

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.....

Social interaction could boost chemotherapy's effectiveness. New research suggests that social interaction may have a positive effect on a person's chance of survival after being treated for cancer. A new study suggests that social interaction could make chemotherapy more effective. You might not always be able to do the things you take for granted. However, you do not need to stop your social life completely. You may just find you need to plan ahead a bit more.



Almost all cancer survivors will face psychological and emotional issues that can show up many years after treatment. The good news is that you don't have to suffer alone. Therapy, support groups (we have several at GYNCA), social media, and community resources are available to help you cope with these issues. The first step in coping with psychosocial changes is realizing that you have an issue and having the courage to reach out for help.

HERE ARE SOME OF THE MOST COMMON SOCIAL ISSUES THAT CANCER SURVIVORS MAY DEAL WITH:

Fear of recurrence: Many survivors worry that their cancer will come back at some point. Milestone events in their cancer journey can often trigger these feelings. Feeling constantly worried can cause social anxiety.

Grief: A natural result of loss. Loss can include your health, sex drive, fertility and physical independence. Support groups and counseling can help you work through these issues that may lead to being anti-social.

Depression: It is estimated that 70% of cancer survivors experience depression at some point. Know the symptoms of depression and seek treatment as soon as possible. There is always someone able to help.

Body image: Cancer survivors who have experienced amputations, disfigurement or a major change in physical function can suffer from a lack of self-esteem. A negative body image can affect your desire for intimacy and social interaction. Honesty and open communication with loved ones can minimize negative feelings.

Spirituality: Many survivors find that life takes on new meaning after cancer and will renew their commitment to spiritual practices or organized religion. Research suggests that spirituality improves quality of life through a strong social support network, adaptive coping, lessened depression and better physiological function.

Survivor guilt: Some people wonder why they survived cancer when others did not. If you suffer from a prolonged sense of guilt, seek help from a psychotherapist, clergy member, or support group.

Relationships: You may find that friends, coworkers, and family members treat you differently after a cancer diagnosis. They may avoid you or will not discuss your cancer. It can help to seek new relationships with other cancer survivors who know what you've been through. Please consider joining GYNCA's Support Group Meetings.

The workplace: Cancer survivors often feel that they can no longer relate to co-workers who haven't experienced cancer. You may be reluctant to talk about your cancer treatment to employers or coworkers for fear of being treated differently. See if your employer has a support group or other resources for cancer survivors.

If you would like any information on support groups, please contact Amber at 417.869.2220 or amber@gynca.org



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/350547391975897/>

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.



Visit GYNCA's Full Resource Center!

We offer to each member 1 free wig, head to store the wig on, new scarf, hat, etc.

Pickup other resources while you are here!

**ALL OF THIS IS FREE
TO OUR MEMBERS!**

Contact Amber to schedule an appointment!
Call: 417.869.2220 or Email: amber@gynca.org

Located at 3023 S Fort Avenue Suite D
Springfield, MO 65807



NOVEMBER FUNDRAISING EVENTS

FUNDRAISER!

SCHWAN'S

November 1st- December 15th

Each product that you order through the GYNCA Fundraiser
will have 40% of the sales donated directly to GYNCA.

See flyer for more information.

In order for your purchase to be credited towards the SCHWAN'S fundraiser, follow the steps on the separate page to order directly. If you would like to speak with someone to order for you, please contact Schwan's directly and they will guide you through your order.

FUNDRAISER!

HOLIDAY SHOPPING!

40% of all sales will be donated back to GYNCA! Ends November 5th
CHECK IT OUT ON THE GYNCA FACEBOOK PAGE FOR DETAILS!

BAIR'S PANCAKE BREAKFAST

Come grab all you can eat pancakes SATURDAY, NOVEMBER 17th from 8am-12pm.

Only \$5 person with proceeds benefitting GYNCA.

All-you-can-eat pancake breakfast with syrup, butter, orange juice, milk, coffee, etc.

Located @ 3821 S Campbell Ave, Springfield, MO 65807 in the Parkcrest Center.

Check In at the door and grab your tickets for pancakes!

Please share all of these events with your friends and family,
they are located on the GYNCA Facebook page.



GYNCA's Annual Holiday Open House

Wednesday, November 28th 4pm-6pm

Join us at the GYNCA office for holiday fun. A time for you and your family to visit the office. We will be decorating the GYNCA Christmas tree. You will have a teal ornament to hang with the name of a loved one that has fought or still is fighting their cancer battles.

This is the Tree of Hope!

The Tree of Hope encourages us to treasure each of life's moments and cherish the memory of people that are near and dear to us. Let's fill the tree with the brave ladies in our lives!

Light holiday refreshments will be provided. 3023 S Fort Avenue Suite D Springfield, MO 65807 417.869.2220

NOVEMBER MEMBER EVENT

15th – WINTER CRAFT – THURSDAY 6pm-8pm – SPRINGFIELD, MO

GYN CANCERS ALLIANCE OFFICE @ 3023 S Fort Ave Suite D, Springfield, MO 65807

Holiday Craft Making. A newly crowned favorite event each year will feature a fun holiday craft that you can display throughout the holiday season. Let's explore our creative holiday décor talents.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

Survivors, patients, medical professionals, family, friends, caregivers, & hospital staff are ALL always welcome at our Support Group Meetings.

There is never a fee for anyone to attend. Please note the RSVP's as this event requires supplies to be provided and we would love to make sure that we have enough for everyone attending at no cost to you. Light refreshments will be provided at each meeting.