taking morphine regularly may lead to addiction

Patients who take strong opioids for cancer pain under the advice of an experienced doctor will not become addicted. When the pain is relieved by the other means, such as the radiotherapy for cancer bone pain, the morphine dose can be reduced significantly or even stopped.

Misconception 5: Morphine should be used only as a last resort, especially when death is near

The decision to use morphine is based on the need to manage pain and not how close the patient is to death.

Many patients – regardless of their prognosis – gain significant pain relief from the use of strong opioids. When pain is relieved, the patient’s quality of life improves too.

Misconception 6: You can die from using morphine

The use of morphine or strong opioids does not lead to death, especially if it is started at a low dose and increased gradually. However, when a strong opioid is started or increased when a patient is very ill and is dying from a life-threatening disease, the blame often mistakenly falls on the opioid when the patient dies.

The harsh reality is that the patient would have died from the illness whether a strong opioid was given. However, the relief from pain and breathlessness may have made the patient’s final moments less painful.

Misconception 7: All patients who are dying should be given morphine to ensure that they do not suffer pain

Not all patients who are dying are in pain or in distress and taking strong opioids are not required. In fact, taking them when they are not required may result in patients experiencing unnecessary side effects.

“When pain is relieved, the patient’s quality of life improves too.”



10 Things You Need To Know About Cancer Prevention

1. SOME VIRUSES CAN CAUSE CANCER

You know that smoking (and passive smoking) as well as prolonged sun exposure put you at a higher risk of developing cancer. What's less commonly known is that some viral infections can raise your risk, too. The human papillomavirus (HPV) can lead to cervical cancer, while the hepatitis B virus (HBV) increases the risk of liver cancer – and both viruses can be passed from the person to person through blood or sex.

The good news is, you can safeguard yourself with vaccinations against HPV and HBV.

2. SUGAR HAS A ROLE

There is no evidence linking sugar to cancer. However, eating too much of it can cause you to gain weight or become obese, which can



increase your cancer risk. So, it is important to exercise and maintain a healthy weight.

3. GO EASY ON ALCOHOL

The less alcohol – better, wine or spirits – you imbibe, the better you are of it. Alcohol has been linked to increased risk for mouth and throat, oesophageal, liver, colorectal, breast and stomach cancers. Men should not have more than two drinks a day, and women should just have one.

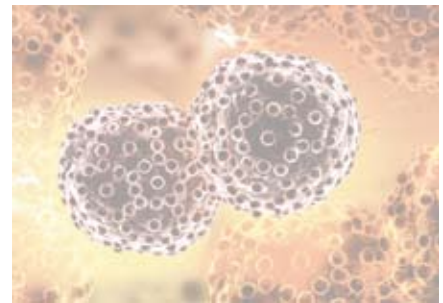
4. MOST CANCERS ARE NOT INHERITED

Only five to 10 per cent of cancer cases are caused by abnormal genes that run in the family. Other cancer-causing factors include an unhealthy diet and lifestyle, viruses, and excessive exposure to sunlight and tobacco smoke.

5. 40 PER CENT OF CANCERS ARE PREVENTABLE

The World Cancer Research Fund and American Institute for Cancer Research have these recommendations to lower the risk of developing cancer: Stay active, eat more fruits and vegetables, cut down red meat and sugary drinks, use more

fresh ingredients in cooking, and eat less processed, salted as well as smoked food like ham, bacon, and sausages. Added preservatives, like nitrates, and the process of smoking, salting or drying may produce carcinogenic compounds of food.



6. NOT ALL TUMOURS ARE CANCEROUS

Tumours are formed when cells in the body do not die when they should or when there is abnormal cell growth. However, tumours can be malignant or benign. Malignant tumours are cancerous as they can invade surrounding tissue and spread to other parts of the body through the bloodstream or lymphatic system. Benign tumours, on the other hand, do not spread or invade surrounding tissue and, once removed, they do not usually recur.

7. DON'T SKIP SCREENINGS

Cancers that are detected in early stages when they are still small are easier to treat. And there's a very good chance of a cure if the cancer hasn't spread. So opt for age-appropriate screenings, even if you are well. Common screenings include a mammography for breast cancer, a colonoscopy or a stool test for colorectal cancer, and a Pap smear for cervical cancer.

8. NEVER IGNORE THESE SYMPTOMS

For most cancers, pain is not an initial symptom. In fact, symptoms



usually only appear when the cancer is in the advanced stages. However, you can watch out for these warning signs and, if they persist, see a doctor as soon as possible.

- * Lumps in the breast or on other parts.
- * Hoarseness or a persistent cough that is not due to a viral illness.
- * Indigestion or difficulty in swallowing.
- * Unexpected or rapid, significant weight loss.
- * Sores that do not heal
- * Unusual bleeding or vaginal discharge, or blood in phlegm, urine or stool

* Chronic constipation or diarrhea, or a change in the pattern or size of stool.

* Changes in the colour, shape and size of a wart or mole.

9. BREAST CANCER IS THE BIGGEST KILLER

From 2010 to 2014, there were 61,522 cancer cases diagnosed in Singapore. Of these, 31,743 cases affected women. Breast cancer was the most common and most fatal, causing 2,049 deaths.

Here are the top five cancers among women during that period:

- Breast Cancer: 29.2 %
- Colorectal Cancer: 13.3%
- Lung Cancer: 7.6%
- Uterine Cancer: 6.6%
- Ovarian Cancer: 5.5%

Source: the Singapore Cancer Registry, Annual Registry Report, Trends in Cancer Incidence in Singapore, 2010-2014.

10. ALTERNATIVE THERAPIES MAY HELP

Cancer cannot be treated with alternative therapies, but they may complement the treatment you're undergoing. Patients are advised to inform their oncologist of any supplementary treatment or medication they are considering to ensure there are no side effects and that the effectiveness of the cancer treatment is not reduced.

*Reprinted from Hopeline Singapore
Vol. 25 Aug 2016*



“NEVER IGNORE THESE SYMPTOMS

For most cancers, pain is not an initial symptom. In fact, symptoms usually only appear when the cancer is in the advanced stages. However, you can watch out for these warning signs and, if they persist, see a doctor as soon as possible.”

Tomato–Avocado Salsa And Poached Egg Sandwich

*A Hearty Breakfast Recipe from
Chef Lee Chee Kheong and tips
by Senior Dietitian Fahma Sunaja*

INGREDIENTS

- 15 cherry tomatoes, quartered
- 2 avocados, diced
- 1 Japanese cucumber, diced
- 10 olives, sliced
- 2 cups mixed salad
- 2 tbsp + 4 tsp extra virgin olive oil
- A pinch of salt and pepper
- 4 slices wholemeal bread
- 4 eggs
- 2 tbsp white vinegar, for poaching egg
- Alfalfa sprouts (optional)

DIRECTIONS

1. To make the salsa, mix the cherry tomatoes, avocados, Japanese cucumber and olives together. Set aside.
2. Toss the salad with 2 tbsp olive oil, salt and pepper. Set aside.
3. Spread 1 tsp olive oil on each slice of bread and toast until golden brown.
4. To poach the eggs, bring a pot of water to the boil. Stir in the white vinegar, and then reduce to a simmer.
5. Crack an egg into a bowl. With a ladle, stir the water to create a whirlpool, and then slip the egg in.



6. Cook for 3min, and then remove with a slotted spoon onto kitchen paper to drain. Repeat for the remaining eggs.

7. To assemble, spread the salsa on the toast. Top with a poached egg and alfalfa sprouts, and serve with the salad on the side.

FAHMAS TIP

Eating a protein packed breakfast helps the body release the gut hormone peptide YY, which makes you feel full so you're not reaching out for those chips by mid-morning.



Reprinted from CanHOPE Newsletter Vol. 25 Aug 2016

Ask The Dietitian

How does a healthy diet contribute to the prevention of cancer?

The World Cancer Research Fund and American Institute for Cancer Research reviewed thousands of studies and provided a summary of factors that help in preventing cancer and cancer recurrence.

These are:

- Body Fatness: Be as lean as possible within the Normal range of body weight
- Physical Activity: Be physically active as part of everyday life
- Limit consumption of energy-dense foods, avoid sugary drinks
- Eat mostly foods of plant origin
- Limit intake of red meat and avoid processed meat
- Limit alcoholic drinks; men not more than 2 drinks per day and women not more than 1 drink per day
- Limit consumption of salted foods, smoked foods, avoid mouldy cereals, grains and pulse
- Aim to meet nutritional need through diet alone, If supplement is needed, ensure of known reason

There is no one particular food that prevents cancer, it involves changes in lifestyle and that includes eating habits, food choices and physical activities.

What should this healthy diet look like? What should we avoid? What should eat more of and why?

Limit processed meats like ham, bacon, salami and sausages. Nitrates or nitrites added to them, or the smoking and drying process may produce N-nitroso, a compound that may be carcinogenic.

Carcinogen in foods are as follows:

Moulds & toxins

- Aflatoxin in cereals, grains and peanuts
- Fumonisin in corn

Food preparation

- Heterocyclic amines – cooking meat at high temperature, e.g. deep frying
- Polycyclic aromatic hydrocarbons – produced in meat and fish that has been grilled or barbecue over direct flame
- N-nitroso, formed in foods containing added nitrates/nitrites, e.g. in meat and fish preserved with salt, preservatives, smoking or drying

The above has been known to increase risk of cancer.

How does a healthy weight help cancer prevention?

Based on meta analysis study reported above (American Institute for Cancer Research), having a healthy weight reduces one's risk of developing cancer.

It does not mean that it will prevent cancer.

What else should we know about food and diet with regard to cancer prevention, management and recovery?

One important message is to use fresh ingredients and natural foods in cooking. For example use fish balls, chicken nuggets, or meat patties. The latter may have added preservatives, fillers and are considered processed foods.

It helps to plan in advance what to cook, here raw ingredients can be thawed and ready to be cooked by the time you can reach home. Otherwise you will likely reach for convenience packed frozen processed foods.

Consumption of alcohol does increase the risk of head & neck, oesophageal, colorectal and breast cancer.

Researchers have identified multiple ways that alcohol may increase the risk of cancer, including:

- Generating reactive oxygen species (chemically reactive molecules that contain oxygen), which can damage DNA, proteins, and lipids (fats) through a process called oxidation.
- Impairing the body's ability to break down and absorb a variety of nutrients that may be associated with cancer risk, including vitamin A; nutrients in the vitamin B complex, such as folate; vitamin C; vitamin D; vitamin E; and carotenoids
- Increasing blood levels of estrogen, a sex hormone linked to the risk of breast cancer

Alcoholic beverages may also contain a variety of carcinogenic contaminants that are introduced during fermentation and production, such as nitrosamines, asbestos fibers, phenols and hydrocarbons.

Reprinted from CanHOPE Newsletter Vol. 24 Jun 2016



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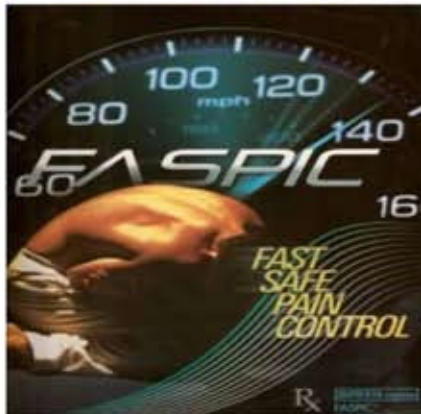

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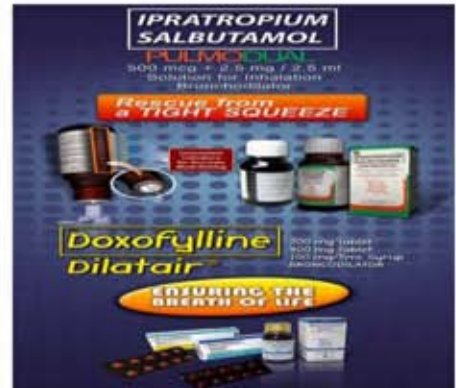
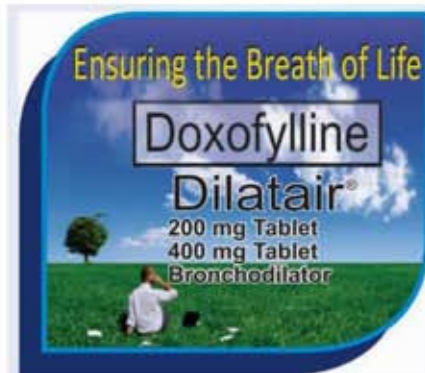
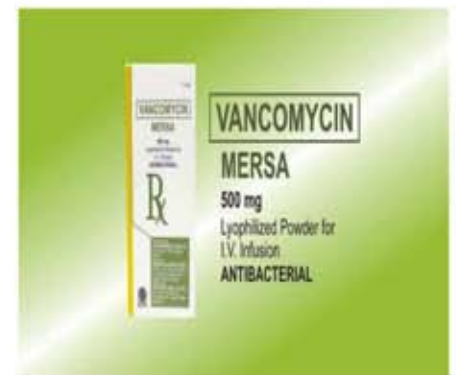
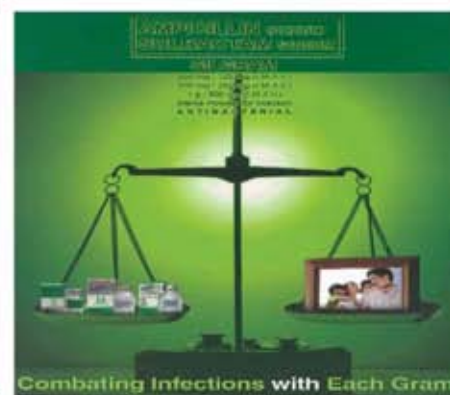


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Respite Weekend at Villa Pansol



Creating one-of-a-kind gifts and bottle collage



Celebrating Valentine's Day and Halloween at Carewell





Photos courtesy of Lulu Arevalo, Jane Beate, Mila Dabu, Gloria Robles, Julie Sanvilla and Robert Suntay



Birthday
Celebrations
at
Carewell





Top Row (Left to Right): Loyan Wycoco-Pineda, Dr. Anisette Librojo, MD, Dely Fernandez, Cris Matta, Abelle Sipin Bottom Row (Left to Right): Manny Martinez, Lance Feliciano, Bobbit Suntay, Oliver Calasanz

Inspiration and Affiliation

Incorporated in 2005, the Cancer Resource and Wellness (Carewell) Community is a nonprofit foundation that provides support, education, and hope to persons with cancer and their loved ones. Carewell was envisioned by the late Jessica “Jackie” Fernandez-Suntay and her husband, Robert “Bobbit” Suntay. Their commitment to establishing Carewell was inspired by their experiences at The Wellness Community (TWC).

Headquartered in the US, TWC is the largest international community-based psychosocial support organization for persons living with cancer. Bobbit and Jackie were convinced that the efficacy of Jackie’s medical treatment, and the quality of both their lives, had been substantially enhanced by their participation in TWC’s complementary programs. In May 2007, Carewell became TWC’s first and only international affiliate in Southeast Asia. In 2009, Carewell joined the Cancer Support Community. CSC is a merger of TWC and Gilda’s Club.

Philosophy and Approach

Carewell follows the Patient Active concept developed by Dr. Harold Benjamin, founder of TWC. According

to Dr. Benjamin, “Combining the will of the patient with the skill of the physician is a powerful combination.” Thus, all of Carewell’s resources and services are geared towards facilitating a positive and productive partnership between persons with cancer, their loved ones, and their healthcare team. Participation in Carewell’s programs can help reduce the three most significant psychosocial stressors that people affected by cancer face: unwanted aloneness, loss of control, and loss of hope.

Community and Facility

At Carewell, persons with cancer and their loved ones realize that they are not alone in facing the challenges of the disease. By taking part in support groups, counseling, and wellness activities, they become part of a community committed to successfully developing and utilizing the knowledge, skills, and resources necessary for active engagement with their condition. Membership in Carewell is free of charge and open to persons living with cancer and their loved ones, as well as to doctors and other health/wellness professionals engaged in the fight against the disease. The Carewell facility in Makati City maintains a library and multimedia resource center, and rooms for consultation, counseling, group meetings, and wellness activities. Light refreshments are available throughout the day. Regular office hours are Mondays through Fridays, from 9 a.m. until 5 p.m, and on Saturdays from 9:30 a.m. until 3:30 p.m.

Library and Resource Center

Persons with cancer need reliable, comprehensive, and current information to help them identify the best options for treatment, to better manage the disease over time, and to feel confident that they are receiving the best available care and support. Carewell offers its members an up-to-date and well-equipped multi-media resource library as well as computers for accessing cancer and

wellness-related websites. Carewell carries print and audio-visual materials by our partners abroad, including The Wellness Community, the Livestrong Foundation, and the American Cancer Society. We also have materials from our local partners, including the Philippine Cancer Society, C Network, and the Big C.

Counseling and Medical Consultation

Carewell's counselors provide psychological, emotional, and spiritual support to individuals and their families to help them cope with and manage cancer-related issues, including grief and bereavement. Counseling is held at Carewell and at other convenient locations according to a regular schedule or by appointment. Carewell also works with InTouch Community Services so our members can call their crisis hotline. For medical advice, physicians (oncologists, surgeons, and other specialists) also have regular consultation hours at Carewell.

Support Groups

There is strong evidence that support groups can help people cope with cancer and improve their quality of life. Carewell's self-help groups offer participants a safe and respectful opportunity to come together and support one another. Persons with cancer, as well as their loved ones, join support groups so that they can learn and experience how best to live with cancer, either as a survivor or as a caregiver. Support groups typically meet once a week for one hour and a half. They convene at Carewell, at hospitals, and at other venues convenient to the group members. We have also partnered with Contemplative Outreach Philippines to give our members access to centering prayer support groups.

Wellness Activities

Carewell offers activities that provide our members with opportunities for enhancing their health and wellness in a holistic manner. Our mind/body programs involving relaxation, meditation, prayer, art, and energy therapies can help reduce stress, create a feeling of well-being, and provide relief from adverse treatment symptoms and side effects.

- **Art activities** help lessen anxiety and stress as participants engage in fun classes.

- **Centering Prayer** enables spiritual healing through a method of contemplative prayer.
- **Dance** provides mild exercise coupled with social interaction. Helps increase body coordination and build endurance.
- Carewell regularly arranges **Field Trips** to a variety of interesting and fun locations.
- **Gong Sound Therapy** is an ancient healing therapy using the soothing sound and vibrations of gongs to aid stress reduction, breaking up emotional blockages, and induce a deep state of relaxation.
- **Pilates** is a focused and dynamic flow of breathing and exercises designed to enhance stability, mobility, and balance in daily life activities. Pilates is known for its profound benefits for illness prevention and post-rehabilitation.
- **QiGong** is an energy therapy that combines movement, meditation and regulation of breathing. It can help reduce chronic pain and relieve anxiety.
- **Reiki** is a therapy for the proper channeling of spiritual energy to reduce stress.
- Our **"Respite Weekend" Program** is an opportunity for persons living with cancer to relax and enjoy in a restful and replenishing place.
- **Talks on Wellness and Health** provide up-to-date information and advice on what persons with cancer and their loved ones can do to maintain or improve their quality of life while also maximizing the beneficial effects of treatment.
- **Theta Healing and Millenium Method** are new modalities in Integrative Medicine that channel spiritual energy to address physical and emotional issues as a complement to conventional medicine
- **Yoga** is a form of exercise involving a sequence of postures and breathing activities. It can lead to improved physical fitness and lower levels of stress.

Referral Network

Upon request, Carewell helps persons with cancer and their loved ones connect with individuals, groups, and organizations active in the broader health and wellness field.

- **General Referrals:** We provide referrals to hospitals, physicians, practitioners of mind/body and spiritual disciplines, and to specialists in Traditional Chinese Medicine (TCM).

Carewell can also direct people to doctors and other health and wellness professionals who practice integrative and biological medicine.

- **Indigent Patient Referrals:** Carewell assists persons with limited financial means via information and directing them to other agencies that provide medical and financial assistance such as to the Philippine Cancer Society, Department of Social Welfare and Development, and to organizations such as the Philippine Charity Sweepstakes Office (PCSO).
- **Pediatric and Youth Referrals:** Carewell refers children and teenagers with cancer to Kythe and Cancer Warriors, organizations that focus on helping persons belonging to this age-group.
- **Advanced Cancer Referrals:** To support the needs of community members with advanced cancer, Carewell provides referrals to palliative care and pain management doctors, hospice service providers, and grief/bereavement counselors and support groups.
- **International Referrals:** Carewell can also help its members arrange visits to hospitals and support centers in Asia, Europe, and the United States.

Raising awareness and developing a network for sharing cancer and wellness resources is a vital part of our mission. Thus, Carewell has linkages with other Non-



Government organizations, hospitals, and other groups and organizations actively working within the Philippine cancer community.

Information Network

Carewell facilitates support groups and provides educational resources to hospitals and other institutions, including the Makati Medical Center, The Medical City, St. Luke's Medical Center (Quezon City), San Juan de Dios Hospital, Asian Hospital, Jose Reyes Memorial Medical Center, Veterans Memorial Medical Center and MedCentral Oncology Center. Carewell welcomes and is constantly establishing partnerships with other individuals, groups, and organizations actively working within the Philippine cancer community.

Carewell provides its resources, services, and activities free of charge to persons affected by cancer. Thus, we rely on generous contributions from organizations, groups, and individuals whose lives have been touched by cancer.

Carewell is located at the 6th floor of the S & L Building, dela Rosa corner Esteban Streets, Legaspi Village, Makati City, Philippines 1229. For more information, please email us at carewell1@gmail.com. You may also call tel. nos. (632) 815-1294 and (632) 779-8007. Visit us on the web at www.carewellcommunity.org.

CAREWELL WELLNESS CALENDAR

M O N	 6:00am-9:00am Ashtanga Yoga**	 10:00am-11:00nn Pilates Belly Dancing	 12:00pm-1:30pm Support Group Lunch	 1:00pm-4:00pm Millenium/Theta Healing (by appointment)*	 6:30pm-8:00pm Ashtanga Yoga***
T U E	 6:00am-9:00am Ashtanga Yoga**	 10:00am-12:00nn QiGong Medical Consultation (by appointment)*	 12:00nn-1:30pm Support Group Lunch 2:00pm-3:00pm Classical/Ballroom Dance	 2:00pm-4:00pm Bible Study/ Movies	 3:00pm-4:00pm Iyengar Yoga/medi- tation (modified)
W E D	 6:00am-9:00am Ashtanga Yoga**	 10:00am-12:00nn QiGong Medical Consultation (by appointment)*	 12:00nn-1:30pm Support Group Lunch	 1:00pm-4:00pm Counselling 2:00pm-3:00pm LeBran Fitness Dance	 3:00pm-4:00pm Slow Flow Yoga/ Gong Sound Therapy 6:30pm-8:00pm Ashtanga Yoga (for beginners)***
T H U	 6:00am-9:00am Ashtanga Yoga**	 10:00am-12:00nn Collage Medical Consultation (by appointment)*	 12:00nn-1:30pm Support Group Lunch	 1:00pm-4:00pm Counselling*	 2:00pm-3:00pm Classical/Ballroom Dance
F R I	 6:00am-9:00am Ashtanga Yoga**	 10:00am-12:00nn Medical Consultation (by appointment)*			
S A T	 10:00am-12:00nn Painting/Arts & Crafts	 12:00nn-1:30pm Support Group Lunch	 1:30pm-3:30pm LeBran Fitness Dance		

* By appointment, please call for scheduling

** Self practice

***Conducted by Yoga Manila

DONATIONS MADE EASY FOR SUBSCRIBERS OF SMART MOBILE NETWORK

Smart subscribers, Carewell has made it convenient for you to support its projects for persons with cancer! You may now give a weekly donation to the Carewell Foundation via your mobile phone. You may select to donate in the amounts of Ps10, Ps50 or Ps100.

To start this service, simply text
CARE<amount><space>ON to **234**.

For example:

CARE20 ON

To quit, just text **CARE<space>**
and any of the words: **OFF**,
CANCEL, QUIT, REMOVE or **STOP**
and send to 234. For example:

CARE OFF

This amount you donate will be deducted from your mobile load (for prepaid subscribers) or added to your bill (for postpaid subscribers) on a weekly basis until you opt out. Once you have enrolled in this service, you will also be provided updates of ongoing activities, and upcoming projects at no extra charge. For inquiries please contact Carewell at +632-815-1294 or 779-8007. Carewell wishes to thank **888 CREATIVE STUDIOS, INC. and **SMART** for their invaluable support.**

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I would like to partner with Carewell as an individual sponsor. Being an individual sponsor, I understand that I am supporting the various Carewell events and the ongoing activities of the members for the year 2016: (Please check one:)

____ DONOR(Supporting Carewell Events & Activities for one(1) year) Php 75,000.00

____ PATRON(Supporting Carewell Events & Activities for six(6) months)Php 50,000.00

____ SPONSOR(Supporting Carewell Events & Activities for three(3) months)Php 25,000.00

____ OTHER AMOUNTPhp _____

I understand that this serves as a pledge form. ____ I would like that my check donation be picked up.

____ I will drop by the Carewell Office to deliver my check.

SIGNATURE OF DONOR

Please make check payable to Carewell Community Foundation, Inc. Thank you.