



Cancer of the Month: Pancreatic Cancer

Nationally, Pancreatic Cancer Awareness Month is typically discussed in November but for our timing purposes, we are moving it to December. Pancreatic cancer is not very common (it is estimated that a person's lifetime risk is 1 in 79), but it is one of the deadliest forms of cancer. In 2008, the American Cancer Society estimates that over 37,000 people will be diagnosed with cancer of the pancreas, and approximately 34,000 will die from the disease. Men and women tend to be affected by pancreatic cancer equally, although men have a slightly higher risk. There have been two well-known cases of pancreatic cancer in the news recently. Patrick Swayze, a Hollywood actor, was recently diagnosed and seems to be doing well, and Randy Pausch, the professor who delivered the popular last lecture at Carnegie Mellon University, recently passed away from the disease.

SSS UPDATES & CURRENT EVENTS

ATLANTA'S MAKING STRIDES AGAINST BREAST CANCER

On October 25, 2008, five amazing Pure Romance Consultants took part in Atlanta's Making Strides Against Breast Cancer event. Together, they raised over \$500.



Left to right: Sarita Vinson, Annette White, Lanell White, and Michele French. (Stacey Ferguson and her husband "Bubba" also attended)

CINCINNATI'S BREAST CANCER BRICK AUCTION



On October 26, 2008 SSS Consultant Kendra Smiley represented Pure Romance in Cincinnati's Breast Cancer Brick Auction. During this event beautifully painted bricks with unique designs, painted by both women and men, were then auctioned off to raise money for breast cancer. Kendra Smiley had an informational table at the event, and Pure Romance Founder and CEO, Patty Brisben, attended the event to bid on bricks. Pure Romance also donated two gift baskets as part of the raffle.

UNIVERSITY OF TENNESSEE'S RACE FOR THE CURE



SSS Consultant Shannon Hamaker provided the above picture taken during the Race for the Cure event at the University of Tennessee at Chattanooga. There were over 6,000 participants, including 20 participants from Pure Romance. Pure Romance's team raised almost \$1,000 for breast cancer research. Way to go!



FEATURED ARTICLE: Pancreatic Cancer

Pancreatic cancer is not a very common type of cancer, but it is one of the deadliest; most of the people who are diagnosed with the disease will succumb to it. The pancreas is found behind the stomach and has two main purposes: to break down proteins in food so the body can use them (which is controlled by exocrine glands), and to make hormones (such as insulin) that help regulate the amount of sugar in the blood (which is controlled by endocrine glands). Both the exocrine and endocrine glands can develop cancerous tumors, and it is important to determine what the cancer has affected to decide what the treatment plan will be. Cancer of the exocrine glands, however, is the most common.

Doctors are not sure what causes most cases of pancreatic cancers, although there are certain factors that may increase a person's risk of being diagnosed with this form of cancer.

- **Age**-Almost 90% of people who are diagnosed with pancreatic cancer are over the age of 55; the average age of diagnosis is 72.
- **Smoking**-About 30% of cases are thought to be caused by smoking.
- **Diet**-There may be a link between cancer of the pancreas and high-fat diets that do not include many fruits and vegetables. The research on this, however, is scarce.
- **Obesity**-People who are obese are more likely to be diagnosed with pancreatic cancer.
- **Diabetes**-Having diabetes increases a person's risk for pancreatic cancer.

Currently, there is no way to prevent pancreatic cancer. However, not smoking and having a healthy diet may help to reduce a person's risk. Exercising may also decrease the risk for cancer of the pancreas.

Because of the location of the pancreas in the body and a lack of blood tests to detect the cancer, doctors are usually unable to diagnose the cancer early. This is part of the reason that pancreatic cancer has such a high mortality rate. There are some symptoms, though, that may indicate that a person has cancer of the pancreas. These include:

- **JAUNDICE** A yellow color in the eyes and skin. Over half of all people with pancreatic cancer are jaundice. This condition, however, does not necessarily indicate pancreatic cancer, as there are other illnesses that may cause jaundice.
- **PAIN** Pain the stomach or middle of the back may be a symptom of advanced pancreatic cancer. Pain in these areas, though, may be a sign of other diseases as well. It is important to talk to your doctor and have a complete check-up.
- **WEIGHT LOSS** Losing weight over time when the person is not trying or a lack of appetite is a symptom of cancer of the pancreas.
- **DIGESTIVE PROBLEMS** If cancer blocks the release of fluid released by the exocrine glands, food may not break down properly, which can lead to problems with the stools.

If a doctor thinks that a person has pancreatic cancer, there are certain tests that can be done to verify this. A CT scan can look at the middle of the body to see the pancreas. An ultrasound can be done to determine what type of cancer the person has. Doctors can also do a biopsy of the pancreas to determine if a tumor is cancerous.

There are three main treatments for pancreatic cancer: surgery, radiation therapy, and chemotherapy. For surgery, there are two main options for patients. In a potentially curable surgery, the surgeon attempts to remove all of the cancer from the pancreas. In palliative surgery, the tumor may be too widespread to remove, so the surgeon attempts to make the patient as comfortable as possible by relieving any problems or symptoms, such as a bowel blockage. Surgery for pancreatic cancer tends to be difficult for both the patient and the surgeon. It is necessary for people to work closely with their health care team to determine the best treatment plan for them. In radiation therapy, high energy rays are used to shrink or kill tumors and cancerous cells. Chemotherapy involves using drugs that enter into the bloodstream to kill cancerous cells. Sometimes, treatment for pancreatic cancer involves helping to make the person as comfortable as possible, as there may not be many other options. This may involve alleviating pain, taking supplements, and maintaining a healthy weight.

Information provided by the American Cancer Society 2007
http://www.cancer.org/docroot/CRI/content/CRI_2_2_IX_What_is_pancreatic_cancer_34.asp?rnav=crl

Cancer and Sexuality: Pancreatic Cancer and Sexuality

Pancreatic cancer and its treatment can affect a person's sexuality and intimacy. These effects may be similar to those from other types of cancer, but there are also unique effects that occur to people diagnosed with cancer of the pancreas. This article will outline how the sexuality of someone with pancreatic cancer may change.

Pain is a symptom of pancreatic cancer. The pain is usually found in the abdomen and in the back. For some people, the pain may be so intense that they do not feel sexual and may experience a decrease in desire. The pain may also be strong enough that sexual activity is difficult or impossible. Pain medications may help alleviate these issues; people should talk to a doctor to see what types of medications may work best for them. It may also be helpful for people experiencing pain as a result of pancreatic cancer to keep a journal and track when their pain is most intense. If they notice patterns throughout the day of when the pain is worst, they can avoid sexual activity at these times and instead be intimate when they are feeling best.

Weight loss is another symptom of cancer of the pancreas. If a person loses too much weight, it could affect their self-esteem, their strength, and may cause fatigue. It is best to talk to a health care provider to determine ways to gain weight after a diagnosis with pancreatic cancer. People experiencing weakness or fatigue could journal how they feel throughout each day. Patterns may develop throughout the day when the person feels their best; they can engage in sexual activity during these times.



Chemotherapy is one of the treatments for pancreatic cancer. During chemotherapy, medications are used to kill cancer cells. Side effects of chemotherapy include fatigue, hair loss, and nausea, which could affect a person's self-esteem and interest in sex. Chemotherapy can cause hormonal changes, resulting in induced menopause for some women. Being intimate during different times of day, when a woman does not feel as tired or nauseous, is something that a woman and her partner can try as a way to stay intimate. Induced menopause can cause vaginal dryness and hot flashes, among other things, which can affect a woman's sexuality. Chemotherapy can also cause vaginal irritation and infections. Using a gentle, water-based lubricant during all intimate encounters can help women manage vaginal dryness; vaginal moisturizers can also help alleviate vaginal dryness.

Radiation is another treatment for pancreatic cancer. Radiation therapy involves the use of radiation to kill cancer cells or to keep them from growing. Radiation therapy can cause skin irritation, including dryness, itching, and peeling, which may result in discomfort during certain sexual activities, especially if the area is touched or rubbed during those activities. Finding new, more comfortable positions can help a woman cope with these issues. Since the radiation targets the abdomen, it could create an upset stomach, loose bowels, weight loss, or fatigue. Often, there are medications available that can help alleviate some of these side effects; talk to a health care provider to see which medications work best. Again, keeping a journal can be helpful to determine when the person is feeling their best. It may also help to engage in sexual activity before an appointment. Couples may want to find other ways to be intimate, without necessarily being sexual. For example, holding hands, cuddling, and giving each other a massage are all great ways that couples can stay close and connected during cancer treatment.



*Information provided by the
American Cancer Society
www.cancer.org*

CONSULTANT OF THE MONTH:



Patty Marmann

Q What is your name?

A Patty Marmann

Q Why did you become a SSS Consultant?

A I was at a Market Training Meeting in the spring of 2005, when Patty and Chris made a surprise appearance and introduced us all to the new SSS program. From the moment that I first heard Patty and Chris talk about it with such passion, I knew I had to be involved. I knew that I had to help them further the cause of this wonderful program. Right from the start, my thought was "Where do I sign up?" I was ready to jump in with both feet!

Q What has been your most memorable moment as a SSS Consultant?

A There are several! The one that means the most to me is organizing the Cancer Survivor's Café for my Moving Health Forward Health Fair. Everyone was invited to stop by and enjoy free healthy food and drinks and to "Share Their Story." They could write out their story, or post it on our computers online. It was a way for our community to come together and share in something that affects the majority of us. I had several people tell me that they had "felt alone" until then.

Q What keeps you motivated?

A The smiles, the tears, the hugs, and the thank-you's I get from my clients when helping improve their relationships! Also, the support of my partner, David, and my children, who know that Mom teaches health classes to women.

SSS PRODUCT OF THE MONTH: 52 Weeks of Naughty Nights

Who said that your nights are not so naughty any more? You and your lover will have hours of fun performing the intimate suggestions on these naughty scratch and win cards. This is a great way to keep warm during the chilly December months!

Product Features

- 52 scratch off cards for him and her.
- Great to help open the doors of communication and introduce new areas of intimacy into your relationship.
- Perfect for the traveling couple.

Benefits

52 Weeks of Naughty Nights is a great way to open the doors of communication. With specific instructions for both partners, it encourages sexual fun, adventure, romance, self-expression, and giving and receiving, both in and out of the bedroom. The use of 52 Weeks of Naughty Nights can keep things fun and exciting by allowing you to try new things.



Application


Use when you want to reconnect with your partner and learn something new about each other.

Price

\$14.00

LIFESTYLE: Healthy Holiday Cookies

The holidays are a time of eating...and eating some more! According to the New England Journal of Medicine, most people only gain about one pound in the weeks between Thanksgiving and New Year's. That does not mean, though, that people should not try to eat healthy when possible. Below are healthy holiday cookie recipes that can help ensure only one pound is gained this holiday season:



PEANUT BUTTER CLUSTERS

Ingredients:
 10 ounces peanut butter chips
 1/2 cup dry-roasted, unsalted peanuts
 1/2 cup regular oats, uncooked
 1/2 cup raisins
 1 teaspoon cinnamon

Directions: Microwave peanut butter chips in a bowl on high power until melted (about 1-1 1/2 minutes). Stir. Add remaining ingredients; mix thoroughly. Using your hands, firmly roll into 1-inch balls. Cool. Makes about 3 dozen balls.

Nutritional information (serving = 1 ball):
 Calories: 64 Fat: 3g Protein: 2g

Recipe courtesy of www.fitnessandfreebies.com



WHOLE GRAIN GINGERSNAPS

Ingredients:
 1/2 cup dark molasses
 1 cup all-purpose flour
 1/2 teaspoon salt
 1 cup whole wheat flour
 1/2 cup sugar
 1 tablespoon ground ginger
 1 large egg
 1 teaspoon baking soda
 1/2 cup dark molasses
 1/2 teaspoon ground cinnamon
 6 tablespoons trans fat-free vegetable oil spread

Recipe courtesy of www.goodhousekeeping.com

Directions:

1. On sheet of waxed paper, combine whole wheat and white flours, ginger, baking soda, cinnamon, and salt.
2. In large bowl, with mixer on low speed, beat sugar and vegetable oil spread until blended. Increase speed to high; beat until light and creamy, occasionally scraping bowl with rubber spatula. Beat in egg and molasses. Reduce speed to low; beat in flour mixture just until bended. Cover dough in bowl with plastic wrap and refrigerate one (1) hour or until easier to handle (dough will still be slightly sticky).
3. Preheat oven to 350 degrees F. With lightly greased hands, shape dough by heaping measuring teaspoons into one (1)-inch balls. Place balls 2 1/2 inches apart on ungreased cookie sheet.
4. Bake cookies 9 to 11 minutes, or until tops are slightly cracked (cookies will be very soft). Cook cookies on cook sheet or wire rack 1 minute. With thin metal spatula, transfer cookies to rack to cool completely. Repeat with remaining dough.
5. Store cookies in tightly covered container at room temperature up to 3 days or in freezer up to 1 month.

Makes about 3.5 dozen balls.

Nutritional information (serving = 1 cookie):
 Calories: 55 Fat: 2g Protein: 1g