



SSS UPDATES & CURRENT EVENTS

Cheri Patterson provided the below picture from her bake sale for Susan G. Komen's Passionately Pink for the Cure. The event took place in October close to Halloween. Featured left to right is Janette Looper, Jessica Hamm, Cheri Patterson, Leslie Wredt, Mecca Snider, and Sheri Vech.

This was the second year that Cheri and her Pure Romance team raised money for the event. They raised over \$700 by selling baked goods in front of a Halloween costume and craft store, as well as by recycling used ink cartridges and cell phones. There were over 15 women who baked for over two weeks to prepare for the fundraiser!



This picture was provided by SSS Consultant Michele French. Michele and two Pure Romance Consultants (Annette White and Sarita Vinson) participated in the Health Fair Expo which was part of the Center for Black Women's

Wellness Breast Health Day. The event was November 12, 2008, in Atlanta, Georgia. The women discussed Pure Romance, as well as our SSS program, to those in attendance.

The Network of Strength Fashion Show took place November 19, 2008, in Chattanooga, TN. SSS Consultant Shannon Hamaker participated in the event along with four Pure Romance Consultants. Featured left to right: Schkira Woodall, Beth Dowers, Rhonda Dunn, Juliet Hendy, and Shannon Hamaker. As part of the event, six local boutiques made the clothing that was modeled by breast cancer survivors. Over 500 people attended the event! The local Pure Romance Consultants donated a basket for the silent auction.



Cancer of the Month: Testicular Cancer

Testicular cancer is this month's topic. The testicles make up the male reproductive system; they make sperm as well as testosterone. Most men are born with two testicles, and testicular cancer can affect one or both of these glands. Many men diagnosed with testicular cancer are between the ages of 20 and 54, although this disease can be diagnosed in men of all ages. The American Cancer Society estimates that there were approximately 8,100 new cases of testicular cancer in the United States in 2008. A man's lifetime chance of being diagnosed with testicular cancer is one in 300. Testicular cancer is easily treated, making the death rate from this disease low; the risk of dying from testicular cancer is about one in 5,000. There have been several men in the news who have had testicular cancer, including figure skater Scott Hamilton, comedian Tom Green, and, most well-known, professional cyclist Lance Armstrong.



FEATURED ARTICLE: Testicular Cancer

Testicular cancer is cancer found in one or both testicles, which are part of the male reproductive system. It is the most common cancer among men ages 15 and 34. Testicular cancer is one of the most curable forms of cancer because it is easy to treat.

Who does testicular cancer affect?

Testicular cancer affects men only. Most men who are diagnosed with testicular cancer are between the ages of 20 and 54; it is the most common cancer among young men ages 15 to 34.

Who does testicular cancer affect?

Doctors are not sure what causes testicular cancer, but they have discovered several risk factors that can increase a man's chances of being diagnosed with the disease. Some men with testicular cancer have unknown causes, and if a man has a risk factor, it does not necessarily mean that he will be diagnosed with the disease. There are many different things that can potentially contribute to a person developing cancer. Some known risk factors for testicular cancer include:

- **HAVING AN UNDESCENDED TESTICLE.** Before birth, the testicles develop in the belly of the fetus, and move into the scrotum (the sac underneath the penis that holds the testicles) before birth. In some boys, though, the testicles never move into the scrotum. The testicles will sometimes move on their own when the child is around one year old. Sometimes, though, surgery is necessary to remove the testicles from the body.
- **CANCER OF THE OTHER TESTICLE.** Having cancer in one testicle increases the risk of developing cancer in the other testicle.
- **FAMILY HISTORY.** If a man is diagnosed with testicular cancer, there is an increased risk that his brother(s) or male children will develop the disease.
- **RACE AND ETHNICITY.** White men are approximately five times more likely to be diagnosed with testicular cancer compared to African-American men, and three times more likely than Asian-American men and American Indian men. Doctors are not sure what causes these differences.

Can testicular cancer be prevented?

Many of the known risk factors for testicular cancer cannot be prevented, including family history, race and ethnicity, and having an undescended testicle. If men have any of these risk factors, though, they should practice testicular self examinations (TSE) to try to detect any possible cancer as early as possible.

How do I know if I have testicular cancer?

Many doctors recommend that men do TSE every month. While studies have not shown that this lowers the death rate from testicular cancer, TSE allows men to become more familiar with their testicles and to detect any changes early.

TSE is best performed after a warm shower when the testicles are more relaxed. To do this examination, follow these steps:

- **STAND IN FRONT OF A MIRROR.** Look for any swelling on the skin of the scrotum.
- **EXAMINE EACH TESTICLE WITH BOTH HANDS.** Place the index and middle fingers under the testicle while placing your thumbs on the top.
- **GENTLY ROLL THE TESTICLE BETWEEN THE THUMBS AND THE FINGERS.** Remember that the testicles are usually smooth, oval shaped and somewhat firm. It's normal for one testicle to be slightly larger than the other. Also, the cord leading upward from the top of the testicle (epididymis) is a normal part of the scrotum.
- **IF YOU FIND A LUMP, CALL YOUR DOCTOR AS SOON AS POSSIBLE.** Testicular cancer is highly treatable, especially when identified early.

The American Cancer Society recommends that men have a testicular examination by a doctor as part of a routine physical exam.

There are some symptoms of testicular cancer that men can be aware of. If a man has one of these symptoms, he should contact his health care provider for a complete check-up.

- **Lump on one or both testicle (it is usually painless)**
- **Swelling or aching in the testicle(s)**
- **Aching in the scrotum**

What is the treatment for testicular cancer?

Treatment for testicular cancer will depend on a number of factors. It is best for a man to talk to his health care provider to determine the best treatment plan for him based on his type of cancer, his age, and his overall physical health. The three most common types of treatment for testicular cancer are surgery, radiation therapy, and chemotherapy.

SURGERY

Every man who is diagnosed with testicular cancer will undergo surgery to have one or both testicles (depending on the cancer) removed. (There is information in the Cancer and Sexuality article regarding testicular cancer and fertility; see below.) This surgery is called orchiectomy, which is the removal of one or both testicles.



Some men choose to have a prosthesis implanted following surgery to remove a testicle, especially if it is a young male who may be self-conscious

about the way his scrotum looks and feels. Prosthetic testicles come in many shapes and sizes and can be made to look much like a normal testicle. The prosthesis is usually filled with a salt-water solution called saline.

RADIATION THERAPY

Radiation therapy involves the use of high-energy radiation to destroy cancer cells. Radiation therapy is typically used for men who have had testicular cancer spread to nearby lymph nodes. Generally, there is less radiation that needs to be used for testicular cancer. Sometimes doctors use surgery and radiation therapy together to treat testicular cancer.

CHEMOTHERAPY

Chemotherapy involves the use of drugs to kill cancer cells. The drugs are either given into a vein or by mouth. The drugs enter the bloodstream and spread throughout the body. Chemotherapy is typically used for testicular cancer that has spread outside of the testes.

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

Cancer and Sexuality: Testicular Cancer and Fertility

It should also be noted that if both testicles are removed, the man's body can no longer produce testosterone; this results in a decrease in libido and arousal, and difficulty in getting an erection. Men are often given hormone replacement therapy after having both testes removed in order to maintain normal sexual function.

Radiation therapy

Radiation therapy is usually performed if testicular cancer has spread beyond the testicles. Depending on where radiation therapy is directed, there is a chance that arteries that carry blood to the pelvis could be damaged; this may result in issues with arousal and erections.

In terms of fertility, radiation therapy can damage the genetic material in developing sperm. It may be helpful for men to store their sperm for future use, to ensure that their sperm will be healthy when they are ready to have children.

Chemotherapy

Chemotherapy is typically given if testicular cancer has spread beyond the testes. At the end of chemotherapy, all men will have no sperm count, but about 80% will return to pretreatment levels in about two to four years. Chemotherapy can also damage the genetic material in developing sperm. It may be useful for a man to explore sperm banking before beginning chemotherapy.

Fertility After Testicular Cancer, OncoLink www.cancer.med.upenn.edu

American Cancer Society www.cancer.org

worry about their ability to have children after cancer and treatment. Only about 30% of men will have a very low or no sperm count as a result of the disease. The following article describes the three most common treatments for testicular cancer, as well as the side effects that may affect a man's fertility.

Surgery

Surgery is the most common treatment for testicular cancer; every man with this disease will have at least one testicle (the one with cancer) removed. If a man has cancer in both testicles, or if doctors determine that both need to be removed, it will result in infertility for the man. There are options for a man (and his partner) including sperm banking. In sperm banking, semen is frozen until a man (and his partner) decide later to use it. In vitro fertilization or insemination must be used after this procedure in order to become pregnant.

Cancer in the News: Scientists Develop Cancer-Fighting Tomato

A purple tomato genetically engineered to contain nutrients more commonly seen in dark berries helped prevent cancer in mice, British researchers said on Sunday.

The finding, published in the journal *Nature Biotechnology*, bolsters the idea that plants can be genetically modified to make people healthier.

Cancer-prone mice fed the modified fruit lived significantly longer than animals fed a standard diet with and without regular tomatoes, Cathie Martin and colleagues at the government-funded John Innes Center in Britain reported.

"The effect was much bigger than we had expected," said Martin, a plant biologist.

The study focused on anthocyanins, a type of antioxidant found in berries such as blackberries and blackcurrants that have been shown to lower risk of cancer, heart disease and some neurological diseases.

While an easy health boost, many people do not eat enough of these fruits, the researchers said.

Using genes that help color the snapdragon flower, the researchers discovered they could get the tomatoes to make anthocyanins -- turning the tomato purple in the process.

Mice genetically engineered to develop cancer lived an average of 182 days when they were fed the purple tomatoes, compared to 142 days for animals on the standard diet.

"It is enormously encouraging to believe that by changing diet, or specific components in the diet, you can improve health in animals and possibly humans," Martin said in a telephone interview.

The researchers cautioned that trials in humans are a long way off and the next step is to investigate how the antioxidants actually affect the tumors to promote better health.

But the findings do bolster research suggesting that people can significantly improve their health by making simple changes to their daily diet, other researchers said.

"It's exciting to see new techniques that could potentially make healthy foods even better for us," said Dr. Lara Bennett, science information officer at Cancer Research UK.

"But it's too early to say whether anthocyanins obtained through diet could help to reduce the risk of cancer."

MSNBC, October 26, 2008. <http://www.msnbc.msn.com/id/27390440/>



CONSULTANT OF THE MONTH:



Jodi Zieverink

Q What is your name?

A Jodi Zieverink (from Charlotte, NC).

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

A Working with a local support group who used the SSS party as a fundraiser for a long term project-to build a house for a family of women undergoing breast cancer treatment. It is called Project Pink House.

Q What are the most fun activities that you have done as a SSS Consultant?

A I love to be a guest speaker. Most groups start the same -with women unsure of what the "sex speaker" will talk about. I love when I can see the anxiety fade into laughter and genuine interest, and I love the thank yous for being an approachable speaker.

Q What are some ways that you incorporate what you have learned as a SSS Consultant into your everyday life?

A It reminds me that even an intense, frightening disease is not enough to erase the powerful drive of love and desire.

Q What qualities do you think have made you successful as a SSS Consultant?

A There is not one question that I will let go unanswered. I spend a lot of time reading and researching sexual health topics. I want to make sure that I provide my customers with the best information possible.

SSS PRODUCT OF THE MONTH:

Body Dew

Add luxury to any bath with a few drops of Body Dew. After bathing, spray our scented Body Dew on your skin and blot dry for incredibly soft and radiant skin! Body Dew is a skin-nourishing, spray containing essential oils, including carnation oil. Carnation oil will help alleviate skin irritation as well as replenish moisture. Your skin has never felt so soft!

Product Features

- Wonderful, light and refreshing scents.
- Helps rejuvenate dry, weathered skin.
- Aids in the reduction of peeling from excessive exposure to the sun.
- Contains carnation oil, which can replenish moisture to your skin.
- Comes in Original and Pear Berry scents.



Benefits

Body Dew is a replenishing after-shower body spray. It can help moisturize and replenish the skin, giving it a healthy glow. When the skin is healthy, the whole body feels more sensual, thus allowing the individual to feel confident and sexy. Desire and arousal often start with how an individual is feeling about themselves; Body Dew can help replenish the skin and indirectly improve a person's level of desire.

Application

Spray evenly over body after bathing or anytime to moisturize and nourish dry skin. You can also add a few drops to bath water for a luxuriating experience.

Price

\$12.50

LIFESTYLE: Massage to Relieve Stress

Receiving a cancer diagnosis can create stress, and going through cancer treatment can make that stress even worse. One of the easiest ways to reduce stress in life and to maintain a person's health is through massage. Massage is also a great form of foreplay and a wonderful way for you and your partner to feel connected and to be intimate. This is especially helpful if cancer treatment has intercourse or other sexual activities difficult. Here are some easy massage tips that you can do with your partner to stay connected and reduce stress.

Before starting, encourage your partner to lay down and find a comfortable position. Make sure to have a massage cream or oil on hand. For a warm, relaxing massage, you can try Pure Romance's Burning Desire soy-based massage candle (the soy never gets hotter than body temperature). If you prefer using a massage oil, try Pure Romance's Aura massage oil, which never feels sticky or oily. Decide who is going to go first, then switch. You can even try lighting a few candles, dimming the lights, and putting on some sexy music; experiment with the best way to relax and be intimate with your partner.



FEET

- Stroke in circular movements with flat fingers around the ankle.
- Alternating your hands, squeeze the foot and slide off the end. Repeat this stroke several times.
- Firmly slide the heel of your right hand downward on the arch of the bottom of the foot. (Rest the ankle of the foot in your left hand). Repeat this stroke several times.
- On the top of the foot, make small circles with the pads of your fingers. Repeat these circles over the entire top of the foot.



HANDS

- On the back side of the hand, firmly slide the heels of your thumbs outwards to the sides of the hands, while curling the hand inward. Repeat this stroke several times.
- Alternating your thumbs, firmly push your thumb pads upward on your partner's palm. Repeat the movements many times, covering the palm entirely.
- Starting at the tip of your partner's finger, slide very lightly down the sides of the finger with your thumb and index finger. Repeat this on all fingers.
- Grasping your partner's finger firmly at its base, slide up and off the finger. Repeat this on all fingers.



HEAD

- Slide the pads of your fingers back and forth across the scalp on the underneath side of the head.
- Turn your partner's head to the right. Slide the pads of your fingers back and forth across the scalp on the left side of the head. Then move your partner's head to the left side and slide your fingers back and forth across the right side of the head.
- Turn your partner's head face up and slide the pads of your fingers back and forth across the scalp on the sides and top of the head. Gradually increase speed, but not pressure.

Stubbs, Kenneth Ray. (1993). *Erotic Massage: The Touch of Love*. Tucson, AZ: Secret Garden Publishing.