

# Sensuality, Sexuality, Survival

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## Our Expert Bio

Jennifer (Jan) Simpson is a registered nurse, who currently works at the Franklin Square Medical Center as the Clinical Coordinator for Breast Services. Jan is currently pursuing a Master of Liberal Arts degree in Ethics from Johns Hopkins University. She graduated with Honors in 1997 with a degree in Psychology, also from Johns Hopkins University. Jan has worked as an operating room nurse since 1986 and was the Clinical Coordinator for the Plastic & Reconstructive Surgery of the Breast Center at Mercy Medical Center from 2001 to 2003. Jan has also published many articles on breast surgery as well as speaking for such organizations as the Susan G. Komen Foundation. Jan is also Certified Breast Health Specialist.

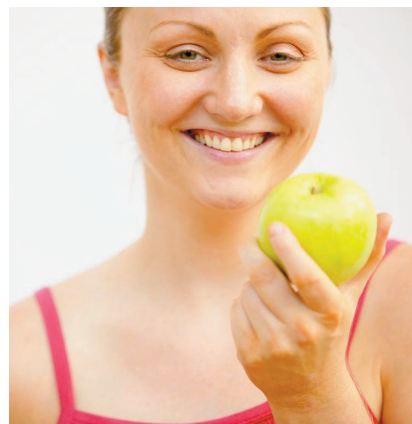
We are thrilled to have Jan as our featured "expert." Her over 30 years of experience as a nurse and her work as a breast health specialist makes her a wonderful addition to Sensuality, Sexuality, Survival.

## Current SSS Events

Our SSS Consultants have been continuing the fight against breast cancer and its debilitating effects on female sexuality. With 25 Certified Consultants nationwide, our SSS Consultants are scheduling presentations in an area near you! To view an extensive list of our Certified SSS Consultants, please visit [www.pureromance.com/sss](http://www.pureromance.com/sss). To book an intimacy after breast cancer presentation for your support organization in your area please contact us at [sss@pureromance.com](mailto:sss@pureromance.com).

On Tuesday, November 14th, our very own Erin Hoschouer, Director of Health Education for Pure Romance, Inc., was the featured speaker for an "Intimacy and Cancer" lecture sponsored by the University of Cincinnati/Barrett Cancer Center. The evening provided an opportunity for attendants to participate in an open discussion about the physical, emotional and social side effects of cancer, and how they may impact intimate experiences.

## Featured Article: Healthy Eating After Treatment



Many women with breast cancer have long, healthy and active lives after their treatment. Healthy eating and some physical activity are important during treatment, and healthy eating and physical activity after treatment also are important for successful recovery after treatment and beginning life beyond breast cancer.

While some research has been done on the ability of diet to reduce the risk of breast cancer, less has been done on the role of diet in reducing the risk of the cancer coming back. Still, the existing research suggests that physical activity, a healthy diet, and a healthy weight can help reduce the risk of breast cancer recurrence. A healthy diet and exercise can help maintain a healthy weight and will provide more energy as you recover and improve your quality of life. Eating well will help your body rebuild muscle strength and overcome side effects such as anemia or fatigue.

It is important to keep in mind that you do not have to dramatically change your diet in one day. When treatment is over, you will probably feel much better, but often, not completely like you did before treatment. Your tastes may change, and you may find you don't like some foods anymore. Take it slowly and ease yourself into healthy eating and cooking.

## How to Eat Healthy When You Aren't Cooking

Many of us eat out these days, and with the holiday season upon us, it can be difficult to stick to any kind of diet. Whether it's a bagel and coffee from the corner deli, baking cookies with your children or grandchildren, potluck office holiday parties, or a fancy dinner to celebrate finishing treatment, when you're not cooking the food, it's harder to control what and how much you eat. If you eat several meals away from home every week, it's especially important that you make smart eating choices.

Here are some tips to help keep you on track:

**Be conscious of what you eat during the day.** If you're eating dinner out, have a light lunch. But don't show up at the restaurant starving. You might order more than you can eat and then eat more than you want because you're paying for it. Have a small snack an hour or so before you eat so you can avoid feeling famished when you are deciding between fettuccine alfredo and grilled chicken. If you know your coworker will be serving their "world-famous" egnog at the office holiday party, plan to allow yourself to enjoy it by having ice-water rather than soda during lunch, or a side salad instead of French fries.

**Don't be afraid to ask that a dish be specially prepared.** The business of restaurants is serving you, the customer. Feel free to ask for a dish to be specially prepared (broiled without any additional butter or oil instead of fried, for example). If it can't be done, your server will tell you and can offer other ideas. If friends are hosting a holiday dinner party, don't be afraid to ask ahead of time what they plan on serving. Unless you have specific food allergies, if the main course doesn't fit into your healthy eating plan, do not burden them with making a special plate just for you—try eating a small meal before you go and just having a small portion of the entrée so no one feels left out.

**Get what you want by ordering a la carte.** That way you can get a side salad, a baked tilapia filet without sauce, and steamed vegetables rather than the fried, Fish & Chips special. Though it may be more expensive to order food this way, it will be in your overall best interest. If a buffet of holiday food at a family get-together is in front of you, survey all the foods and decide what will be your best options before you start filling your plate.

**Ask for dressings, sauces, sour cream, and butter "on the side"** or removed entirely from the dish. Often we are so used to automatically reaching for the salad dressing or condiment cups, that by covering up our food with dips and sauces, we don't really get to enjoy the full flavor of the



meal.

**Don't eat mindlessly.** Ask the server to remove the bread basket, peanut bowl, or basket of chips after you've had a small serving. Don't tempt yourself. Just because hors d'oeuvres are being passed at a party doesn't mean that you have to take one every time—keep a glass of ice water or mug of tea so you don't feel empty-handed as the tray passes.

**Choose healthy food styles.** Certain styles of foods are more likely to include a variety of fruits and vegetables. Indian, Middle Eastern, Japanese, Thai, Korean, Ethiopian, and Chinese restaurants often have many healthy choices. Try something new! If you're nervous, tell your server what type of foods you're looking for (low in fat and high in nutrients) and ask for some suggestions.

**Pile up the veggies.** If you're at a sandwich shop, ask if you can eliminate or reduce the meat and cheese and add extra veggies to your sandwich. Instead of a bacon, lettuce, and tomato sandwich, ask for a lettuce, tomato, cucumber, and green pepper sandwich on whole-grain bread or roll.

**Go easy on the alcohol.** It's high in calories, has few nutrients, and can weaken your willpower when it comes time for dessert.

As you're creating your plan for healthy eating after treatment, don't forget to include joy in the recipe. Don't deprive yourself of your favorite foods, such as chocolate, pecan pie, or pralines. But don't eat mindlessly. Think about what you're putting in your body. Know that the energy you have is directly related to the amount and type of fuel you put into your body. Regular exercise will also help get you feeling back to your old self, and will provide strength for the future. If you know how to eat healthy and use it properly, food itself can be a form of medicine.

# My Story

## In Honor of My Best Friend

Hello,

I would like to share with you a story that my great friend of 22 years would have wanted me to share.

Mary was my childhood best friend. We grew up together in the small town of Beaver Falls, Pennsylvania. Our mothers knew each other well, so they knew that surely we would be best friends. We were only fourteen days apart in birth, so it was perfect timing. When our mothers found out their due dates, they were ecstatic, being as they were born only six days apart.

When we were in elementary school, around the fourth grade, Mary had been diagnosed with leukemia, and had been taken out of school to be home schooled. She lost all of her hair, and was sick all of the time. But despite her always being sick, I was always at her house. I would help her with homework, play video games, and with dolls, and we would even get to go outside into the backyard if she was feeling well enough. Unfortunately, the treatments she was receiving at the time made her even worse.

Six months after entering middle school Mary was diagnosed with bone marrow cancer. So she was always in pain from having bone marrow transplants, and barely walked now so she had to be pushed in a wheel chair. Despite her pain and agony, she still wanted to do the things normal kids do—like going to the mall and riding rides at the amusement park. We went to the mall every Saturday, and I proudly pushed my best friend in her wheelchair throughout the entire mall, stopping for everything she wanted to look at and even helping her try on her clothes. This went on for the next few years until we were both sixteen. At this point, Mary had stopped going out due to all of the kids making fun of her, and me...for being her friend. So we went back to spending our days in her bedroom, watching television and listening to music. She had an especially beautiful voice which she would burst out on her karaoke machine every once in a while.

Two months before our seventeenth birthdays, she was diagnosed with breast cancer and was told that it apparently had been festering for quite some time now. Her body was so tired and shut down after this, but she never let up. It finally got to the point where she didn't even want me to come over

**continued...**

## Featured Product



### Ben Wa Balls

#### Product Features:

- Gold-plated Oriental exercise balls
- Aid in Kegel exercises
- Increase vaginal muscle strength

#### Benefits:

These Kegel exercise balls can increase vaginal muscle strength. By using the Ben Wa balls, it will increase blood flow to the vagina, in turn increasing the body's ability to create its own natural secretions. Women who strengthen their Kegel muscles experience more intense orgasms, have better bladder control, experience less pain during childbirth and are able to produce their own secretions.

#### Application:

Insert Ben Wa balls into the vagina and tighten vaginal muscles to hold them in. Use 2-3 times per day for about 5-15 minutes

**Price \$15.00**

anymore, because all we did was cry with each other. The cancer had already spread, and she had to have her left breast removed. After that, there were no more walks in the mall, and she would only go as far as the closed in porch in the backyard. She turned very pale, lost tons of the weight she had gained from the immobility, and just looked altogether sick. I would fix up her hair, put makeup on her and pick out her clothes to wear around the house. She always looked beautiful even if she wasn't going anywhere.

Finally Mary reached adulthood, her eighteenth birthday, but she was still scared and confused. She didn't want, nor planned, to attend college, so I was very saddened. But the worse was yet to come.

May 23rd, two days before my birthday, I was sitting in class, still in high school, talking to a friend, completely ignoring what the teacher was talking about. Then I heard our principal's voice over the loudspeaker asking me to come to his office. On my way to the office, I remember asking "What did I do? I don't remember breaking any rules". I finally got to his office and was pointed toward the phone on his desk. I answered it, and heard my mother sobbing and telling me she that she was coming to pick me up. "Mary has just passed, Christine". A single tear dripped from my eye, and my principal could tell why. I hung up the phone, trying to be silent with the tears because I knew my mother was just as hurt as I was. After I hung up the phone, I broke down, "I can't hold this in." I thought. I started screaming and punching everything in sight and ran to the teachers bathroom.

After my mother picked me up from school we drove to Mary's house. She was still there, lying peacefully, beside the ambulance getting ready to be moved onto the gurney. She had obviously passed in her sleep, and she looked so happy, so relieved that it had finally happened. Her body was just so tired, and finally decided that it was time to shut down, and it did.

This may not be just a story of breast cancer, but it is an inspiring, yet sad, story of a beautiful young girl, who had a hard life. Not everyone will survive their cancer, and this is a good example of one who didn't. My best friend would want her story shared with other women, to let them know they are not alone. If you think you might have breast cancer, or any other cancer please do not hesitate to look for a good physician and have it diagnosed early. Yes, my friend was in constant care, but it took them a long time to finally find that she had breast cancer, and that is what finally pushed her body past its limit. I do not wish the pain she went through on any other woman or her child, so



please remember to do all that you can to take care of your bodies!

In Loving Memory of Mary Ann~ May 11th 1984 - May 23rd 2002

Sincerely,  
Christine Bowser

*Hearing a personal account of someone going through a similar experience can be very helpful and reassuring. If you would like to share your personal experience with breast cancer please submit your story to [sss@pureromance.com](mailto:sss@pureromance.com).*