

# Cancer Answers

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## The Seasons are Changing

Fall is in the air! ...at least here in Denver where I live. What a beautiful day it is today with deep blue clear skies and temperatures in the mid 70's. This is my favorite time of year. The trees will begin changing in a couple of weeks and although it is nothing like what those of you who live in some part of the world experience...we do have some beautiful fall colors.

I thought I would take this month to write some practical things to think about and address in terms of weather/climate during treatment. These things are extremely basic - but when we are faced with large decisions like treatment, it is sometimes the basics that we do not have the energy for. I trust my addressing these simple basics will help reserve your energy to expend in more important areas.

Headwear for hairloss: weather/climate needs to be carefully considered before making any headwear decisions. What time of the year will your treatment be? In parts of the world that have very distinct seasons it is extremely important to consider whether your treatment will span more than one season. In other words will you need to have headwear that keeps your head warm in the winter months in addition to headwear that keeps your head cool for hotter, perhaps humid summer months? The majority of women choose to have a wig even though they do not plan to wear it every day. Wigs are quite warm and can be especially uncomfortable in more hot/humid climates. Make sure you have some cool cotton scarves, turbans or hats with soft cotton liners for days when it's just too hot and/or humid to wear a wig. Conversely, make certain you have warm wool/cotton blend turbans for cold days when even a wig isn't enough protection from the cold. Or you might choose a winter hat with cloth earflaps that tie under the neck to wear over your wig if you live in a very windy and/or cold climate.

Clothing choices relating to weather/climate is next. If you are going to be spending a lot of your time traveling to and from doctor's offices and medical facilities; take these things into consideration. If you live in a warmer to hot climate where you do not need outerwear, make sure you wear things that are comfortable and easy to care for. Also, think about whether you will be removing your clothing. If so, then make choices that are easy to remove. If not, you will want to wear clothing that is of a weight suitable for the temperature inside the buildings. The previous three sentences are important for everyone. However, if you live in a cooler to cold climate you should have outerwear that keeps you warm and dry but also is non-binding, easy to fasten and comes off with very little effort. Thinking about these things prior to starting treatment is best because you generally have more energy then. If you do not - or you have already begun treatment find a friend or relative that loves to shop...and send them on a mission!

For more information, advice and support you can order my book, *Beauty During the Cancer Journey* online. Or go to my site and request a phone consultation.

## Online Live Support Group

The MetaCancer Foundation and Wellness Community offers online support groups for people living with metastatic cancer. These weekly 90-minute sessions are led by medical professionals and are free to anyone wishing to join one.

"The MetaCancer Foundation provides resources and support for metastatic cancer survivors and their caregivers. MetaCancer encourages dialogue among those with very different types of metastatic cancer (breast, prostate, colorectal, ovarian, bladder/urinary, skin, lung, testicular, among others), even though respective treatment protocols and medical issues may seem to have little in common with each other. The common bonds are the psychological and emotional realities faced by anyone living with metastatic cancer. MetaCancer provides resources for everyday living, opportunities for creative reflection, and possibilities for you to "go meta": to live beyond your diagnosis right now with strength, grace, and peace."

In addition to the support groups their site has pertinent articles and resources available along with a message board offering multiple forums where you can share with others experiencing similar situations.

According to Wikipedia: In epistemology, the prefix meta- is used to mean about (its own category). That is exactly what the MetaCancer Foundation and Wellness Community does. It IS information "about cancer".

Check out more at [www.metacancer.org](http://www.metacancer.org) and while you are there make sure to go to the meta-art page. Read, watch and share comments about the art. Soon they will have a gallery of "meta-phors". This page will be informative and intriguing.