

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.....

Good nutrition is especially important if you have cancer because both the illness and its treatments can change the way you eat. Cancer and cancer treatments can also affect the way your body tolerates certain foods and uses nutrients. The nutrient needs of people with cancer vary from person to person. Your cancer care team can help you identify your nutrition goals and plan ways to help you meet them. Eating well while you're being treated for cancer might help you:

- Feel better.
- Keep up your strength and energy.
- Maintain your weight and your body's store of nutrients.
- Better tolerate treatment-related side effects.
- Lower your risk of infection.
- Heal and recover faster.

Good nutrition is important for cancer patients.

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.

Healthy eating habits are important during and after cancer treatment.

Nutrition therapy is used to help cancer patients keep a healthy body weight, maintain strength, keep body tissue healthy, and decrease side effects both during and after treatment. Ask your health care team about discussing your nutrition while undergoing and after completing your treatment.

A registered dietitian is an important part of the healthcare team.

A registered dietitian (or nutritionist) is a part of the team of health professionals that help with cancer treatment and recovery. A dietitian will work with patients, their families, and the rest of the medical team to manage the patient's diet during and after cancer treatment.

Cancer and cancer treatments may cause side effects that affect nutrition.

For many patients, the effects of cancer and cancer treatments make it hard to eat well. Cancer treatments that affect nutrition include:
Chemotherapy * Hormone therapy * Radiation therapy * Surgery * Immunotherapy * Stem cell transplant

When the head, neck, esophagus, stomach, intestines, pancreas, or liver are affected by the cancer treatment, it is hard to take in enough nutrients to stay healthy. Cancer and cancer treatments may cause malnutrition. Cancer and cancer treatments may affect taste, smell, appetite, and the ability to eat enough food or absorb the nutrients from food. This can cause malnutrition, which is a condition caused by a lack of key nutrients. Malnutrition can cause the patient to be weak, tired, and unable to fight infection or finish cancer treatment. Malnutrition may be made worse if the cancer grows or spreads. Eating the right amount of protein and calories is important for healing, fighting infection, and having enough energy. nutrients. Join GYNCA in July for a Healthy Eating Member Event!



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





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.



Freddy's
FROZEN CUSTARD &
STEAKBURGERS®



**Come grab a bite with GYNCA
Wednesday, July 25th from 5-9pm.
15% of the sales (dine-in only) will come back to GYNCA.**

**Located @ 615 W El Camino Alto St Spfd, MO
by Sam's Club and Academy Sports**

**You MUST mention to your cashier that you are there for the
GYNCA FUNDRAISER for your purchase to count!**

JULY MEMBER EVENT

19th – HEALTHY EATING – 6pm-8pm @ GYNCA

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

RSVP REQUIRED BY JULY 15TH

SPFD EVENT AT THE
GYNCA OFFICE!

Explore many recipes to eat while battling gynecologic cancers. The recipes are high in nutritional value while still maintaining tastes you prefer! Sample a tasting of the 4-course dish that will be freshly prepared and take the recipes home!

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