

Just Between Friends



SPRING 2012

Saving Lives Through Treatment, Healing and Hope

BreastCare Center Yoga Classes

One of the important things we can do to reduce the risk of breast cancer is to get moving! The importance of exercise cannot be stressed enough. It has shown time and time again to be important in lowering the risk for developing breast cancer (as well as many other health conditions) and also as a way of combating the side effects of breast cancer treatments.

That's why the BreastCare Center is proud to sponsor Yoga classes for any breast cancer survivor beginning in April. Anyone diagnosed with breast cancer, whether in treatment or long completed, is invited to participate.

Jean Griswold, RN, NP, has studied yoga with Indra Devi who was one of the first teachers to introduce yoga in the U.S. Jean has taught yoga at the University of Arizona and to her clinical staff where she worked in Newport, OR as a Family Nurse Practitioner.

Please give us a call if you are interested in learning some gentle techniques that not only improve your movement and stretching abilities, but assist in relaxation and deep breathing.

Classes will start in April on Tuesdays and Thursdays at 1:00 p.m. in the Del E. Webb Outpatient Center, located adjacent to the BreastCare Center in Prescott Valley. Classes will run for six week sessions. There will be a \$10.00 registration fee per six week session. If this presents a hardship, please talk with Nancy. Call (928) 442-8647 for more information or to register.

We are Proud to Offer...

The BreastCare Center carries a wide selection of treatment-related support items and an array of clothing and gift items to support breast cancer patients and survivorship.



The BreastCare Center
at YRMC

YRMC East
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Prescott Valley, AZ 86314
(928) 442-8900
(877) 436-5290
www.yrmc.org

Spring is Here!

The garden is showing signs of new growth, the days are getting longer and as we move towards Mother's Day, it is a great time to reflect on the women in our lives. Taking care of ourselves, our sisters, mothers, and daughters in terms of breast health seems like a fitting tribute.

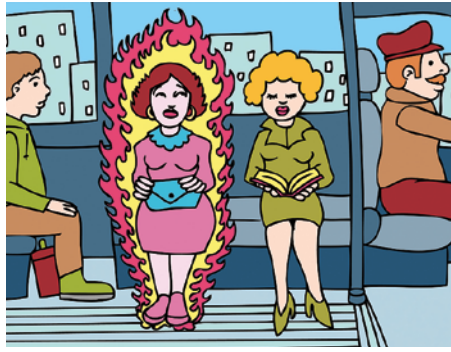
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Is it Summer All Year Round?

Speaking of heat waves – some of us felt like it is “summer” even during our recent snowfall. Menopause, whether naturally occurring, or from chemotherapeutic or surgical causes, can cause many women to suffer from troublesome hot flashes. They can be embarrassing, uncomfortable, interfere with sleep, and in general, lead to a decreased quality of life. Research suggests that women whose menopause is artificially induced (from surgery or chemotherapy) suffer hot flashes of greater severity. Is there anything that will help?



Here are a few suggestions:

- Wear light fabric clothing (cotton, linen) and dress in layers.
- Avoid alcohol and spicy foods which can act as triggers.
- Participate in aerobic exercise at least 30 minutes, four to five times each week.

There have not been any clinical trials that have found food or supplements to be effective in large groups of women. Items tested include substances such as soy products, evening primrose, black cohosh, wild yam, flax seed, red clover and others.

There have been studies that indicate that certain classifications of antidepressant medications can be effective for some women. The most widely used

medication for this purpose is Venlafaxine (Effexor) which is a Serotonin/Norepinephrine Reuptake Inhibitor. Serotonin and Norepinephrine are chemicals in the brain referred to as neurotransmitters. They help to signal parts of the brain,

such as the hypothalamus, which helps to control the temperature set point in our bodies.

Somehow, during menopause, the drop in estrogen is thought to falsely alter this temperature set point. So the body thinks we need to cool down at inappropriate times. It speeds up the heart to circulate the blood faster, dilates the vessels to dissipate the heat, and turns on the sweat glands. And there you are, in the middle of an important meeting, flushed and feeling like you are going to catch on fire. Luckily, medication like Venlafaxine (and others like it) is able to interrupt these signals in the brain and hopefully you can stay cool, calm and collected.

The good news is that many women will find their hot flashes diminish over time. Most women will experience a decrease in a few years of completing menopause. For those women taking Tamoxifen, there is generally a decrease in events after three to six months. So, keep your ice water handy, or speak with your doctor or practitioner about some available options.

Planting the Seed

Flax seeds have long been revered for their fiber and omega 3 contributions to our diet. Some women have eaten them to help relieve hot flashes due to their phytoestrogen properties (from their lignans). Unfortunately this hasn't shown to be effective in clinical studies by Mayo Clinic. A small trial study that included 188 women didn't show any significant improvement in hot flashes over placebo agents. This doesn't mean you should stop eating them for their other health benefits. It does mean however that you may still need to pursue other options to help manage your personal heat waves.

