

The Fight Pink Report™

Happy New Year from Fight Pink!

This month the Fight Pink report covers one of Breast Cancers troubling legacies: Lymphedema

January 2009

What is Lymphedema?

Lymphedema is a condition of localized fluid retention caused by a compromised lymphatic system. It is most frequently seen after lymph node dissection, surgery and/or radiation therapy, in which damage to the lymphatic system is caused during the treatment of cancer, most notably breast cancer.

Lymphedema has been barely recognized as being a serious health problem; however, this is slowly changing due to education and awareness. The danger with Lymphedema comes from the constant risk of developing an uncontrolled infection in the affected limb

In women, it is most prevalent in the upper limbs after breast cancer surgery and lymph node dissection, occurring in the arm on the side of the body in which the surgery is performed.

The onset of secondary Lymphedema in patients who have had cancer surgery has also been linked to aircraft flight (likely due to decreased cabin pressure).

For breast cancer survivors, wearing a

prescribed and properly-fitted low-compression sleeve and gauntlet may help decrease swelling during flight.

Symptoms

Symptoms may include severe fatigue, a heavy swollen limb or localized fluid accumulation in other body areas, including the head or neck, discoloration of the skin overlying the Lymphedema. If you suspect that you may be experiencing Lymphedema, contact your health care provider to make an appointment to be seen. Spotting this problem early improves outcomes.

Treatment

Treatment for Lymphedema varies, but most often compression garments, decongestive therapies, and most recently therapeutic exercise, has been shown to help with the painful and troubling symptoms of Lymphedema.

For more information go to the National Lymphedema Network website at: www.lymphnet.org.



Smart Nutrition before, during and after treatment will fuel your body and help you manage common treatment side effects.

As you get ready for cancer treatment, focus on eating a well-balanced diet. Include lean protein sources, such as fish, legumes (beans) and chicken, as well as plenty of vegetables, fruits and whole grains. The better nourished your body is going into treatment, the quicker the road to wellness after.

- **Tips:** Identify family members and friends who can help you with your grocery shopping, or better yet go to your favorite grocery store online, and most of them deliver groceries after you do your shopping right on the web!
- Make sure family members understand that you may not feel well, and can not be forced to eat. Small meals are better than large ones!
- Stock up on your favorite foods, which are easily digestible, like oatmeal, and soup.

Stacy Martello The Fight Pink Alliance

Support Resources

- Cancer Hope Network www.cancerhopenetwork.org 1.877.467.3638
- American Cancer Society www.cancer.org 1.800.227.2345
- National Lymphedema Network: <http://www.lymphnet.org>
- Onconurse.com www.onconurse.com
- National Cancer Institute www.cancer.gov 1.800.422.6237
- AMC Cancer Information and Counseling Line 1.800.525.3777
- ACOR.org www.acor.org Association of Cancer Online Resources
- Cancer Care www.cancercare.org 1.800.813.4673



Chad & Charlotte Moutray

Your Personal Promise™

**Getting the most out of making a Difference,
Ordinary people doing extraordinary things!**

Chad

My "Personal Promise" to stop the destruction and devastation caused by breast cancer.
A Blog Book Tour

Dr. Chad Moutray, the Chief Economist and Director of Economic Research for the Office of Advocacy of the U.S. Small Business Administration, has written a memoir of the five years that he spent with his late wife, who died from triple negative breast cancer in 2007. Part of the motivation for writing this book was the desire for his young daughter, Charlotte to better understand her mother.

The blog book tour allows him to promote the book to a wider breast cancer community and for those of you who follow him along the tour, you will also get a chance to see their stories, as well. The tour will last two weeks, from Monday, January 12, to Friday, January 23. As part of the tour, Dr. Moutray will be a "guest" each day on various blogs, which will highlight the book in some fashion. At the same time, Dr. Moutray will discuss them on his blog that day. Some of the blogs might choose to review the book, others might profile Dr. Moutray and his journey in writing his memoir, while the rest might simply ask various questions.

My Life with Laura: A Love Story is available on Lulu.com as a paperback book or a download; see <http://www.lulu.com/content/1828195>. On the Lulu website, the entire prologue of the book can be previewed. Dr. Moutray has also created a special page on his personal blog to discuss the book and the blog book tour; see <http://moutray.wordpress.com>.



*My Life with Laura:
A Love Story*

The Blog Book Tour

Here is the schedule for the Blog Book Tour:

- Monday, January 12, 2009: Stacy Martello at [Fight Pink™](#), kicking off the blog book tour
- Tuesday, January 13: Shannon Sherwood at [Fighting My Cancer](#)
- Wednesday, January 14: Jacki Donaldson at [my Breast Cancer blog \(cancerspot.org\)](#)
- Thursday, January 15: Gena Womack at [Make Some Lemonade](#)
- Friday, January 16: Christina Olachia at [The Uniboob Club](#)
- Monday, January 19: Erik Hom at [Route 53](#)
- Tuesday, January 20: Angi Navarro at [Cancer is NOT a DEATH Sentence](#)
- Wednesday, January 21: Tina Koral at [Cancer Book Review](#)
- Thursday, January 22: Jennifer Starr-Reivett at [Clergy Girl](#)
- Friday, January 23: Traci McLaughlin at [The Serendipity Factory](#); and Stacy Martello of Fight Pink™, summarizing the blog book tour

Join Fight Pink™, Dr. Chad Moutray and Charlotte as we journey from blog to blog, on a mission to inspire, inform and support the breast cancer community.

Chad

Your Personal Promise™

Whether a survivor or an activist, contact Fight Pink™ for details on how to submit "Your Personal Promise™" on how **you** are saving lives and helping to end breast cancer forever!

We are looking for real women and men who are survivors, activists, and want to contribute to the Fight Pink™ cause. We will post Your Personal Promise™ story; tell us how you are getting the most out of making a difference!

We take the stories put into our hands and from them build a bridge into other less informed lives, so that daily we pass over it on errands of education and awareness for the purpose of saving lives!

Stacy

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