

PhysicallyFIT

The **C** Word

Being told you have cancer can be one of the most devastating experiences of your life. From the moment of diagnosis, a person with cancer may enter an unfamiliar world of tests, surgery, treatments, and medications. This diagnosis also delivers a double dose of fear; the fear of the disease itself and fear of the side effects of treatment. Both men and women report hair loss as one of the side effects they fear most after being diagnosed with cancer.

**Look Good... Feel Better**

The American Cancer Society's Look Good... Feel Better is a free, national public service program that helps cancer patients improve their appearance and self-image by teaching them hands-on techniques to overcome the appearance-related side effects of chemotherapy and radiation treatments.

A national survey of oncologists and female cancer patients found that most recognize the importance of treating the non-medical changes that often accompany chemotherapy and radiation. The telephone survey conducted by Roper Starch Worldwide Inc., found a general consensus among cancer doctors and patients that the support programs can play a vital role in the treatment process.

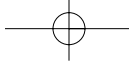
Many people believe they have no control over their cancer risk, but research shows otherwise.

One third of all cancer deaths are related to tobacco use and another are related to diet and activity factors, including obesity. This means that two-thirds of all cancer deaths are related to lifestyle factors that can be controlled. Scientific evidence suggests that for the majority of Americans who do not smoke, eating a healthful diet and being physically active are the most effective ways to prevent cancer.

The American Cancer Society**HEALTH AND FITNESS GUIDELINES:**

Eat a variety of healthful foods, with an emphasis on plant sources.

- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains in preference to processed (refined) grains and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose foods that help maintain a healthful weight.



Adopt a physically active lifestyle.

Adults: engage in at least moderate activity for 30 minutes or more on 5 or more days a week; 45 minutes or more of moderate-to-vigorous activity on 5 or more days per week may further enhance reductions in the risk of breast and colon cancer.

Children and Adolescents: engage in at least 60 minutes per day of moderate-to-vigorous

Physical activity at least 5 days per week.

Maintain a healthful weight throughout life.

- Balance caloric intake with physical activity.
- Lose weight if currently overweight.
- If you drink alcoholic beverages, limit consumption.

WATCH YOUR SERVING SIZE. MANY PORTIONS-IN BOTH RESTAURANT AND HOME COOKED MEALS - ARE TOO LARGE. BEWARE OF PORTION DISTORTION! USE THESE VISUALS TO HELP YOU JUDGE WHAT A USUAL PORTION SIZE LOOKS LIKE:

- A ½ cup of vegetables or fruit is about the size of your fist.
- A medium apple is the size of a baseball.
- A three ounce portion of meat, fish or poultry is about the size of a deck of cards.
- A single-serving bagel is the size of a hockey puck.
- 1½ ounces of low-fat or fat-free cheese is the size of a pair of dice.
- One tablespoon of peanut butter is about the size of the tip of your thumb.
- When eating out, eat half your entrée and save the rest for lunch the next day.
- If you have dessert, split it with a friend.
- Think about having an appetizer and soup or salad as your meal.

At home, serve appropriate portion sizes, and store the rest for leftovers. Avoid eating directly out of a bag or carton; think about buying foods packaged in individual serving sizes to help you control portions.

Gini Gramaglia has been a licensed cosmetologist for 20 years. She has owned and operated Gini G's Salon And Day Spa for 15 years. Gini has been a dedicated American Cancer Society Look Good...Feel Better volunteer for 12 years. She has also been a pioneer in the Look Good...Feel Better Teen Program since it began in 1997. Since the beginning, Gini has taught classes throughout Bucks, Montgomery, and Philadelphia Counties. Gini was certified as a Pennsylvania area trainer in the Southeast Region of the American Cancer Society in October 2002. Since then, she has led the training to certify new cosmetologists. Gini is also very involved with American Cancer Society advocacy activities. Gini was most recently honored by the American Cancer Society as the 2005 recipient of the Pennsylvania State Sunrise Award for Outstanding Service. She is also currently working with The Cancer Foundation for Personal Wellness which educates cancer patients to maintain optimum health & physical appearance during and after treatment.

