



SURVIVOR TIMES

A newsletter for cancer survivors, by cancer survivors.
Sponsored by The Dr. Diane Barton Complementary Medicine Program.



Put Cancer in the Corner

by Barb Dillon

While sitting in yet another waiting room recently, I picked up a *Newsweek* magazine. In it was an essay by the owner of the magazine about his battle with acute myeloid leukemia. One of the things he said was how he decided to “put cancer in the corner.” What he meant by this was that he was not going to let cancer rule his life. He had seen family and friends allow their lives to be taken over by their cancers, and that was not going to be him.

That’s not going to be me, either. I was officially diagnosed in November 2010 (I knew before that day arrived) and started on the treatment course of chemotherapy first, followed by surgery and radiation. There was a long period of feeling like all of this was happening to someone else, and as I progressed, I gradually stopped my activities. Eventually, I became sick of the person I was becoming.

Having cancer doesn’t mean you are cancer. We all had lives prior to this diagnosis; the trick is to find them again. They will certainly look different in some ways, but the things we enjoyed previously should still give us joy and help sustain us through the journey. I have always been an avid reader, I like cooking (though not on chemo days!), and I garden. I can knit, and have wanted to get back to it; this seems like a good time. Other things are on hold, but I will do them again. And I will do new things as well, things I would not have done had I not gotten cancer.

We all now have a constant companion, whether it is new or been with us for awhile. It doesn’t matter if we have been deemed “cancer free” or it is still in our bodies—we live with it every day. But mine is going to stay “in the corner” as much as I can make it.

This is MY life... cancer – you are just here for the ride.

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Letter from the Editor:

Welcome to the seventh issue of the *Survivor Times* – a newsletter for cancer survivors, by cancer survivors.

One of my favorite quotes is by Fred Rogers: "If you could only sense how important you are to the lives of those you meet, how important you can be to the people you may never even dream of."

This edition of the *Survivor Times* is filled with countless messages of hope.

These anecdotes and personal stories for cancer survivors, by cancer survivors, are incredibly inspirational; they promote a heightened sense of purpose, self worth and wisdom.

This very special publication exemplifies the national survivorship movements approach to supporting its very own community.

As we enter 2012, let's focus on the power of us. Let's encourage those cancer survivors we may have already met, and continue reaching for those we may never even dream of...

The Dr. Diane Barton Complementary Medicine Program is part of the many clinical and educational programs and services offered through Cooper Cancer Institute. This program is committed to providing cancer survivors with access to an array of complementary medicine experiences. Our programs are designed to help survivors discover ways to cope with the stress and anxiety of their diagnosis,

and to alleviate some of the side effects of their treatment by focusing on healing the mind, body and spirit. My goal through this program is to bring together, empower and engage cancer survivors to incorporate complementary medicine options into their lives. The inception of this newsletter is the outcome of one such special program offered throughout the year.

If you would like to submit an article, please contact me at mehr-bonnie@cooperhealth.edu.

Bonnie Mehr
Editor, the *Survivor Times* Newsletter
Manager, the Dr. Diane Barton
Complementary Medicine Program

Family Matters

by Kathy Hanuscin

My name is Kathy Hanuscin and I was diagnosed with Breast Cancer in June of 2010. I am happy to say that I got through a very difficult year and a half handling a lumpectomy, an infected port that threatened my life, chemo and radiation treatments and now I very happily call myself a Breast Cancer Survivor.

Cancer affects so many people but until it hits your house I don't think you realize the toll it takes on everyone you love. As the patient, you feel like you were hit with a brick to the head but you quickly realize that the whole house fell in on you all. What I mean by that is that everyone you love got a brick to the head that day as well! I had cancer but my entire family felt it too.

My husband, John, and my son, Nick, were my constant support. They were there for me every day in so many ways, but it didn't stop there. My Mom was by my side every step of the way. My sisters and brothers, nieces and nephews, friends and neighbors could not have been more loving and helpful.



Kathy, husband John and son, Nick on Mother's Day 2011 at Race for the Cure

I don't think a day went by all year that I didn't receive a card or a call from someone who reminded me that I was loved. The kindness of so many humbled me and helped me to stay focused on fighting this disease.

This past Mother's Day my sister, Nancy put together a team of 53 of my family members and friends and they all walked with me in the Komen Walk for the Cure. I doubt I will ever forget the feelings I had that day when I was

on the Art Museum steps with the other survivors looking out on the beautiful faces of thousands of people who were there because they love someone who had cancer.

You learn so much about yourself when you are handed a crisis. You learn that you are stronger than you may have thought. You learn that the little things in life aren't really so little and you most definitely learn that Family Matters.



JANUARY – APRIL 2012

Signature Class SERIES

A FREE series of classes for cancer patients and their caregivers.

YOGA STRETCH FOR CANCER SURVIVORS

Yoga Stretch for Cancer Survivors is especially beneficial for people with flexibility limitations due to a variety of degenerative conditions, as well as those recovering from surgery.

DATES: January 10, February 7, March 6, April 3

TIME: 12:00 P.M. – 1:00 P.M.

LOCATION: Town Square Building
931 Centennial Blvd., Voorhees, NJ 08043



QI GONG

Qi Gong is a modality several centuries old using movement and breath as a way to increase, harness and move the Vital Energy that is within and around us. It can increase focus, improve balance and flexibility, increase circulation, and relax you.

DATES: January 17 & 31, February 14 & 28,
March 13 & 27, April 10 & 24

TIME: 12:00 P.M. – 1:00 P.M.

LOCATION: Town Square Building
931 Centennial Blvd., Voorhees, NJ 08043

MEDITATION FOR RELAXATION

Join practitioner Jo Anna Carey and you will be led on a journey of self-discovery through the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys. Enjoy experiencing a variety of meditation techniques and breathing exercises.

DATE: Jan. 24, Feb. 21, March 20, April 17

TIME: 12:00 P.M. – 1:00 P.M.

LOCATION: Town Square Building
931 Centennial Blvd., Voorhees, NJ 08043

LIVE & LEARN

A New Perspective for the Cancer Patient

TIME: 11:30 A.M. – 1:00 P.M.

LOCATION: Town Square Building
931 Centennial Blvd., Voorhees, NJ 08043

- **Thursday, March 15, 2012:**
Let's Talk about Anxiety & Depression

PRESENTED BY: The Cooper Cancer Institute
Behavioral Health Team

- **Thursday, April 12, 2012:**
Let's Talk about Grief & Loss

PRESENTED BY: The Cooper Cancer Institute
Behavioral Health Team

Pre-registration is required for all workshops. Please call: 1.800.8.COOPER (1.800.826.6737).

You can also register for these classes online at events.cooperhealth.org

Please note that workshops are subject to cancellation due to inclement weather.



THE DR. DIANE BARTON Complementary Medicine Program 2012



2012 creative Arts for Healing WORKSHOPS

Location:

Town Square Building
931 Centennial Building
Voorhees, NJ 08043

Time: 11:00 a.m. –12:30 p.m.

Dates:

- **March 7:** Watercolors
- **March 21:** Affirmation Necklaces
- **April 4:** Decoupage
- **April 18:** Angel Card Boxes
- **May 9:** Decorate T-shirts and Sun Visors
- **May 23:** Mini Herb Gardens
- **June 13:** Catch Up Day

This class is free for cancer survivors and there is no cost for materials. Please register for each class so the appropriate number of supplies can be provided. Please call:

1.800.8.COOPER (1.800.826.6737).

You can also register online at
events.cooperhealth.org.

Therapeutic Massage & Reflexology Days

Attention all cancer survivors: Come enjoy the mind body spirit benefits of therapeutic chair massage and reflexology.

Dates: March 6 & 20, April 3 & 17, May 8 & 22, June 19, September 11 & 18, October 9 & 23, November 13 & 27

Time: 9:30 a.m. –1:00 p.m.

Location: Town Square Building
931 Centennial Blvd., Voorhees, NJ 08043

Bonnie's Book Club

A story is always better if you have someone to share it with... what could be better than sharing it with a group of friends who have read it too?

- **February 22:** **The Paris Wife** by Paula McLain
- **March 28:** **The Hour I First Believed** by Wally Lamb
- **April 25:** **Wildflower Hill** by Kim Freeman
- **May 30:** **Then Came You** by Jennifer Weiner
- **June 27:** **Straight Man** by Richard Russo
- **July:** **Movie Outing**
- **September 19:** **Steve Jobs** by Walter Isaacson
- **October 24:** **The Sense of an Ending** by Julian Barnes
- **November 28:** **Unbroken** by Laura Hillenbrand

Time: Noon – 1 pm

Location: Town Square Building,
931 Centennial Building, Voorhees, NJ 08043

This book club is for cancer survivors. If you have any questions or need additional information please contact **Bonnie Mehr** at **856.325.6646**



For Better or Worse

by Linda Harmer Morris & Michael Morris

In January 2007, my ob/gyn found a lump (What's this?!) almost a year to the day after my last "clean" mammogram. Stage 3. I opted for a double mastectomy (I'm not doing this again.) And then, five days after the surgery I had a stroke (actually a carotid artery dissection – go figure.) I was hospitalized for two weeks and then once I got my "sea legs" back I had chemo and radiation.

Fast forward.

In March 2011 my husband Michael was diagnosed with Stage 4 colon cancer, wait for it, nine months after his last yearly "clean" colonoscopy. He'd felt sick for three weeks and had seen our family doctor and his gastroenterologist. He had had ulcerative colitis for 40 (count 'em) years and had been on a biologic (immune suppressant) for a (kinda) RA condition but, really?! His famous words were, "It's a shock to the system!" He was shocked, angry, and sad, but never depressed.



Linda and Michael Morris

So what to do? Fight of course! Fight this Devil Cancer – Take that you Sucker! After healing from his colostomy, he started chemo to get rid of all the "leftovers" – or at least slow them down. He's still standing and we're fighting this battle together. We've both been blessed with that wonderful cancer patient/survivor mindset that every day of life looks, smells, tastes, sounds, feels better. We aren't going through life with blinders on anymore; we're savoring every drop, every minute.

We do know that this is serious business, but it's also funny. (Yeah, I know black humor.) But what are you going to do? Certainly NOT take to the bed and pull the covers over our heads. Every minute that's left – and hopefully there will still be many of them – is going to be enjoyed. Some enjoyments are big: I love to travel – Michael doesn't – so I realized my "Vision Quest" and hiked to the bottom of the Grand Canyon and back out. I've also been taking yearly trekking/hiking trips. But most of our enjoyments are small, quiet: doing the daily newspaper crossword puzzles (Michael the *Daily News*, me the *Inquirer*), having lunches or dinners with friends, walking (if he's up to it), talking, laughing.

We took the vows 33 years ago: "for better or worse" "in sickness and in health." We crossed our fingers, hoping for better and health but we won't let the worse and sickness daunt us. We're being positive and hoping for the best. We're living every moment to the fullest – even the quiet ones.



Gurl About Town

by Teresa Kao

Facebook, Twitter, iPad and Live & Learn

Recently, I watched a Korean Drama series. At the end, it showed what tomorrow is like for some of the characters in the show – Some will live tomorrow exactly like how they lived today; Some will move bravely toward their dreams even though the chance of success is slim; Some will remember the past and prepare for the new future. But the scene that struck me the most was the one of a 70+ grandmother smiling broadly while playing with a tablet computer in a coffee shop. The voice-over said "There are people who are always grateful for the endless learning opportunities in life." It dawned on me why I've enjoyed attending the Live & Learn classes offered by the Diane Barton Complementary Medicine Program so much. They have provided me with so many learning opportunities over the years, and I was able to use the information and the tools I've learned to help me through my trials and tribulations. For that, I am forever grateful!

This summer, a Cooper Intern, Daniel Kane, gave a bunch of us introductions to Facebook, Twitter and the Apple iPad. Even though I worked in the Information Technology field before my illness, I really haven't kept up with the lightening speed of advancement in this area. It's like the world changed on me while I was sleeping. I woke up dazed and everybody else is busy social networking. Daniel prepared a fact sheet for us and showed us how to set up Facebook and Twitter accounts and how to change settings. We looked at the Facebook page of Cooper University Hospital and followed the tweets of Cooper as well. Daniel also brought his mom's new iPad for us to see and touch. It was a wonderful experience. I am no longer intimidated by these new technologies. I have my own accounts and feel very up to snuff now. Thank you, Daniel and Bonnie!

Over the years, I've learned through the Live & Learn classes how to deal with fear, stress, anxiety and toxic relationships. I've learned the benefits of mindfulness, meditation, exercises and music. I've learned the techniques of journaling. I've learned about nutrition, energy balance, fibers, vitamins, plant-based diet and the importance of reading food labels. The lessons I've learned are too many to enumerate. The learning experiences have really enriched my life and have a positive impact on me and my family. I am eagerly looking forward to the new classes that await me in 2012.



The "Hair" Pioneer

by Sharon Swyersky

As with most people, when I was diagnosed with breast cancer August 2010, my first mental melt down was about my hair...Hair is our crowning glory, not to mention one of our best accessories. I wasn't going to take my hair loss lying down.

Oddly enough, Good Morning America had aired a report on the "Penguin Cold Cap" System. Friends and co-workers were calling me, telling me all about these magical caps that could possibly save my hair. That's all I needed to hear "save the hair." Let the research begin! I



Googled "Penguin Cold Cap" and read all the information – I was determined to become a "Penguinista!" (That is what we call Grads past Chemo that have managed to come out of treatment with hair!!!) I filled out all the paper work online and made sure the caps would arrive in plenty of time pre-chemo.

My fiancé Jeff was my partner in cold capping. He was very dedicated throughout this whole Journey. We

would practice with the caps timing them – learning the fitting process – trying to prep me for the brutal cold, using the caps out of the freezer to prepare my scalp for its soon sub temperature experience.

Well, the time is here. My son Ed had purchased the 80 pounds of dry ice needed. We are packed up with two large coolers – and Jeff and I are on our way to my first infusion. Since we are the first to do this in the infusion clinic, all eyes were on us. Each person wondering what was in the coolers. Jeff jokes along the way that he has lots of beer and drinks for all to get through the long day. We find an infusion chair – begin setting up our cold cap station. Making sure the nurses have room to do their work. I take my seat, plug in my electric blanket and am



Sharon Swyersky

ready for the chemo and the cold caps to begin. Jeff is like a conductor, Cold cap in one hand infrared thermometer in the other, ready to embark on this new journey. The first cap is extremely cold -32 degrees to be exact, the scalp needs to be cooled so the chemo drugs do not damage the hair follicles. This cap symphony goes on for about 4 hours at the clinic

– then another 4 hours upon leaving the clinic. The caps are changed out about every 20 to 30 minutes to ensure the appropriate temperatures needed to keep the chemo away from the hair follicles. Of course many stares were about us when my walks to the restroom were needed. I even drove home with the caps on – not exactly a fashion statement I may add – lots of strange stares – passersby in their cars craning their necks to see what that big blue thing was on my head.

Bottom line, I am many months now post chemo. I have about 60% of my

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PHYSICIAN SPOTLIGHT: LESLEY ANN HUGHES, MD

Vitamins and Cancer

by Teresa Kao

I attended Dr. Hughes's lecture on Vitamins and Cancer for the Live and Learn class offered by the Dr. Diane Barton Complementary Medicine Program on November 17, 2011. The lecture was very informative, and I learned a lot. Dr. Lesley Ann Hughes is a radiation oncologist at Cooper Cancer Institute with special interests in brain, gynecologic, breast and lung cancers. She graduated from Hahnemann University Medical School, did her internship at Reading Hospital & Medical Center and underwent her residency at Thomas Jefferson University Hospital.



Dr. Lesley Ann Hughes, MD

She's been with Cooper for about three years. Dr. Hughes is also a registered pharmacist and got her pharmacy degree from Temple University. While working at a hospital pharmacy, she developed her interest in medicine. She furthered her education and became an MD.

Because of Dr. Hughes' background and training in both medicine and pharmacy, she was able to offer a unique perspective on the topic. She gave us basic information about the various vitamins as well as ginseng, flax seed and zinc. She also gave us the published research and clinical trial results of these

vitamins' effects on cancer risks, cancer cell growth and/or cancer recurrence.

Below are some of the facts Dr. Hughes presented that I found very useful to me:

- Vitamins and herbal supplements are considered as food not as drug. Therefore FDA regulation is not strong. Potency, strength and contamination vary among brands. As savvy consumers, we should go with the big brands because they have a reputation to protect and thus more reliable.
- Let your physicians (oncologists, family doctors) know all the medications and supplements you take. The doctors can check out any interactions among them and any adverse side effects. They can also make sure that you are not exceeding the maximum allowable amounts.
- Good nutrition from a diet high in fruits, vegetables and low in fats, especially animal fats, is important. It is better to get vitamins from food. But supplements are necessary for pregnant women, children



Expect the Best, Prepare for the Worst

by Louise Flannery

Can anyone forget Hurricane Irene that never was this past August? Listening to and reading all the media hype, I could feel my fear rising. I felt compelled to go out and start stockpiling non-perishable food items and bottled water. By the time I got to the battery display, all "C" and "D" batteries were sold out! Oh, no! What to do? A kind gentleman came to my rescue by leading me to the last flashlight for sale that came with batteries. What a relief! My anxiety level was running pretty high by this time. It was mostly fear of the unknown – we didn't know for sure what was going to happen. So we had to prepare for the worst by as-



sessing the safest place to go to in our homes and gathering all our supplies in case the storm lived up to its full potential.

After finishing the shopping, I was glued to the TV screen afraid to miss any new developments. As the torrential rain continued, I would run to the front windows from time to time to check on the water level of the catch basin a short distance from my home. I could see ducks swimming on the top so I knew the level was getting high. At least the ducks were enjoying themselves, oblivious to the impending disaster. I put as many towels as I could at the bottom of my two sliding doors. Knowing

I had done all I could do, I had a small measure of peace.

Of all the advice being given by the media blitz, one phrase stuck out and resonated with me: EXPECT THE BEST, PREPARE FOR THE WORST. I kept repeating the phrase to myself and it came to me that was exactly what I had been doing for the past couple of days! How appropriate this message was for all areas of my life; but especially when I had to deal with a cancer diagnosis.

In preparing for the worst, in a very small compartment in our minds, we acknowledge that cancer is a serious disease and that, sometimes, things don't always go the way we had planned. But we can keep our fears and anxieties to a minimum by expecting the best. After gathering information from reliable sources and discussing treatment options with our physicians and families, we are eager to begin our regimens so we can expect the best possible outcome – being cancer free!

Spam sandwich and a bottle of water anyone?

and people who have conditions that prevent the absorption of certain vitamins.

- Healthy diet reduces the risk of breast, prostate and colorectal cancers. Try to consume at least 5 servings of fruits and vegetables each day.
- Don't trust everything you read on the internet. Check out the following websites for reliable information on vitamins and cancer: American Cancer Society – <http://www.cancer.org/> National Cancer Institute – <http://www.cancer.gov/>
- Take vitamin supplements with food, e.g. with breakfast. The GI tract needs food (proteins, fats) to absorb vitamins.
- Fat soluble vitamins (A, D, E, and K) get stored in body fat. Be careful not to overdose on them.
- The body excretes excess water soluble vitamins (B, C). Consuming extra water soluble vitamins is like throwing money down the drain.

- Antioxidants may neutralize the effect of radiation. If you are undergoing radiation treatment, check with your radiation oncologist to make sure your intake is within the allowable range.
- Vitamin D acts like a hormone. Kidneys convert D to its active form. Vitamin D deficiency is common in breast cancer patients and the spreading of breast cancer. It promotes cellular differentiation into proper cell lines. Blood level of vitamin D needs to be checked. If found to be deficient, fortify with higher dose of vitamin D (upper limit is 4000 IU or 100 mg).
- Fish oil can cause heartburn. Flaxseed oil may be an alternative. It also has an anti-estrogen property.
- Too much zinc may cause the loss of taste and smell. The maximum daily allowance is 11 mg for men and 8 mg for women.



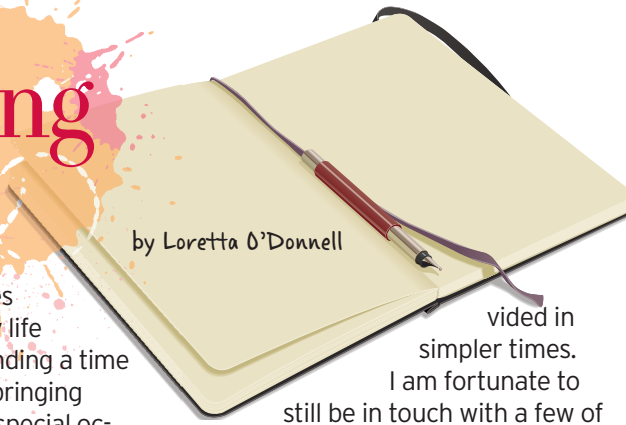
- Folic acid supplements may mask the deficiency of vitamin B12. Prolonged use of acid reducing drugs may cause B12 deficiency also. Blood check is recommended.

I found Dr. Hughes to be extremely knowledgeable. She's also very warm, caring, passionate about her work and respectful of her patients. I would definitely recommend her to anyone, and I look forward to her future lectures.



Journaling

As I was looking for old photos recently for my 40th high school reunion, I found my two five-year diaries from the sixties, spanning my life from age 7 to 17. It was like finding a time capsule as I read the diaries bringing flashbacks of long forgotten special occasions and ordinary days in a mostly carefree youth with a bit of the usual teen angst. Many things and people met briefly along the way, I had no recollection of and some descriptions were different than I remembered, occasionally giving me a startling new insight. Reading the diaries gave me a greater appreciation for my late parents and the loving home and happy childhood they pro-



by Loretta O'Donnell

vided in simpler times. I am fortunate to still be in touch with a few of my old friends from elementary and high school and it was great to share the memories and laughs with them during a recent get together. Since my cancer diagnosis last year, several have been visiting me more often and I have been keeping in touch more regularly through emails and journaling. Even though I've always enjoyed writing, I still procrastinate with journaling which is one reason I enjoy writing for this newsletter and having a deadline.

Journaling is my creative outlet and very therapeutic to calm the racing thoughts in my head that I often can't articulate as well verbally. Others may express their feelings artistically and I enjoyed seeing a book compilation of drawings and paintings with descriptions by survivors in the medical oncology office recently. Reading the thoughts and feelings each person had during the creation was moving and inspiring.

My mother-in-law has also been an inspiration to me as she has been compiling family tree history and combining written memories with photos for self made books for her nine children and their families each year. She incorporates funny stories written by the children and grandkids. She is very computer savvy for a grandmother in her 80s and her daughter helps with the graphics and printing so everyone can read their copy on Christmas Day.

I hope to expand my journaling with photos to create a book for my children. Computers make it easier than my old diary days. Programs such as The Legacy Project and CaringBridge.org can help on the internet. Journaling can be private or shared; the process is as rewarding as the outcome. It can bring feelings of peace and immortality to see the connection between our past and present, and our positive impact on the future of loved ones.

About The Dr. Diane Barton Complementary Medicine Program

The Dr. Diane Barton Complementary Medicine Program enhances the quality of life and wellness of individuals touched by cancer – including patients, their caregivers and family.

It utilizes therapies that focus on mind, body and spirit while supporting mainstream medical care. The complementary therapies offered through CCI are designed to lessen the pain, stress and anxiety associated with cancer. Therapies also assist in managing the side effects of traditional treatments such as radiation and chemo-therapy. While complementary therapies cannot cure cancer, many patients have found them to be helpful in managing and coping with their cancer. While traditional medicine and healthcare treat the illness, complementary medicine therapies help promote wellness in the whole person.

In addition to the therapeutic benefits, taking part in complementary medicine therapies empowers participants – providing survivors with an opportunity to take a positive, active role in their care and treatment.

All therapies and programs offered through the Dr. Diane Barton Complementary Medicine Program are available at no cost and are open to all cancer patients and their caregivers, regardless of where they receive their treatment. These programs, lectures and activities offer patients access to social, educational and support opportunities. Programs are offered weekly throughout the year. Our outpatient complementary medicine programs include:

- Restorative Yoga
- Meditation for Relaxation
- Behavioral Health Workshops
- Educational Seminars
- Horticultural Therapy
- Therapeutic Chair Massage
- Qi Gong
- Body Movement Classes
- Creative Arts
- The Tea Cart (brought to outpatients while receiving chemotherapy)

This program is wholly funded through philanthropic support. As the reputation and demand for our programs and services grow, so does our need for funding. If you are interested in learning more about The Dr. Diane Barton Complementary Medicine Program or would like to make a donation, please contact, Bonnie Mehr, Program Manager, at 856.325.6646.

Be a Monthly Sponsor of the Tea Cart Why The Tea Cart should be called the "Heart Cart"

Every delicious snack given to our patients while they are receiving their chemo is given from the heart. Our patients are always pleasantly surprised when sitting in the chemo unit for hours and perhaps feeling a little down, when a beautiful flowered cart filled with free juices, a sumptuous variety of baked goods, healthy cheese sticks, yogurt, fresh fruit, candy, pretzels, chocolates, program updates, the *Survivor Times*, and many more surprises, comes along and serves them a little spot of sunshine. It's an inspirational initiative through the Dr. Diane Barton Complementary Medicine Program that serves as a symbol and a testament of the spirit that defines Cooper Cancer Institute as unique and focused on our patients and their families.

For more information or to become a sponsor, please contact Bonnie Mehr, Manager, The Dr. Diane Barton Complementary Medicine Program at 856.325.6646 or mehr-bonnie@cooperhealth.edu.

The "Hair" Pioneer

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original hair when I finished chemo with new hair sprouting all over. Having my hair throughout the chemo process made my journey so much easier! "I" was in control of something... Mind you it is a lot of work, but the end result, I have hair!!

Dr. Generosa Grana, Director of Cooper Cancer Institute and my oncologist calls me her "pioneer." I am the first in the Voorhees infusion site to come through harsh chemo with my mane still blowing in the wind! You really need a team of great people to get you through this! I Thank Jeffrey, my fiancé, for being at each treatment and placing my Penguin cold caps. Next my son Ed for retrieving dry ice and prepping the coolers for the caps. Last, but certainly not least, the infusion staff at the Voorhees center for all their kindness and patience with dealing with our cold cap journey. Thanks for all the Love! Most of all... I share the love – all while having hair!

For more information contact: Penguin Cold Cap, Breastcancer.org discussion Board: cold cap users past and present to save hair, or me: sisz3@hotmail.com

