



Cancer Tamer Television Talk Show  
Hosted by Debra Santulli-Barone  
January 2024  
Channels: Verizon 35 & Spectrum 79

1) [www.siballettheater.org](http://www.siballettheater.org) SI Ballet partners with Cancer Tamer

In December, Cancer Tamer partnered with SI ballet and obtained free Nutcracker ballet tickets for breast cancer/cancer patients. Thank you Ms. Ellen Tharp, the founder of SI Ballet who graciously offered these tickets to the Cancer Tamer Org. Here's a few pictures at the ballet. At CSI. Everyone is still talking about the fantastic show, costumes, scenery, and the talented and professional ballet company. SHOW pictures

2) <https://nypost.com/2024/01/07/metro/sloan-kettering-cancer-patients-sick-over-threat-of-losing-medical-coverage-under-insurer-cigna/> NY Post 1/7/24 MSK patients might lose Cigna coverage

Cigna wants to stop in-network coverage at MSK. I advise all to contact Cigna for yourself or a loved one. I recently called Cigna to complain, emailed the SI Advance asking if they would pick up the story! emailed the writer Carl Campanile of the NY post, left messages at AARP to help advocate, left a message at the Boro President's office a Dr. that works there. As of today, the SI advance sent me an email stating someone will call. That was a week ago.

I obtained my 2<sup>nd</sup> opinions at MSK and Cigna paid for that. I have friends that were treated at Sloan, and one person right now is at Sloan for 2 months already who has Cigna. This is very upsetting. Please help. Also, after talking to many friends, some suggested we should call Sloan, maybe their fees are too high so Cigna can't keep paying? I don't know. This is the first time I'm trying to figure what to do, these are giants. Please consider calling as many people, offices, politicians, AARP, Cigna, Sloan, we need this rectified or before you know it, other major hospitals are also going to follow in this order. Right now it is a luxury I need, having drs, hospitals in network.

3) [www.webmd.com](http://www.webmd.com) Benefits of Vit D

Vitamin D: boosts moods, immunity, MS, lowers risk of colon, breast, prostate cancers, mix with calcium, bone builder, heals wounds, relieves muscle pain. breast feed, you must take supplements . Gastric bypass – it harder to absorb nutrients, obese/BMI high – probably have low D. blood work of Vit D will indicate /take vit D, eat daily egg yolks, salmon, sardines, yogurt. 15 min sun 3x a week

4) [www.Webmd.com](http://www.Webmd.com) Breast cancer & other cancers: Supplements to Avoid. You may want natural remedies that claim to treat breast cancer/other health problems. some have plant compounds you should avoid with breast cancer. -red clover, black cohosh, chaste berry, dong quai, evening primrose, and licorice. You should not use any supplements if you have breast cancer unless your doctor says it is OK. I was told not to eat pomegranate seeds or dandelion if since I'm taking leukemia meds.

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5) [www.webmd.com](http://www.webmd.com): height and health

Lower odds of certain cancers –lower height

diabetes – tall people less likely to get it

heart disease – short than 5' 3" are 50% more likely to get heart diseases than a 5' 8" person

stroke – tall and healthy weight decreases risk

blood clot – the shorter you are the better

Alzheimer – men 5' 11" or taller and women 5' 7" are less likely to get it.

Pregnancy – women 5' or less give birth earlier than due date than 5' 8"

Hair loss – the short the guy, more likely to lose hair

Longer life – short people live longer

Heat exhaustion – short less likely, taller/heavier makes more body heat

Lower back/hips: taller people great chance of hip fractures

6) [www.ewg.org](http://www.ewg.org) Fruit flavored drinks. Carbonated orange drinks, fruit flavored energy drinks have brominated vegetable oil, which can harm the nervous system. It's banned in Europe, Japan, California food act – bans it. Since 2012, there have been petitions to

ban w/ 200,000 signatures. Yet, it's still on the market. Mainly in store brands Or lesser known brands.

7) [www.livestrong.com](http://www.livestrong.com) Worst breakfast food: bacon, ham, sausage, pastries, donuts, muffins, sugary cereals/granola, flavored yogurts, pancakes (Use Orgain protein pancake mix, Krusteaz whole grain), hash browns, bottled teas/coffees (too sugary)

8) [www.livestrong.com](http://www.livestrong.com) Live longer by walking 30 min (starting your day )more veggies, fruit. Challenge the brain: puzzles, new instrument/language. Weight train 3x (w/weights, body weight, resistant bands, trx, dumbbells, squats with weight, stretching to keep flexible (yoga, pilates). Meditate.

9) [www.livestrong.com](http://www.livestrong.com) Gut problems? add : ½ veggies, ¼ grain, ¼ lean protein. Grains: quinoa, brown rice protein: beans, nuts, seeds, fish, lean meat, eggs. tempeh, kombcha tea. Sleep, light exposure -manages stress, aids in your natural melatonin. Lack of sleep =HBP, heart disease and puts stress on your body.

10) [www.livestrong.com](http://www.livestrong.com) quinoa vs. oatmeal

1 cup of Quinoa offers 8 grams of protein, oatmeal 6 grams. 5 grams fiber for Q, 4 grams for oats. Quinoa: 118mg of magnesium Oats 61mg, but oats have iron So now I mix 4 tablespoons of quinoa in my 1/3 cup of oatmeal

11) [www.lls.org](http://www.lls.org) last month I had representative Marie from LLS, please look on their website to see if you could obtain financial help. If you have leukemia. You can find info on clinical trials, online education programs, a peer monitor support program, LLS community, nutrition consultations, financial assistance.

12) [www.curetoday.com](http://www.curetoday.com) Don't forget, you could get free subscriptions to : Heal magazine or Cure Today magazine 800-210-2873 you can read online or get it mailed to you.

13) [www.Health.com](http://www.Health.com) 3 kinds of blood cancers

- **leukemia:** when abnormal white blood cells grow uncontrollably, which impair the production of red blood cells and platelets.
- **Lymphoma:** Affects [lymphocytes](#), a type of white blood cell that helps your body fight infections. When cancerous lymphocytes grow uncontrollably, they build up in your body's lymph nodes. tissues & alter function of immune system.
- **Myeloma:** Attacks plasma cells, the white blood cells that produce antibodies to fight infections/diseases. Abnormal plasma cells affect production of antibodies, which weakens the [immune system](#) and increases the risk of infection.

basic symptoms: fatigue, bruising, bleed longer, night sweats, low grade fever, feeling like a fever but inflammation, weight loss, infections, red tiny dots under skin,

swollen nodes, enlarged spleen, itching, thirst, shortness of breath are some. You need bloodwork to diagnose Leukemia.

14) [www.cancertamer.org](http://www.cancertamer.org) Breast cancer mermaid art project (show picture)

Founder, Dr. Charley Ferrer and Cancer Tamer Foundation partnered for this unique and empowering look at women and breast cancer. They welcome your interpretation of what a mermaid with breast cancer would look like. Deadline is April 6, 2024. Call or visit [www.cancertamer.org](http://www.cancertamer.org) for details.

15) [www.survivor.net](http://www.survivor.net) Are you ready to start dating again after breast cancer/cancer:

- Decide if you are ready
- Be honest with the person, when you feel comfortable to talk about it
- Mastectomy- sharing this will show you if the person is empathetic or narcissistic
- Just have fun- it doesn't have to become serious
- Pamper yourself, get your hair cut, or new wig, some makeup, etc.
- Be open when you feel sad or scared, self conscious

16) <https://www.emergencyemail.org/newsemergency/anmviewer.asp?a=35188&z=58> widespread plastics in food.

Consumer Reports found that plastics retain a "widespread" presence in food despite the health risks, and called on regulators to reassess the safety of plastics that come into contact with food during production.

The non-profit consumer group said that 84 out of 85 supermarket foods/fast foods it recently tested contained "plasticizers" known as phthalates, a chemical used to make plastic durable.

It also said 79% of food samples in its study contained bisphenol A (BPA), a chemical found in plastic, and other bisphenols, though levels were lower than in tests done in 2009. Phthalates/ bisphenols can disrupt the production/regulation of estrogen and other hormones, potentially boosting the risk of birth defects, cancer, diabetes, infertility, neurodevelopmental disorders, obesity and other health problems.

17) [www.cdc.org](http://www.cdc.org) Pneumonia outbreak, CDC warning. The CDC is monitoring an outbreak of pneumonia in children in Ohio, 145 cases of pneumonia have been reported in children ages 3 years - 14 years. Massachusetts is now also seeing an uptick. As cold and flu season approaches, the CDC offers the following guidance:

Pneumonia - an infection of the lungs, causes mild to severe illness in people of all ages. Immunizations can prevent some types, also follow good hygiene practices.

**Causes of Pneumonia:** Viruses, bacteria, and fungi can all cause pneumonia. In the United States, common causes of viral pneumonia are

- Influenza viruses
- Respiratory syncytial virus (RSV)
- SARS-CoV-2 (the virus that causes COVID-19)

Common causes of bacterial pneumonia are *Streptococcus pneumoniae* (pneumococcus) and, especially in kids, *Mycoplasma pneumoniae*.

CDC states the U.S. is experiencing elevated RSV activity, particularly young children. After a period of limited change, COVID-19 activity is increasing again especially in the Midwest/Mid-Atlantic regions. Influenza activity continues to increase in most of the country. Hospital bed occupancy for pediatric inpatient has been increasing. Vaccines available, protect people from the most serious health effects of seasonal viruses.

18) [www.medpagetoday.com/.../breastcancer/48171](http://www.medpagetoday.com/.../breastcancer/48171) Youthful approach to Breast Cancer, Dr. Graham A. Colditz

years ago, spoke about the power of youth: beginning breast cancer prevention in childhood. Dr. Graham A. Colditz, Washington university school of medicine, st. Louis Missouri division of public health – breast tissue is vulnerable to certain risks; diet , exercise is key, vegetable protein (some lean protein in animals) . Health starts at age 2. Also; what age a female starts her period, age you have the 1<sup>st</sup> birth and number of kids, if you have BRACA 1&2 or other gene mutations, weight, breast feeding, exercise, alcohol. Make healthy choices for your kids to lower diabetes, stroke, heart disease, depression etc. later on.

Newborn – 2 yrs old: breast milk best, organic cereals or make your own food. Plant based milks without carrageen, exercise, play outdoors, walk, bike, hike dance with your kids. Limit TV, phones, computers, all electronics out of the bedroom. What you eat/and feed kids is important right now.

Fruits, veggies, soups, whole grain cereals, beans. Have meat free nights, cut back on dairy, fast food. Once they are teens its very hard to get them to eat well, but explain if they respect their body, the lessons will kick in . teach your kids options, like sweet potato fries, veggie burgers, whole grain pasta with veggies, cook with them, this goes for boys and girls,

19) [www.simplyrecipes.com](http://www.simplyrecipes.com) how to make healthier spray cleaners: 1 cup white vinegar, 1 cup water, 1 squirt of original Dawn dish soap and a spray bottle. If you don't like the strong vinegar smell you could combine it with lemon peels. For larger bottles: 2 cups vinegar, water, and 2 squirts of Dawn.

20) [www.sistersnetworkinc.org](http://www.sistersnetworkinc.org) In NYC chapter of Sisters Network inc national African American breast cancer survivorship org.

Community news: SIUH north: chair yoga, breast cancer support group, all cancer support group, and caregivers support group. 718-226-8888

Breast cancer support group: 3<sup>rd</sup> Sat. of month 12-1:30. 475 Seaview Ave, 2<sup>nd</sup> fl. Regina McGinn Section. Free refreshments

Chair yoga fri 1-2 1/5, 12, 19, 26 at 256C mason Ave 2<sup>nd</sup> fl pediatric gym

All cancer support group 1st Wed each month 12-1:30. 256 C mason ave, 2<sup>nd</sup> fl library

Little victory theatre 4089 Victory Blvd. upcoming show: Agatha Christie's Murder on the Orient Express - March 1, 2, 3, 8,9, 10

Seaview playwrights theatre 460 Brielle ave: presents Bill W. & Dr. Bob – the two men that created Alcoholics anonymous in 1935. A lot of laughter/some tears. February 10, 11, 16, 17, 18

Ghostlight players will perform the musical Urinetown at Hemsley Hall in Richmond town on February 1, 2, 3, 4, 8, 9, 10

SI Shakespearean theatre company upcoming : The Cherry Orchard by Anton Chekhov: March 15, 16, 17 , 22, 23,24 at SI playhouse at Empire outlets

JCC offers a senior program CLLD: fitness, lunches, dif classes, att for 3.00 donation. And Thurs night eat/dance. Van service is available too. You must first sign up for the program, its free to sign up.

Prepared by: Debra Santulli-Barone