

The Breast Care Center of Indiana would like to wish you a holiday season filled with peace and joy!

*Dr. Schmidt, Dr. Longmire-Cook
Ashley, Jessica, Kim, Stephani, Pam, Tana, Candice, Amber, Ann, Karen
and Cathy*

The Breast Care Center of Indiana, P.C. R. Thomas Schmidt, M.D. & Sarah Longmire-Cook, M.D.

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Patient Perspective

We are pleased to initiate a column written each issue by one of our patients. Our first inspirational article is from a young woman who is truly beautiful on the inside and outside. Traci Runge is a young, vibrant woman who is also a wife and mother who speaks from her heart. Traci doesn't mention in her article how she has taken her experience and already used this to help others. Traci met another patient during chemo sessions and provided strength and support when this person was depressed, and emotionally and physically drained. While not feeling well herself, Traci went to her home more than once and helped her get out of bed and get dressed, go out and face the world and move forward. We have been told other stories of her support with different patients.

Reading List

Breast Cancer Husband: How to Help Your Wife (and Yourself) during Diagnosis, Treatment and Beyond
by Marc Silver

Surviving Your Wife's Cancer
by Stanley Scott

Uplift: Secrets from the Sisterhood of Breast Cancer Survivors
by Barbara Delinsky

Why I Wore Lipstick to My Mastectomy
by GERALYN LUCAS

Nordies at Noon
by Patti Balwanz

Breast Cancer Survival Manual, 4th Edition
by Dr. John Link

When I was diagnosed with triple positive invasive ductile carcinoma breast cancer, I was just 3 days from competing in my first triathlon. After I learned that I would endure chemo, surgery & radiation, this became my triathlon for 2010. From that point forward, I looked at this as a competition. It was me versus cancer and I was determined to win. I also decided that I had to stay positive throughout this journey. Having a positive attitude didn't mean I was in denial, it just meant that I was going to face my diagnosis of cancer and look for the good in it. Here are a few tips that helped me during chemotherapy, surgery & radiation:

Chemo:

I made a binder and took it to all doctor appointments. There was a section for my 1st series of chemo, 2nd series of chemo, surgery and radiation. I also had a medical log, appointment cards, daily schedule, insurance information and calendar. On my calendar, I tracked treatment dates & times. I would also record daily symptoms such as head ache, mouth sores, back pain etc. This allowed me to see a pattern of "good days" so I could plan quality time with my children on those days. I often took a bag with books, a blanket, snacks and something to drink to chemo. Drinking a smoothie or chewing on ice during the Adriamycin portion of the chemo prevented mouth sores. I also used Biotene toothpaste & mouthwash, which helped with dry mouth.

I exercised. Having cancer doesn't mean you have to quit your activities. Exercise gave me an energy boost. When I couldn't work out, I walked to clear my head, get a little fresh air and increase my energy level.

Surgery:

I bought a couple of camis from the boutique that had drainage tube holders. I found it more comfortable than the surgical bras plus it had a holder for drains. (I also wore my sports bra under the cami for support) When it was time to have the drains removed, I had someone

FORCE is the only national nonprofit organization devoted to hereditary breast and ovarian cancer. Their mission includes support, education, advocacy, awareness, and research specific to hereditary breast and ovarian cancer. Programs serve anyone with a BRCA mutation or a family history of cancer.

[To visit the FORCE website click here!](#)



drive me to the doctor. This allowed me to take a couple of pain pills before the appointment. I also placed an ice pack on the drain incision to numb the skin.

Radiation:

Radiation made my skin tender. I applied the medicated creams my doctor provided me 3 to 4 times daily. Wearing a bra right now is uncomfortable, so I wear a nipple cover on my remaining breast, (Petals can be purchased @ Target)

Don't let cancer rob you of your ability to laugh. I try to find the humor in it. One day in particular, I had a bad case of forgetfulness or what's better known as "chemo brain" and I took my daughters out of school for a dentist appointment only to find out I was there on the wrong day. I still struggle with chemo brain, however I have only been out of chemo for 3 months.

If I were to give just one piece of advice, it would be: This journey is going to be difficult but try to keep things as normal as you can. It helps when dealing with children. Your life changes, theirs should not. I found that through my faith in God and the help from family and friends that I have been able to fight the good fight and so will you.

Techie Tips

Computer Basics

1. When you get an e-mail message from eBay or your bank, claiming that you have an account problem or a question from a buyer, it's probably a "phishing scam" intended to trick you into typing your password. Don't click the link in the message. If in doubt, go into your browser and type "www.ebay.com" (or whatever) manually.
2. You can enlarge the text on any Web page. In Windows, press Ctrl and the plus or minus keys (for bigger or smaller fonts); on the Mac, it's the Command key and plus or minus.
3. Nobody, but nobody, is going to give you half of \$80 million to help them liberate the funds of a deceased millionaire from Nigeria or anywhere else.
4. When you're filling in the boxes on a Web page (like City, State, Zip), you can press the

Healthy Living

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

1. Wash your hands often
2. Stay Warm
3. Manage Stress
4. Travel Safely
5. Be Smoke-Free
6. Handle and prepare food safely
7. Eat healthy and be active

Healthy Holiday Desserts

Blueberry-Almond Turtles

Ingredients

- 7 Tbsp (2.5 oz) 60% cocoa bittersweet chocolate chips (such as Ghirardelli)
- 1/4 cup dried wild blueberries (sold in produce section)
- 1/4 cup sliced almonds

Directions

Microwave chocolate in a glass bowl for 60 to 75 seconds or until melted. Stir in blueberries and nuts, then drop 5 rounded tablespoons onto parchment paper. Cool in refrigerator for 2 to 4 minutes or until firm.

Makes 5 turtles.

Per turtle: 104 cal, 8 g fat (3.5 g sat), 0 mg sodium, 9 g carbs, 1 g fiber, 2 g protein

Moroccan Pomegranate Mint Yogurt

Ingredients

- 1/2 cup nonfat Greek yogurt (such as Fage)
- 1/3 cup pomegranate arils (the pulpy seeds)

Tab key to jump from box to box, rather than clicking. Add the Shift key to jump through the boxes backwards.

5. Come up with an automated backup system for your computer. There's no misery quite like the sick feeling of having lost chunks of your life because you didn't have a safety copy.

2 tsp thinly sliced fresh mint (about 5 leaves)

Directions

Fold mint into yogurt. Layer yogurt mixture and pomegranate arils in a clear dessert dish.

Makes 1 serving.

Per serving: 145 cal, 0 g fat (0 g sat), 69 mg sodium, 19 g carbs, 4 g fiber, 16 g protein

[Recipes courtesy of www.womenshealthmag.com.](http://www.womenshealthmag.com)

Reward Yourself!

Buy yourself fresh flowers and keep where you can see them frequently. Good sources are Trader Joe's, Sam's Club or Costco--even one gerberer daisy or carnation will do. With fresh water daily, these can stay pretty for 12-14 days!

Breast Care Center of Indiana P.C.
8550 Naab Road Suite 200 . Indianapolis, IN 46260
To schedule an appointment, please call (317) 875-5461
<http://www.breastcarecenterin.com>