



AFTER BREAST CANCER SUPPORT NETWORK

Established by Karen Christensen in 1990

There is strength in a group that is greater than each of its members.

March/April 2018

Affiliate of Mohawk Valley Health System, Utica, NY

NOTE

All ABC meetings unless otherwise noted are held at St. Luke's Home Community Room on the St. Luke's Campus.

Saturday, March 10 ♦ 11 a.m. Meeting

Management of Post Treatment Lymphedema (*rescheduled from January meeting*)

**Dr. Margaret J. Celebi, PT, DPT, CLT
Certified Lymphedema Therapist**

Dr. Celebi returns with Physical Therapy assistant Rachel to continue the conversations about evaluation, diagnosis and management of post treatment lymphedema in women who have received treatment for breast cancer.

Join us for a brief conversation regarding steps you can take to reduce your risk for lymphedema and signs and symptoms of lymphedema. If time allows, Dr. Celebi and Rachel will perform measurements to assess for lymphedema for those who are interested.

Dr. Celebi has over 37 years of experience as a Physical Therapist, and 14 years as a certified Lymphedema Therapist. She received her bachelor's degree in Physical Therapy from Russell Sage College and earned her doctoral degree in Physical Therapy from Des Moines University. She obtained her Lymphedema Certification through the Academy of Lymphatic Studies in 2003. She is the former director of Rehabilitation Services at Valley Health Services and Presbyterian Home, and is currently working as Senior Lymphedema Therapist at MVHS, Faxton Campus.

Saturday, April 14 ♦ 11 a.m. Meeting

Carol Cantor

Certified Mastectomy Fitter

Discount Medical Equipment & Supplies

Carol Canter is a healthcare leader, having spent more than 35 years serving the needs of patients in the Utica/Rome area. Carol previously held various positions in the Home Health Care field with her most recent role as executive director & CEO for Mohawk Valley Home Care.

Carol began her career as a licensed respiratory therapist working for St. Luke's Hospital where she learned not only her trade, but the compassion and caring side of healthcare.

Carol has since retired and began her second career as a certified Mastectomy Fitter. As a 20+ year survivor of breast cancer who has experienced the trail to recovery which included chemotherapy and radiation, Carol has her own positive outlook that she shares with her patients during their time of need.

REMINDER!

The ABC Newsletter/Meeting notice is a bimonthly publication sent electronically. **Make sure we have your email address.** Please e-mail ABC at (cancerinfo@mvhealthsystem.org). The newsletter can always be viewed at www.mvhealthsystem.org/abc. If you have been receiving newsletters, you need to do nothing more. If you don't have an e-mail address call us at 315-624-5608. We do have a few individuals who need to have it mailed, and we are happy to accommodate them.

Important Numbers



Breast Center
315-624-5764

Alex Battista
Social Worker
315-624-5241

Marie E. Smith
Clinical Trials Coordinator
315-624-5705

Imaging Center
315-624-5510

To receive the email version of the ABC newsletter:
cancerinfo@mvhealthsystem.org
or if you need the hard copy:
315-624-5608

Mohawk Valley Health System
www.mvhealthsystem.org/abc

American Cancer Society
1-800-227-2345 • 24/7 service

Meetings

ABC meetings are free and open to the public. Support is always available. To talk with another woman who has experienced breast cancer surgery or treatments or for information contact: ABC at cancerinfo@mvhealthsystem.org.

After Breast Cancer Network

The After Breast Cancer support network, created by women who have had breast cancer, is in its 27th year. The group is dedicated to providing education, information and emotional support to women and men who are facing biopsy, surgery or recovery from breast cancer. Monthly meetings focus on positive measures to return normalcy to the chaos cancer presents in our lives. Meetings are free and open to the public.

This meeting notice/newsletter is published five times a year. Distribution is made possible by the Mohawk Valley Health System.

Bra fitting important after mastectomy or reconstruction

Metro News Service 12:00 a.m. Saturday, Sept. 30, 2017 [Health](#)

Retrieved 2/4/18 from: <http://www.daytondailynews.com/lifestyles/health/bra-fitting-important-after-mastectomy-reconstruction/S9cvTScjgN1sB24QH3IJN/>

While it can be challenging for women with healthy breasts to get the right fit, a well-fitting bra is essential, especially for those who have undergone mastectomy or reconstruction after breast cancer. Bra manufacturers insist that millions of women wear the wrong size bras.

According to an international survey of 10,000 women from Swiss lingerie company Triumph, 64 percent of women are wearing the wrong size bra. Other studies suggest that figure is closer to 80 percent.

Post-mastectomy and lumpectomy procedures vary. Some women opt for a prosthesis, which is essentially a breast form (silicone, foam or fiber-fill) that is placed inside of a bra or attached to the chest wall. Other women choose to undergo surgical reconstruction that will involve the insertion of an implant.

Depending on the procedure they undergo, women may need to purchase special bras called "mastectomy bras." John Hopkins Medicine advises that mastectomy boutiques and specialty shops carry a variety of prosthetics and garments. Such shops also may employ certified fitters who are skilled at fitting women who have undergone treatment for breast cancer.

Women should know that their bodies may change after undergoing a mastectomy. It may be necessary to get sized after surgery and frequently thereafter to accommodate for weight loss/gain and other changes as one ages.

The Pink Bra, a mastectomy bra specialty retailer, advises every woman should have her bra and breast form fitting checked at least once per year to allow for changes in weight or body shape that may occur as a result of post-surgery treatment.

Certain bra styles may feel and look better to women than others, depending on the type of surgery and reconstruction they had. For example, a camisole bra may help cover surgical scars while a conventional strap bra might be suitable when no tissue has been removed under the clavicle. It may take some trial and error to find a brand, style and size that is most comfortable.

A surgeon will recommend the appropriate time to start wearing a prosthesis or undergo further reconstruction. He or she also can advise when substantial healing has occurred so that bra fittings will be most accurate.

A physician may write a prescription for any prosthetic device or mastectomy bra so patients' insurance companies will cover them. John Hopkins says that, in the United States, most insurance companies will cover up to four mastectomy bras per year. When properly sized and fitted for a woman's needs, post-mastectomy bras will look natural and feel comfortable.