



# HEY GIRL!

Issue 4

Hey Girl is a publication of SISTA AH Talk! Miami, FL

## Fashion Show Prep

Deloris Smith Johnson, *SISTA AH Talk* Historian



Women of Color Breast Cancer Support Group



## Pink Hat Tea & Fashion Show Prep

Ives Pointe  
190 NE 199 St, Suite #203  
Miami, FL 33179  
Every Sunday, 5:00pm  
December 15  
January 7, 14, 21, 28  
February 4, 11, 18

Regrets only  
Mary @ (305) 333-3495



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Fashion Show Prep



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Hey Girl!  
is published to keep you informed about our programs, our research, and the experiences of breast cancer survivors in South Florida  
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January 2018

# 'UM JUST SAYIN...



## Small Steps in 2018

Mary S. Whitehead, MPH, CHES  
SISTA AH Talk Facilitator

Life is busy and hectic at the beginning of the New Year. I'm sure you understand if you're already working on a list of resolutions as frantic as the Christmas shopping list you've just tackled. Seems almost as if you're doomed before the year begins.

Can you relate? Then, why not pledge to focus on things, which are a little more realistic. Consider starting by acknowledging a few positive lifestyle changes, which could benefit you. Start with these four tips:

1. **Make small attainable goals.** Make sure they are things you really can work on and stay interested in.
2. **Try fun strategies for healthy lifestyle changes.** Approach this area one baby step at a time. Reflecting on last year, jot down two areas you can manage. It doesn't have to be weight loss or exercise. Small behavior modifications like buying a good cookbook and practice following recipes and measurements can easily lead to a desire to want to do well in those areas.
3. **Know that you are not perfect.** If you're like me, you rip yourself apart with negative thoughts if things aren't going as planned. Expecting perfection will only make things worse. Start out knowing that you're making changes, which means that it takes time to do so.
4. **Discuss your intentions with others you trust will give good advice.** It may be a good idea to become more involved with your support group. Get to know your sistaahs. Sharing your struggles and experiences with friends, family and other survivors will make the journey less intimidating.

Visit our website, come to support group meetings, or bring your concerns to Table Talk online.

## The Practice of Positivity

Mary S. Whitehead, MPH, CHES  
SISTA AH Talk Facilitator

One of the greatest characteristics of a good support group is the ability to demonstrate to others how to remain positive. The best way to do this is to be of good service to others.

The fear of a negative outcome is often the speed bump in the road positioned to keep this from happening. There are many benefits to integrating positive thoughts into your days. Studies have shown that happier people are healthier than those who are not.

In 2018, I encourage you to take the "SISTA AH Talk Positivity Challenge". Help us help others.

We challenge you to help another sistaah "Practice Positivity". How?

A wise man once said, "How you start your day determines the flow of the remainder of the day".

Wake up affirming that today will be a good day. Give thanks to God for seeing another day.

At least twice a week, call another sistaah and share positive words of encouragement.

If her day entails a doctor's visit or treatment, remind her to think of other things in life to be grateful for (ex. Good weather, a family that loves you, an upcoming vacation, etc.)

When you start your day with the spirit of optimism, positivity is sure to rub off on the people you meet. SISTA AH Talk is only as positive as you are. LOL means Love Out Loud! Try it! It's contagious!



## First Leg of my Journey

Roberta Young, SISTA AH Talk Coach

It's been four and a half years since I was diagnosed with breast cancer. My immediate response was NO! My next words were "what is the next step." I cried, I prayed, and I notified family and friends. By this time my faith had kicked in full force and I was ready to take on the world. I called Mary Whitehead and the support began. SISTA AH Talk taught me about breast cancer, survival, and how to make and

Step outside of the box, it's good for you! I hug women when I learn they are survivors. I have been hugged when it's known that I am a survivor! Here I am today! Hair growing back, still working on good eating habits, regular exercise and life goes on. I remember being told that after cancer, I would have a different outlook on life. How true! I'm travelling as much as possible and loving every day of my life! Breast cancer has not and will not defeat me! It has made me appreciate life and all that God has given me. My support group "SISTA AH Talk", is the best in the world!

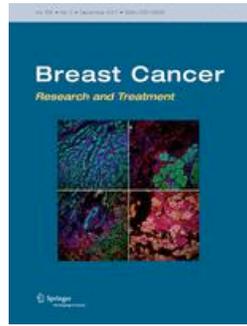
# THE NITTY GRITTY

## Breast Cancer Survivorship

In an article published in **Breast Cancer Research and Treatment**, we identified opportunities to address disparities in breast cancer survival and quality of life for Black breast cancer survivors.

Topics covered included:

- Treatment effects
- Quality of life
- Fatigue
- Depression and anxiety
- Stress reduction



To read the full article, visit the Publications page on our website: [www.sistaahstalk.net](http://www.sistaahstalk.net)

## Black/White Differences

- Racial disparities in the quality of care among breast cancer patients leads to differences in outcomes
- African American breast cancer survivors sometimes don't receive enough information about their diagnosis, treatments, side effects, and recommendations for follow-up care
  - Financial barriers may prevent survivors from accessing follow-up care
  - We are less likely than white women to be diagnosed at an early stage
  - We have a poorer stage-specific survival on average
  - We are more likely to have estrogen receptor-negative, progesterone receptor-negative, and HER2-negative ("triple-negative") tumors
- Racial/ethnic misconceptions about breast cancer risk, diagnosis, and treatment also contribute to poor survival

To learn more, visit our website: [www.sistaahstalk.net](http://www.sistaahstalk.net)

## Treatment Effects

Common side effects:

- Lymphedema
- Fatigue
- Loss of strength
- Difficulty sleeping
- Sexual dysfunction

Late effects:

- Second malignancies
- Cardiovascular disease
- Obesity
- Osteoporosis
- Bone fractures
- Chronic conditions

## Health-Related Quality of Life (HRQOL)



- Weight gain and physical inactivity following breast cancer treatment
- Socio-economic status, unemployment, uninsured
- Concerns about fertility, sexuality, and relationships
- Lack of knowledge about treatment side effects
- Lack of a cancer care plan

The quality of life of breast cancer survivors can be adversely affected by physical and mental conditions, such as cancer-related fatigue, pain, obesity, sleep difficulties, depression, and anxiety about recurrence. African American survivors often report lower HRQOL scores due to:



- 1/3 of cancer survivors have clinically significant fatigue
- Can last up to 6 years (or longer) following treatment

## Depression & Anxiety



- Anxiety and depression among breast cancer survivors are associated with other patient-reported symptoms (such as cognitive impairment and fatigue)
- Managing stress can reduce depression
- Yoga and mindfulness-based stress reduction has a beneficial effects on anxiety and depression

For more information on managing treatment side effects, visit our website: [www.sistaahstalk.net](http://www.sistaahstalk.net)

## Stress Reduction

Mindfulness-based stress reduction also has beneficial effects on anxiety and depression among survivors.

Benefits of yoga:

- Reduced distress, anxiety, depression, and fatigue
- Improved quality of life, emotional function, and social function

Exercise that reduce cancer-related fatigue:

- Strength training
- Resistance training
- Walking
- Cycling
- Yoga
- Tai Chi

# WHAT'S UP?



*celebrate*

**SISTA AH Talk Lead Team** 6:30pm-8:30pm  
Friday, January 5, 2018

RSVP: Mary S. Whitehead (305) 333-3495 by December 22, 2017

Bonefish Grill, Aventura  
18713 Biscayne Boulevard  
Aventura, FL 33180

*Welcome New Coaches*



**Pink Hat Tea & Fashion Show**  
Doubletree Hotel by Hilton Grand Hotel  
1717 N. Bayshore Drive Miami, FL 33132  
Sunday, February 25, 2018  
2:00pm-4:00pm



**SISTA AH Talk!**  
Women of Color Breast Cancer Support Group

**LI' SISTA AH Talk!**

5 Things Every Millennial of Color Needs to know about Breast Cancer	4 Things Everyone With Boobs Should Know about Breast Health	5 Things Your Mama Never Told you about Women's Health
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Thursday, February 1, 2018 & March 22, 2018  
4:00pm-6:00pm  
J. C. Sams Multipurpose Room  
To learn more, contact FMU Student Affairs



Join us for a recipe review, cooking demonstration, and tasting party.

Learn how to eat well and how to contribute to the SISTA AH Talk! cookbook!

**My Plate Palooza**

Saturday March 24, 2018  
1:00pm-4:00pm  
Miami Dade County Library  
Arcola Lakes Branch  
8240 NW 7th Avenue  
Miami, FL 33150

To RSVP, contact:  
Mary S. Whitehead, MPH, CHES  
SISTA AH Talk! Facilitator  
(305) 333-3495

Join the Conversation

**Ask AN EXPERT**

SISTA AH Talk!  
Women of Color Breast Cancer Support Group

Miami Dade County Library, Arcola Lakes Branch  
8240 NW 7th Avenue Miami, FL 33150

Saturday, April 21, 2018, 1:00pm-4:00pm  
RSVP: Mary @ (305) 333-3495

SISTA AH Talk!  
Women of Color Breast Cancer Support Group

**Paint the town Pink**

in celebration of  
**Mothers Day**

\$45 per person

Art Party/Fundraiser  
Saturday, May 5, 2018, 1:00pm-5:00pm

RSVP by April 28, 2018 to Mary @ (305) 333-3495

Purchase tickets at:  
www.sistaahtalk.net