

A monthly newsletter for gynecologic cancer survivors. This member's only newsletter will feature articles, stories, inspiration, events, recipes, & more written for survivors by survivors. Proudly published each month by GYNCA.

DID YOU KNOW.....

Gardening helps cancer patients beat depression & sow the seeds of recovery! Just remember to stay out of direct sun, cover up, and wear your sunscreen!!!



Newly diagnosed with cancer, filled with the shock, the difficulty of acceptance yet knowing that they are beginning their cancer journey. Perhaps you would be drawn to a quiet bench in a garden to sit for a while and draw strength from the peace and reassurance to be found in flowers, trees, and wildlife. Before you head outdoors to plant perfect rows of squash, pick plump tomatoes, or prune purple eggplant, know that backyard gardening is almost as good for your health as it is for your taste buds.

All that digging, lifting, and bending provides a workout for the respiratory and cardiovascular systems and can improve strength, endurance, and flexibility. Besides promoting exercise, studies have shown that simply spending time in a garden alleviates stress, lowers blood pressure, encourages healthier eating, and improves sleep. For cancer survivors, especially those who are older, look for lifestyle changes that are healthier but are also holistic and have meaning.

Then there is the cancer-fighting component. One way to reduce our risk of cancer and other diseases is to eat five servings of vegetables and fruits daily. Growing your own garden can be motivation to eat a more plant-based diet. Three seasons of home vegetable gardening may increase physical activity, fruits and vegetables in the diet, and enhance feelings of self-worth.

Horticulture Therapy provides patients, caregivers, employees, and volunteers with healing benefits. Gardening provides the opportunity to connect with nature and offers numerous physical and emotional benefits. People are not only getting their physical functioning back, it has an impact on quality of life. Great for your family too!

Why not get your exercise while being rewarded with tasty and nutritious produce?



THE HOO-HA HUDDLE

GYNCA has a **PRIVATE** Facebook group called "The Hoo-Ha Huddle".

It is a chance to connect to other women going through the same journey as you are.
Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only. Each member has been verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that are having a recurrence, women in remission for many years, etc.



To join this private group, please visit this link (Type the full address in your web browser).

<https://www.facebook.com/groups/HooHaHuddle>

Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members.
This is a safe environment to connect with others without the fear that someone may see your posts that should not.

