

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.....

Lymphedema is a common side effect of cancer treatment. By learning about this diagnosis and its treatment options, communicating with your health care team, and surrounding yourself with a support network, you will be better able to manage your lymphedema and experience a better quality of life.



What is Lymphedema?

Lymphedema is a painful swelling that happens when your body's lymphatic fluid is unable to circulate properly and builds up in your soft tissues. Lymphedema most commonly occurs in the arms or legs and can be managed successfully with a combination of medical treatment, lifestyle changes and at-home remedies.

Who Gets Lymphedema

Lymphedema is somewhat unpredictable and doctors do not fully understand why some people develop lymphedema and others do not. People who have had several lymph nodes removed and/or radiation treatment in the axillary area (underarms) during cancer treatment are at higher risk of developing lymphedema. Lymphedema can occur after treatment for any type of cancer, but it is most commonly associated with breast cancer, prostate cancer, lymphoma, melanoma and cancers in the pelvic area such as bladder, testicular or gynecological cancers. Obesity, lack of exercise and infections after surgery are risk factors.

SIGNS AND SYMPTOMS OF LYMPHEDEMA:

- Swelling in the arm or leg (clothes or jewelry feel tighter)
- Arm or leg feeling heavy or tight
- Weakness, decreased flexibility, difficulty moving
- The skin thickens (hyperkeratosis) or hardens
- Pain and redness in the arm, hand, leg or foot

Consult your doctor as soon as symptoms arise. In addition to swelling of the affected limb, the most common problems are pain, hardening of the skin, and loss of mobility. Lymphedema must be addressed by a medical professional. If left untreated, it can get worse and may cause permanent damage. Wear a compression garment. Non-elastic bandages and compression garments, such as elastic sleeves or tights, place gentle pressure on the affected area. This can help drain the lymph fluid and reduce swelling. It is important to wear a compression garment when flying, even on short flights, as air pressure changes can lead to increased swelling. Be sure to consult your doctor and ask if you should be fitted for a compression garment. Consider having a manual lymphatic drainage (MLD) massage. This type of massage helps move the fluid out from where it has settled. Afterwards, the affected limb is wrapped in low-stretch bandages that are padded with foam or gauze.

To view articles like this and many others, please sign up for our digital newsletters by emailing amber@gynca.org

Courtesy of: www.cancercare.org

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.



SEPTEMBER FUNDRAISING EVENTS

FUNDRAISER!

PANERA BREAD – SEPTEMBER 5th – WEDNESDAY – BRANSON, MO

Come grab a bite with GYNCA from 4-8pm. 20% of the sales will come back to GYNCA.

Located @ 2407 Green Mountain Drive, Branson, MO 65616

**You MUST present the enclosed flyer, show the digital flyer in the GYNCA Facebook event,
or tell your cashier that you are with GYNCA for your purchase to count!**

FUNDRAISER!

CHIPOTLE – SEPTEMBER 11th – TUESDAY – SPRINGFIELD, MO

Come grab a bite with GYNCA from 4-8pm. 33% of the sales will come back to GYNCA.

Located @ 3356 S. Campbell Ave Spfd, MO 65807

In order for your purchase to be credited towards the fundraisers, show your printed flyer, you can show the cashier the digital flyer on Facebook, or just tell the cashier (no flyer needed) that you are supporting the GYNCA Fundraiser when paying at checkout.

SEPTEMBER MEMBER EVENTS

18TH – FALL CRAFTS – 5:30pm-8pm – JOPLIN, MO

JOPLIN LIBRARY @ 1901 E 20TH St, Joplin, MO 64804

A night to get away from the doctor's offices and the chores at home! Let's get ready for fall. We will be making simple fall crafts that you get to choose which one you would like to make and take home at no charge to you or your guests.

RSVP is required BY SEPTEMBER 12TH: Amber at (417)869-2220 or email amber@gynca.org

20th – MENTORING & RESOURCES – 6pm-8pm – SPRINGFIELD, MO

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

Immerman Angels One-on-One mentoring program overview will include how to sign up to be mentored as well as how to become an Angel or Caregiver Angel. This is a very popular meeting with members who may need someone to talk to who completely understands the journey that they are beginning as a cancer patient. We will also include information about GYNCA's Regional Resource Guides & helpful tools on our website. Fun door prizes, give-a-ways, & social time.

25TH – FALL CRAFTS – 5:30pm-8pm – BRANSON, MO

HILTON BRANSON CONVENTION CENTER @ 200 E Main St, Branson, MO

A night to get away from the doctor's offices and the chores at home! Let's get ready for fall. We will be making simple fall crafts that you get to choose which one you would like to make and take home at no charge to you or your guests.

RSVP is required BY SEPTEMBER 19TH: Amber at (417)869-2220 or email amber@gynca.org

29TH – CATHY'S CAUSE RISE & SHINE FOR A CURE! – 9am-12pm

Lake Springfield Boathouse & Marina @ 5324 S Kissick Avenue.

108 Salutations to the Sun on the shore of the Springfield Lake! This event is FREE to all GYNCA members and a guest. Reserve your spot as they do fill up fast. 1st time doing yoga? This event is perfect to show you the steps of a full sun salutation. Light brunch will be provided.

Doors open at 8:30 AM – Yoga at 9:00AM. Reserve your spot by September 21st call Amber at 869-2220 or email amber@gynca.org