

# Cancer Answers

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## Menopause and Hormone-Related Cancers

I have had some wonderful medical providers in my life during the challenges of menopause. They have been supportive, caring and innovative. Any woman who has had a hormone-related cancer may benefit from the information I am going to share.

Acupuncture can be an incredible treatment for the symptoms and effects of menopause. I have found an acupuncturist who is thorough and always ready to listen to me knowing that I know my body better than anyone else. My personal experience has been that, although acupuncture does not alleviate all menopausal symptoms - it has for some women I know - it greatly reduces the severity of panic attacks and the depression that can accompany menopause. I encourage you to consider acupuncture and see what it might do for you.

Last fall during a routine visit to my gynecologist, we discussed the extremely severe symptoms I have suffered with menopause and she shared that low levels of iodine may have an increased effect on menopausal symptoms. I so appreciate that she is constantly on the search for ways to treat and help her patients effectively and naturally. She suggested I do an iodine-urine test to determine my level of iodine. The results were that I was extremely deficient. I went on potassium iodide and shortly saw some nice results. Again, in my particular situation they were not glaringly great...however, any degree of improvement was much appreciated. Check with your gynecologist or regular physician to see about testing your iodine level. This may offer you some relief also.

Several months ago my mother shared an ad with me about a product called Femi-Yin. At first, I was very skeptical because there has simply not been anything natural I could take since my five tumors were both estrogen and progesterone positive. However, as I studied this product, asked my acupuncturist, my gynecologist and an advisor at a Chinese herbal institute, I became confident that the herbs used in this formula offered a natural health product I could use. The herbs used in the Femi-Yin formula help the luteinizing hormones and that has nothing to do with estrogen or progesterone. Once again, I am happy to report that I have seen an improvement in the severity of my menopausal symptoms. This product is sold by BioMed at [www.biomed-health.com](http://www.biomed-health.com), however, you can also google it to find other company's that carry it. If you have any concerns about the product - please do your own research.

I am not a physician and am only sharing what has helped me. Please do not consider any of my writing medical advice. I wish only to offer encouragement, compassion, insight and understanding. Always check everything out for yourself and make wise decisions based on your team of medical professionals and your personal knowledge. My hope is that one - or all of these suggestions will be right for you and offer you R-E-L-I-E-F!

## Planning Your Own Cancer Research Fundraiser

The Cancer Research Foundation encourages individuals to be aware of the need for research funding and to do your part however you can. They are "continually overwhelmed by the generosity and creativity of different events to raise awareness of and funds for cancer research."

Doing your own event involves a lot of planning and hard work - but the reward is great.

Do your homework before choosing a cancer organization you want to do an event for. Make certain they are working in an area of cancer that is close to your heart. It is also very important to look at what other organizations will potentially receive funds from this organization and make certain these organizations have the same standards as the funding organization.

Here are a couple of ideas for ways to collect donations.

Ask people to give donations to your organization of choice in lieu of gifts for birthday parties, weddings, anniversary celebrations and retirement parties.

Involve your neighbors and organize a simple backyard ice-cream social. Invite more neighbors, family and friends. Ask around for a local barber shop quartet that might be willing to donate their time to a great cause for the evening.

If you own a retail business, donate a portion of every sale to your organization and include information about the organization - and the fact that a portion of all sales are donated from the business to that organization - on all your advertising pieces and website. You will bring awareness to a wonderful cause and encourage others to be involved also.

Be creative! Utilize your gifts and passions...see where it might lead!