

*Mothers, Daughters, Sisters,
Friends – The Circle of
Caring Never Ends*

HEALTHY COOKING

A healthy diet is as important for your breasts as it is for the rest of your body.

Better Baked Chicken

Ingredients:

- 3-4 lbs. chicken breasts, cut up
- 2 10 oz. cans cream of celery soup
- 2 cups low sodium chicken broth
- 2 tablespoons garlic powder with parsley
- 1 tablespoon black pepper
- 1 ½ tablespoons salt
- 1 large white onion
- 1 large green peppers

Wash and dry chicken then cut up and set aside. Chop green peppers and onions. In a small bowl, mix salt, black pepper, and garlic powder and use to season chicken. Place seasoned chicken in baking dish or crock-pot. Top with soup and chicken broth. Bake for 2 hours at 350 degrees or all day in the crock-pot. Serving size 5.



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OPELOUSAS GENERAL HEALTH SYSTEM'S

BREAST CANCER SUPPORT GROUP

The Pink Link



Supported by a grant from the Acadiana Affiliate of Susan G. Komen for the Cure®. Komen's Promise is to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cures.

BREAST CANCER SURVIVOR SUPPORT GROUP MEETING

When: 2nd Tuesday of each Month

Where: OGHS Cancer Treatment Center

Price: \$0.00

Women at all stages of breast cancer are welcome to come to the meeting and talk with other breast cancer survivors. The group is led by two facilitators, Phyllis Pere' and Cindy Stelly, who are also breast cancer survivors. The meeting will be on the second Tuesday of each month from 5:30 – 7:00 p.m. Meetings are held at Opelousas General Health System's Cancer Treatment Center located at 627 East Prudhomme Street, Opelousas, LA. For more information, call Phyllis at (337) 407-4404 or Cindy at (337) 948-3011 ext. 5278.

PURPOSE

The purpose of the support group is to allow for an exchange of ideas within a small and safe setting. The goals of the group are enhancement of coping skills, identification of personal strengths, reduction of stress, and the development of a healthy lifestyle for a lifetime.

DID YOU KNOW

Anyone can get breast cancer. It does not discriminate.

- All women are at risk for breast cancer.
- It is estimated that 1 in 8 women are diagnosed with breast cancer each year.
- Men can get breast cancer too.
- There is no *one* cause of breast cancer.
- The best way to find breast cancer in its earliest stages is to routinely check your breasts for signs and symptoms of the disease.
- If breast cancer is detected early, there are more treatment options and a much better chance for survival.

Mammograms ... A Few Minutes for a Lifetime

DIARY OF A WISE WOMAN

Olivia Newton-John: “Early Detection is key” she said. “And if I hadn’t found my lump early, I don’t know what would have been. I am still here and I want to encourage women to do that on a regular basis.”

RECOMMENDED READING

7 Minutes! How to Get the Most From Your Doctor Visit by Marisa C. Weiss, M.D.

Living Beyond Breast Cancer: A Survivor’s Guide for When Treatment Ends and the Rest of Your Life Begins by Marisa C. Weiss, M.D., Ellen Weiss

Chicken Soup for the Breast Cancer Survivor’s Soul by Jack Canfield

Dr. Susan Love’s Breast Book by Susan M. Love, M.D., with Karen Lindsey

Why I Wore Lipstick To My Mastectomy by GERALYN LUCAS

TIPS TO EASE SYMPTOMS OF NAUSEA

Nausea and vomiting are very common if you are undertaking chemotherapy and/or radiation. Here are some ways to help ease these symptoms:

- ❖ Eat several smaller meals throughout the day instead of three big meals.
- ❖ Try protein drinks or shakes when solid foods cause you to feel sick.
- ❖ Simple soups, such as chicken with vegetables or broth, are sometimes gentler to the stomach when nausea is an issue.