



The Lions Club of Tropical Gardens **LIONS** *Tales*

Special Edition - June 2010

Breast Cancer Awareness



October is Breast Cancer Awareness Month

Inside this issue:

<i>The Pink Ribbon Shares Caroline's Story</i>	2
<i>Breast Cancer Facts</i>	3
<i>Guidelines for a Healthy Lifestyle</i>	3
<i>Meet a Breast Cancer Survivor</i>	4
<i>BCA Chairperson's Remarks</i>	6
<i>Save the Dates</i>	8

Special Points of Interest

- *October is recognized worldwide Breast Cancer Awareness Month*
- *Death rate from Breast cancer has declined because of improvements in detection and advances in treatment.*
- *Lions Club of Tropical Gardens have contributed over \$50,000 per year to Breast Cancer patients since 1997.*

October, recognized as Breast Cancer Awareness Month worldwide, also became a reality for the Lions Club of Tropical Gardens many years ago when one of its members, Merilda Miller had a dear friend and colleague who was diagnosed with the disease. The Club set out to make support and early detection information more available to women living in the Cayman Islands, hence the first Breast Cancer Awareness Month in October 1997. Since that time the Club has supported the month long event through community outreach, the issuing of free mammogram vouchers, fundraisers and educational materials.

The Lions Club of Tropical Gardens is proud to continue its union with the Cayman Islands Health Services Association, Chrissie Tomlinson Memorial Hospital, Medlab, the Cayman Islands Cancer Society, Ms. Evelyn Rockett, the medical community, government departments, and businesses in promoting this awareness and providing mammograms. Early in the planning stage, costs for the mammograms are agreed by the providers; funds raised to provide the same by way of free mammogram vouchers.

To further help our Breast Cancer outreach and education we try to



Pinning the symbolic Pink Ribbon

come up with new and creative ways to raise awareness in the community. One approach is that of distributing giveaway packages at the District Clinics, District Awareness Meetings and the Brenda Tibbetts Lund 5K Walk /Run. Some of the items include monthly planners with wellness tips, emery boards bearing our slogan of the year, key rings, shower cards with instructions on breast self-exams, t-shirts, carry bags, and pens.

The Lions Club of Tropical Gardens realizes that this programme helps both men and women cope with breast cancer, beginning with the possibility of its diagnosis and continuing through treatment and recovery, if necessary. The recommendation is that mammograms are done once every two years for those over 40; and once every year for those who are 50 and over.

www.lctgbreastcancerawareness.com

"Together we make a Difference"



The Pink Ribbon shares Caroline's Story



Caroline was completely shocked in February 2009 when she received the news that she was diagnosed with breast cancer. There was no history of cancer in her family and had only gone to see a doctor earlier that month to remove any fears of a small lump in one breast, which she ignored for several weeks hoping that it was nothing and would go away on its own.

Knowing that she should have it checked, Caroline went into the Hospital on her day off from work. After consultation with a doctor, she went for an ultra sound, mammogram and biopsy of the lump. Everyone on the medical team assured her that the tests were precautionary and she need not be overly concerned. They would contact her in ten days with the results of the biopsy.

The days ahead were agonizing; and although there was no family history or behaviour to justify having cancer, there was the constant wonder if it were so. In confirming this 17 days later, her doctor told her that she needed an immediate trip to Miami to take further tests to clarify whether or not it was terminal, since there was no data as to how far it might have travelled in her body.

A few days later, Caroline met with two doctors in the Baptist Hospital in Miami and had her PET* scan along with

other tests. The doctors said she was fortunate to have discovered it at that stage as the cancer had not gone beyond her breast or lymph nodes under her arm. Their recommendation was chemotherapy followed by surgery. The chemo was in an effort to reduce the size of the tumour so that the surgery might not be so drastic. Imagine the feeling of an ultimate double mastectomy after seeing doctors one month earlier about a small lump in her breast!

She forever mentions her gratitude for the financial and emotional support she received from the Lions Club of Tropical Gardenes

Caroline started her chemotherapy at the beginning of March. Fortunately her colleagues at work were very understanding and staff at the Christie Tomlinson Hospital was excellent. But the entire ordeal was difficult for her, as in addition to the stress from

knowing she had breast cancer, coping with chemotherapy, being away from her family and dreading the required surgery, there was the added weight of dealing with the hospital bills that increased daily.

Fortunately Caroline's co-worker at Island Companies presented her case to the Lions Club of Tropical Gardens, who paid a large portion of her bills. She went to Miami in July where she was told that the chemotherapy had been very effective and her tumour had greatly reduced in size. After more tests and more doctors, Caroline had a lumpectomy and removal of some of the lymph nodes under one arm. The next course was radiation therapy which was not available in Cayman.

Today Caroline is in England where she is about to start two months of radiotherapy to ensure the cancer is completely removed. She forever mentions her gratitude for the financial and emotional support she received from the LCTG, saying "...my ordeal would have been so much worse if I had not received the support from the club. I can't find good enough words to say adequately how much I appreciate the help that was given to me."

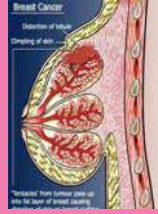
Caroline continues that she was extremely fortunate that the cancer was detected early enough to treat it so efficiently; and was fortunate to have been surrounded by so many kind and generous people.

* A PET or positron emission tomography scan is a type of medical imaging that uses a small amount of a radioactive chemical that is absorbed by specific kinds of body tissue such as cancers or other particular structures. The chemical is injected and time is allowed for the chemical to be absorbed. Then the patient is placed next to a special set of detectors that sense the location of the chemical. The image that results can give information about the presence and location of cancer cells or other features.

Source: http://breastcancer.about.com/od/breastcancerglossary/g/pet_scan.htm

Breast Cancer Facts

Normally cells grow and divide to form new cells as the body needs them. As cells grow old and die new cells replace them. However, when this process goes wrong, that is when new cells form before the body needs them or old cells do not die when they should, the extra cells form a mass of tissue called a tumor. Not all tumors are malignant. It is the malignant tumors that are called cancer.



- Breast cancer begins with a cell, which divides and multiplies at an uncontrollable rate.
- Breast cancer is the most common cancer among women apart from non-melanoma skin cancer. It accounts for nearly one in three cancers diagnosed in women in the United States.
- After 35 years of age, white women have a higher incidence of breast cancer than African-American women. African-American women, however, have a slightly higher occurrence of the disease before age 35.
- Men are also susceptible to breast cancer but at a much lower rate than in women.
- The American Cancer Society estimates the chances of a woman developing breast cancer in her lifetime is one in eight. As a woman ages these odds increase.
- The death rates from breast cancer in women have declined since 1990. This decline is attributed to improvements in detection and advances in treatment.
- The five-year survival rate among women with breast cancer improves the earlier the stage of the cancer. For women whose disease is diagnosed when it is localized, there is a 98 percent survival rate. The rate decreases significantly if the disease has spread to other areas of the body.
- On average, mammography will detect 80 to 90 percent of breast cancers in women without symptoms. Regular mammograms are the single most effective way to help detect early breast cancer.
- Women with a mother, sister or daughter affected by breast cancer have a greater risk of developing the disease themselves. Certain inherited genetic mutations, such as the BRCA1 and BRCA2 gene also increase the risk.
- The Cayman Islands Health Services Authority recommends that all women age 40 and older have a mammogram every two years, a clinical breast examination every year and monthly breast self-examinations.
- Based on the most recent data, 89 percent of women diagnosed with breast cancer will be living 5 years after diagnosis and 80 percent will survive 10 years.
- Your best defense in the fight against breast cancer is following a healthy lifestyle and early detection screening.

Guidelines for a Healthy Lifestyle

Although some of the risk factors for breast cancer are uncontrollable, and lifestyle risk are not totally understood it is believed that by adopting the following healthy lifestyle habits, you will be doing the best you can to lower your risk of breast cancer and other cancers, heart disease and a wide range of other serious conditions.

Maintain a healthy weight.

Eat five or more servings of fruits and vegetables daily.

Make your grains whole grains.

Reduce your intake of red meat

Reduce your intake of fat especially saturated fat.

Get at least 30 minutes of moderate exercise five days a week.

Avoid tobacco products and secondhand smoke.

Limit your drinking to an occasional glass of alcohol or no alcohol.

Practice stress management

Get enough sleep each night. Sleep helps to recharge your immune system as well as give you the energy you need each day.

Schedule regular health check-ups.

By adopting the following healthy lifestyle habits, you will be doing the best you can to lower your risk of breast cancer and other cancers, heart disease and a wide range of other serious conditions

Meet Liz Smith a Breast Cancer Survivor

Q: Tell me about discovering your breast lump.

In November, I had arrived in Atlanta that night to attend an early childhood conference (NAEYC); and in taking off my bra, felt a little discomfort. My first thought was that the wire in my bra had rested pinched my skin and caused the “pain”. During the trip I conducted my self-breast exam and did not feel anything so on returning home, made an appointment for a mammogram which I got in December. After leaving the hospital, I received a call from the lab around ten o'clock that morning, asking me to return to the lab, which I did. There, they told me that there was a cloudy mass that they were not sure about and wanted a closer look. The results were then sent to my doctor. The “discovery” came after my doctor insisted that I keep an appointment that he had made for me to see a surgeon, who confirmed that I had a lump.

Q: How did you react when you first learned that you had breast cancer?

Numb, but more curious as to the next step. When the lab technician mentioned the cloudy mass and I read on the Internet about these masses being associated with cancer, I thought even more that something was going on. Then when my doctor called me on January 1 to wish me a happy new year adding that the year might be a difficult one for me, and insisting on January



Lion Liz Smith

2 that I see the surgeon ... I recall his words in the fax that I received at home “I have made an appointment for you to see Dr. _____. Under no circumstances are you to miss it or let anyone tell you that you do not have this appointment. If anything have them call me.” ...I was sure that something was up. But the surgeon was good, he told me that I had a lump, they were not sure what it was but then again “... who wants a lump?” suggesting that we do an aspiration and remove the lump, to which I agreed adding as soon as possible. So by the Thursday or Friday of the following week I was on the operating table at George Town Hospital; and told the following morning that it was malignant and was removed. A second visit with the knife occurred soon after as the pathologist was not convinced that all of the cancer had been removed. So for me, because things happened gradually, I didn't go through any earth-shattering emotions. I don't even recall whether I had cried. What I do remember was that I was very matter-of-act and practical about what had to be done ... but then again I am like that about things concerning me.

Q. What treatments did you undergo for breast cancer?

Well the first was the lumpectomy (the surgery I mentioned above). Then I had four courses of chemotherapy ... three weeks apart; followed by seven weeks (thirty-six) treatments of radiotherapy. And then the good old five years of tamoxifen.

Q: Does this diagnosis affect your self-image? How has breast cancer affected your everyday life?

At first I felt as though I was worth absolutely nothing especially when I had to deal with issues surrounding insurance companies. In fact I lost a fair amount of money as on one policy had lapsed because the premiums weren't paid while I was away for treatment; and another lapsed due to expenses that came up and I just couldn't juggle all the things that I had to contend with properly. Praise God, today I have gone past the worthless feeling as unlike the insurance companies, I was not a write-off by employers and organizations such as the Lions Club of Tropical Gardens. The whole matter of being pre-disposed to something still baffles me. Being alive makes you pre-disposed to something! Getting into a car or on a plane makes you pre-disposed to something! What our society needs to do is look at the conditions that contribute to such illnesses and find ways to reduce, control or prevent them.

Continued on facing page

Interview with Breast Cancer Survivor

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I think that the fight has made me a stronger child of God ...certainly a more passionate one. Over time, I have gained the courage to talk about my experiences with the hope that others are inspired to accept their diagnosis as another hurdle in life rather than a death sentence. One of my favourite sayings when someone tells me of a diagnosis as if they are at death's door is to ask them if there is a termination date stamped on their foot-bottom. I also find that I put any ill-feeling I may have for anybody so far away that I am able to wholeheartedly help them through their situation. One of the things that bother me is the example we set for our children in climbing on each other for a higher position. We short-change our employee's salary to increase ours. We destroy the lives of others to have a better one for ourselves. Then we wonder why our children behave the way they do. I hope that I can be a positive role model for our children and inspire others to do likewise so that my living will not be in vain. My only regret is that I cannot be of more support to others.

Q: Were there any challenges in being treated for this disease in Cayman Islands (or whichever location you were when you found out)?

Apart from the surgery, I received my treatments in Miami at Baptist Hospital. Dr. Ostroski coordinated my services, on advice of a friend. For each of the chemotherapy sessions I either flew up the night before for a morning session returning that night; or the morn-

ing for an afternoon session returning the following morning, as I knew that I would not feel well after the treatment and wanted to be home if I was going to be ill. Thankfully, someone accompanied me during each of my sessions. Sometimes it wasn't because you needed a party but just knowing that you weren't alone. The radiotherapy was lonelier since I couldn't travel back and forth but I had visitors on weekends and a few days during the week from my family and friends. One friend who was a shopaholic would drag me to the stores with her, which was nice. On days when I was alone, I would take the taxi to the Dadeland Mall and walk the length browsing and stopping for a while, but it was good exercise I thought. Most days I walked up and down the steps of the apartment building where I stayed; and walked to the hospital each morning that I had to receive treatment.

Many times there was no appetite but you had to eat. As the treatment wore on, there was fatigue but you had to get in the exercise. After the treatment, there was the wait for the hair to grow back, dealing with the body heat from the radiation, trying to catch up on personal matters that needed attention, being the wife and mother you wanted to be, depression, forgetfulness, loneliness, inadequacy ... just an collage of emotions.

Q: What would you say to women who are scared to do self examinations?

One minute of pain is a lifetime of gain. You need to take it because your life depends on it. Make the appointment and treat as you would a court date.

Q: What do you say to persons who may have just discovered they have breast cancer?

Time is of the essence. Please don't delay. Get the second opinion if you must but if you feel the lump then it must be removed because who wants a lump anyway. Find out the recommended treatment. Ask the questions and get all the information that you can, but when you have had enough ... stop. Don't let the information overload kill you. Eat, exercise, be positive and pray, remembering that the Lord said that He would never leave you or forsake you and that when He goes He will leave with you a comforter. That comforter may be me and if so I am here for you. Ask me anything. Tell me anything. I will not let go of you. And when the treatment is over, the diagnosis is never over.

Evaluate your life, decide what you can do to improve it and stick to it. And if you don't do this all the time, don't beat on yourself. Make penance and start again. Be disciplined but don't let the discipline take away the joys of life God intended for you, bearing in mind that this situation is part of His Master plan and maybe a preparation for you to do for others as I am trying to do for you. Whatever the case, remember that I love you ... as do many others. You will never be alone because you do have friends.



Breast Cancer Awareness Committee Chairperson's Remarks

This year marks the 13th year that the Lions Club of Tropical Gardens joins the rest of the world in the fight against Breast Cancer. This disease is not restricted to age or gender as it affects both men and women, young and old. Therefore it is very important for all of us to be vigilant, lead healthy lifestyles and take other appropriate precautions. While this does not guarantee that we will not be afflicted, it will most certainly reduce our risk. It is noteworthy that for cases of early detection, the five year survival rate exceeds 96%.

Mammograms are among the best early detection methods. In the light of this, our club is committed to saving lives and increasing awareness of breast cancer through education, hence the Breast Cancer Awareness Month campaign. Additionally, we remain steadfast in our commitment to provide mammograms for women of the Cayman Islands who are in need. It is also our aim to provide assistance to breast cancer patients in an effort to give them hope for tomorrow.



We therefore invite you to join us this year as we embark on our campaign to build hope and increase the chances of survival through early detection.

- IPP Lion Ann Hunte, MJF



Members of the LCTG preparing Mammogram vouchers at an Awareness Meeting



Participants at the annual Brenda Tibbetts-Lund Memorial 5K Walk/Run

Mammograms

The Lions Club of Tropical Gardens has provided thousands of women in the Cayman Islands with the opportunity to be screened for breast cancer.

Each year the club distributes just over 500 vouchers, valued at around 50 to 60 thousand dollars annually, for women to have mammogram screening at the Cayman Islands Hospital, Medlab or The Chrissie Tomlinson Memorial Hospital. The vouchers are distributed at the club's breast cancer awareness meetings in the districts during October.

The club has been assisting women with paying for mammogram screenings for nearly a decade. The club also provides vouchers outside of breast cancer awareness month for women who have been advised by their doctor that they should have a mammogram or an ultrasound, but cannot afford it.

Recipe Corner

Chicken Piccata with Pasta and Mushrooms

Preparation Time 40 min

Ingredients

6 ounces whole-wheat angel hair pasta
1/3 cup all-purpose flour, divided
2 cups reduced-sodium chicken broth
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground pepper
4 chicken cutlets (3/4-1 pound total), trimmed
3 teaspoons extra-virgin olive oil, divided
1 10-ounce package mushrooms, sliced
3 large cloves garlic, minced
1/2 cup white wine
2 tablespoons lemon juice
1/4 cup chopped fresh parsley
2 tablespoons capers, rinsed
2 teaspoons butter

Directions

Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.

Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; keep warm.

Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.

Stir in parsley, capers, butter and the re-

served mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.



Mango-Avocado Salsa

By: Calla Lily

This is an easy tropical dish that is full of flavor! I like to serve it with chips, or as a side dish. It would be easy to try slightly different versions by adding lime juice, ginger, pineapple, or jalapenos, depending on your personal taste.

- 1 mango, peeled and chopped
- 1 red pepper, diced

- 1 tomato, diced
- 2 avocados, peeled and chopped
- 1/4 red onion, diced
- 1 dash garlic salt (optional)

Directions

Combine all ingredients in a medium size bowl. Cover and chill for 20-30 minutes. Enjoy!



Caribbean Sherbet Smoothie

Ingredients

2 cups lemon sherbet
1/2 cup strawberries
1 teaspoon lime juice
1/4 cup papaya (peeled and cubed)
1 tablespoon coconut

Directions

In a blender, combine sherbet, strawberries, lime and papaya. Pour into chilled 16 oz glasses, garnish with coconut.

Recipe by: *BakinBay*

The History of Lions Club of Tropical Gardens (LCTG)

The Lions Club of Tropical Gardens (LCTG), sponsored by The Lions Club of Grand Cayman, was sanctioned as duly formed by Lions International on the 16th April 1993. The club was officially chartered on May 8th, 1993 under the Presidency of Lion Patricia McField, a former Leo, with 30 members.

During the past sixteen years, LCTG has grown from strength to strength under capable leaders. Although the areas of focus have varied and ex-

panded over the years with changing membership and the changing needs of our community, the vision has remained constant – “making life better for others through service”.

Our service to the community over the years has been demonstrated through projects such as visits to retirement homes e.g. the Pines Retirement Home and the Golden Age Home, assisting with projects within the primary and secondary schools,

the Lighthouse School, the Young Parents Program, the Scranton After School Program and bringing awareness of diseases such as Lupus, Diabetes, Osteoporosis, etc.

The club has also adopted the Lions International Sight Program. However, LCTG is perhaps best known for its Breast Cancer Awareness Campaign which is conducted every year during the month of September on Cayman Brac and October in Grand Cayman.



Lions Club of Tropical Gardens

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Breast Cancer Awareness Month October 2010 - Save the Dates

**Cayman Brac
Breast Cancer Awareness**
Saturday, September 18th

Brenda Tibbetts Lund 5K
Memorial Walk/Run
6:00 am - Scotts Dock

Awareness Meeting
Cayman Brac High School
Auditorium 7:30 pm

**Breast Cancer Awareness
Month Launch**

Church Service
Sunday, 3rd October

Opening Ceremony
Monday, 4th October
Heroes Square 5:30 pm

District Awareness Meetings
All Meetings start at 7.30 pm

Thursday, October 7th
Bodden Town Awareness Meeting
Bodden Town Primary School

Tuesday, October 12th
Savannah Awareness Meeting
Savannah Primary School

Thursday, October 14th
West Bay Awareness Meeting
West Bay Primary School

Tuesday, October 19th
East End Awareness Meeting
East End United Church Hall

Thursday, October 21st
North Side Awareness Meeting
North Side United Church Hall

Thursday, October 28th
George Town Awareness Meeting
Mary Miller Hall

**Brenda Tibbetts Lund 5K
Memorial Walk/Run
Grand Cayman**
Saturday, October 9th, 2010

RE/Max Gala
The Ritz-Carlton
Saturday, October 16th

Cut-a-thon
Eclipse Beauty Salon
Sunday, October 31st

“Together we make a Difference”