

Cancer Concerns Chat

March 13, 2011

tauruslady	Hi Collili
collili	hHello All
tauruslady	Glad you could make our first Cancer Concerns chat!
tauruslady	So far you have the hostesses here waiting to welcome people and get conversations started once we get more people here.
tauruslady	Chats usually take a few minutes to get rolling as people find their way here.
collili	Sounds good
tauruslady	Have you been to any chat before?
collili	No this is my first time
monami	Well, we're happy you're here!
tauruslady	Well you can change the color of your font by using the artist palette (first icon)
tauruslady	You can select an avatar by using the theatre masks (icon to the right of the smiley face)
tauruslady	Hi Phitne
monami	Like this!
Phitne	Hello Ladies!
monami	Hey, P!
tauruslady	:)
tauruslady	The little smiley face of course gives you some icons to use. if you like
Phitne	I hope to learn a lot of information from this chat today. I had set a reminder to attend.
soromer	Hi, everyone
tauruslady	We hope we can share information and offer support
tauruslady	Hi Soromer
Phitne	Hi Soromer
collili	Hello
tauruslady	You can select an avatar by using the theatre masks (icon to the right of the smiley face)
tauruslady	You can change the color of your font by using the artist palette (first icon)
monami	I hope everyone remembered to spring forward. :)
Phitne	yep!
tauruslady	Most of you probably know that Monami and I are hostesses on the cancer concerns forume
tauruslady	Monami, I didn't hink of htat.
monami	I didn't realize it when we set the date.
tauruslady	Fritizi64 is also a hostess she does a lot of work with facebook, the pre-op forume and the newsletter.
monami	Fritzi rocks!
fritzi64	I'm mostly here for tech support today :)
soromer	Huh, I can't figure out how to get the avatar to stick
soromer	not that it's a big deal
soromer	oo
soromer	there it is!
monami	Cute!
tauruslady	sigghhhhh wireless connection wants to drop....
soromer	we'll be here
fritzi64	I keep thinking I need to find new avatars..maybe soon

monami	You'd better not go anywhere, G!
tauruslady	this will be an informal chat so what types of things were you hoping to find information out about.
tauruslady	Anything specific
monami	Don't be shy.
soromer	I start chemo on Wednesday this week. Cisplatin and doxorubicin.
soromer	I am also very apprehensive about the CT scan I had last week--as in, there is probably worse news to come at my consult tomorrow. :(
soromer	Hi Grace
Phitne	Different treatments ppl are on and how they are working for them. I know every person is different. Just in case my treatment Megace is not working. I want hysterectomy to be my very last option.
tauruslady	Soromer - is it the cancerhead that is making you think there is bad news or you know something for sure????
monami	Now, you don't know that you're going to get more bad news. That's just the cancerhead talking.
soromer	Yes, I'm sure it's cancerhead; I don't KNOW for sure there's anything more to hear.
tauruslady	Hi grace - so you are dealing with hyperplasia with atypia???
soromer	I didn't expect the path news to be so bad after surgery, so now I'm bracing myself, I guess.
tauruslady	((HUGS)) Soromer - you can hope it is good news and not bad (although cancerhead doesn't like us to do that).
soromer	Thanks, tauruslady. I am working on my positive thinking habits!
graceinspace	Hi everyone, sorry I'm late logging in. Does anyone know of an Ovarian site as good as this one with regard to forums, the ability to see only Posts since your last login, etc? I'm not finding any really good ones. OvCA - start chemo (tenatively 3/24)
tauruslady	Phitne - i'm sorry I misread - are you dealing with hyperplasia with atypia.
tauruslady	Grace - we have many members who have Ovarian cancer on the forum.
Phitne	Soromer you always have to think positive. I know it maybe hard u have to think positive.
tauruslady	I don't know of another site only because that isn't the type of cancer that I had.
Phitne	Tauruslady can u tell me what is the difference between both. I'm new. I was told that I have endometrial cancer.
monami	I don't know of any other sites, either. Sorry!
soromer	Most of the time I'm doing OK. I'm mostly calm and productive, and getting things organized. Just sometimes I have my panic moments.
tauruslady	Complex hyperplasia with atypia is usually considered pre-cancer
graceinspace	I'm using a cookbook called "The Cancer Kitchen" that I hope will be good for chemo side effects. Any others to recommend?
Phitne	ok. I guess i have some questions to ask the Dr.
tauruslady	Phitne - If you have Complex Hyperplasia with atypia that is considered pre-cancer
soromer	I picked up two: the Cancer Lifeline cookbook, and One Bite at a Time. But no direct experience yet with any of it..
tauruslady	If you are young and trying to preserve fertility some Drs will try megace to reverse things
Phitne	Yes, I am 34 with no kids and want to have some.
soromer	I hope it will work for you, Phitne.
tauruslady	However it is not considered to be a permanent fix and if you become pregnant than a hysterectomy will be done after the pregnancy.
tauruslady	Also with the megace you will receive more frequent biopsies to see

	if it is progressing to cancer.
graceinspace	thanks, a good book for "cancer head" is "There's no place like HOPE"
Phitne	That would be fine with me. As long as I get to have a healthy kid.
Phitne	Yes, I am on my 4th D&C
soromer	Thanks, Grace, I will look that up.
tauruslady	From what I know and have read, monami you can confirm, it is pretty much believed that complex hyperplasia with atypia will go to endometrial cancer.
monami	That is my understanding as well. The Megace is NOT a cure, just a delay.
tauruslady	I think we've had one thread recently where a member's Dr. felt that hers had been reversed maybe permanently but I hadn't heard that before. Maybe he could tell if hers was really early stage.
tauruslady	I had endo cancer stage 1a and grade 2 so cancer was considered the only thing I needed to do.
tauruslady	*surgery*
graceinspace	My DR wants me to go 8 rounds of 21 day cycles of chemo...he says if I can handle the fatigue. Any tips on dealing with chemo fatigue?
monami	And, I had cervical adenocarcinoma IAI, so surgery was my only treatment as well.
Phitne	I think i read that post about the lady being cured and she went on to have kids.
soromer	I really don't want to borrow trouble, but I also want to be as prepared as possible for chemo. What has helped people get through it?
Eifelfee	hi
collili	[b]Did any of you continue to work with chemo treatments?
tauruslady	:hi: Eifelfee
Phitne	Hi Eifelfee!
soromer	Hi, Eifelfee
tauruslady	I don't know if we have anyone here that is that far through chemo and radiation :(
tauruslady	So all I can do is go on what I've read in threads
Eifelfee	i just one crycle
monami	I think some good advice is just to take one day at a time and not try to do to much. From what I've read on the boards, the chemo experience varies quite a bit as well.
soromer	right, I've seen that too.
tauruslady	How many cycles is everybody having to take?
Eifelfee	i have to take 6
collili	I think just 3 but I have my chemo consultation this Tuesday.
soromer	I'm scheduled for 6 rounds of chemo every 28 days. Unless the radiation happens in month 3-4, which will postpone the chemo.
soromer	but I don't know what determines the scheduling of the radiation.
monami	Ladies have good days and bad days. So, appreciate the good ones, but don't get too depressed on the bad ones. Keep in mind THIS TOO SHALL PASS. And, you've got LOTS of prayers and good vibes coming your way.
collili	Thank you Monami
Phitne	I second what Monami said! :)
Eifelfee	monami you are so right about that
soromer	I think you read my mind, monami. Today is a bad day; we're overwhelmed.
tauruslady	I know that with both chemo and radiation it is recommended to make sure you take the meds that help with things like nausea
Eifelfee	my joints hurt today and my scalp is itching

monami	Oh, and be sure to take them as directed. I think you're supposed to take some in advance of the treatments.
tauruslady	Also rest when possible, some people can keep with a slightly more normal schedules others need to rest mre.
tauruslady	*more*
soromer	When did you have chemo, Eifelfee and what did you get?
soromer	I'm sorry you're feeling uncomfortable.
Eifelfee	My first one was 4 march
Eifelfee	and i got carbo andtaxel
soromer	What are you getting treatment for, Eifelfee?
tauruslady	Hi oncidium
graceinspace e	I went to the "Look Good, Feel Well" class with the ACS and the women there were great! We tried on make-up, laughed and learned how to try our scarfs. I'm like you Eifelfee, getting carbo and taxotere...not looking forward to my hair loss.
Eifelfee	ovca
monami	hi, Oncidium!
oncidium	hi all
Eifelfee	stage1 grade c
tauruslady	It might be good to find out what types of cancer is everyone dealing with.
soromer	Hi, Oncidium
Eifelfee	hi oncidium
monami	I've always thought those LGFW classes would be great.
soromer	I'm planning to go to one soon. Have a lot of calls to make this week, too.
soromer	This is very time-consuming!
Eifelfee	what is that
tauruslady	It is a good reminder to check with your local American Cancer Society to see what types of services they have available
monami	Yes, S, it's a full-time "job."
graceinspace e	OvCA - Stage III B or C (one report says B, another C) - grade 2
tauruslady	(((hugs))) Soromer, you are right there.
soromer	I have EndoCa, Stage IIIC, found in lymph nodes & cervix.
soromer	grade 2
collili	Initially I was grade 1A but my cyst ruptured during surgery so it is now considered grade 1c ovarian cancer
oncidium	no c dx here...going in on thurs to remove solid mass...serious lurking on the cancer concerns board since I found out a week ago
monami	E -- You mean "LGFW"? I just abbreviated "Look Good Feel Well."
Eifelfee	wednesday they have look good feel better at my cancer center
soromer	oh, bummer :(Sorry that you have that extra wrinkle.
Phitne	EndoCa, Stage I. Wanted to have kids since getting married. Periods were irregular, had a D&C done and found cancer.
soromer	I hope you have an all-clear, Oncidium.
graceinspace e	Collili, mine burst too...you'd think they'd bag em first, wouldn't you?!!!
tauruslady	Yes Oncidium - sending positive vibes that you are all clear an dno cancer.
monami	welcome, ladies!
fritzi64	Welcome PattieO and divadidi
collili	Yes!!!
soromer	Hi, PattieO, Thank you for your post on my thread the other day!
tauruslady	Hi PattiO and DivaDidi
oncidium	me too, thank you. There are some causes for concern but hopefully will be ok. You guys have been great support though reading so

	many of your stories
tauruslady	We have some awesome people here.
oncidium	just knowing there are so many strong women out there dealing with stuff helps
monami	Oh, yes, fingers crossed big time!
soromer	I agree.
PattieO	Thanks everyone... this is my first chat and it took me a while to get on.
divadidi	same here
tauruslady	NP, glad you could make it.
Eifelfee	tauruslady yes we do
soromer	I thought you were a veteran ;)
oncidium	had partial hysterectomy 4 yrs ago and this board was a great resource then too
PattieO	Not in chat rooms
tauruslady	We have been talking about what stages and grades of cancer
tauruslady	also questions about dealing with chemo & radiation. the fatigue and that sort of thing.
tauruslady	Oncidium so is it an ovarian mass that they are seeing?
collili	Do you know how soon after consultation you start chemo? I am just anxious
Eifelfee	how about nothing taste right
oncidium	@tauruslady having sx for a while now, mostly intermitent bouts of severe pain
Eifelfee	My mother in law tells me to eat nothing taste right
soromer	Hmm. Good to know about that possibility.
oncidium	had tvus with nothing beginning of jan with elevated ca125
monami	I knew a lady who ate mostly tart things during chemo as they seemed to taste "right" to her.
soromer	So what do you eat?
oncidium	last week tvus saw solid mass and ca125 had doubled to 102
Eifelfee	lemonade taste good
soromer	hmm.
tauruslady	((((bighugs)))) Oncidium - if crazy things happen we are here.
Eifelfee	eggs
monami	Yes! She ate lots of lemon pie. Interesting.
oncidium	thank you
Eifelfee	cream of wheat
soromer	Oh, right, I have read that sweet things are not easy.
oncidium	Lemon pie doesn't ever sound good to me :)
soromer	(((Oncidium)))
oncidium	thx soromer
monami	:)
Eifelfee	nope even chocolate
Eifelfee	sad
collili	How soon do you lose appetite after treatment?
soromer	wow. good to know; I won't lay in any!
Eifelfee	couple of days
soromer	Hmm. Pretty quick, then.
collili	Thank you
soromer	When do you have your next one, Eifelfee?
monami	When my dad did chemo, he drank a lot of nutrition-type drinks.
Eifelfee	25, march
soromer	so every three weeks.
Eifelfee	yes
oncidium	Did anyone havve dx change after the inital one in the OR?

Eifelfee	monami water doesnt even taste good
tauruslady	I was diagnosed from my D&C, after my surgery all that was found was complex hyperplasia with atypia.
monami	:(
graceinspace	What did you take to the chemo that was helpful? Magazines? Books? Blankets?
tauruslady	so luckily for me things went from the bad to better.
monami	I know. He mixed his with milk . . .
Eifelfee	i had a tv and i took a book
soromer	Not really. Before heading into surgery, I was a clinical stage I; at surgery, it became IIIC because of one lymph node. Pathology also found another lymph node and cervical involvement, but didn't change the stage.
Eifelfee	oh i cant stand milk
oncidium	good to look on the bright side @tauruslady!
Eifelfee	i love yogurt
oncidium	if you don't mind me asking, how did they know you were stage 1 prior to surgery?
soromer	and you can still eat yogurt OK?
tauruslady	my mom ate bags of lemons (rinds and all) before being diagnosed with her endometrial cancer!
monami	Maybe think of food/drink as energy to help fight the stinking cancer. You know, fuel for your engine!
oncidium	was it found during hysterectomy then you had to have followup surgery?
graceinspace	Does anyone have a chemo CD/MP3 hypnosis or meditation CD to recommend?
collili	I didn't find out about cancer until after surgery didn't plan to have hysterectomy either.
Eifelfee	yes peach is the best
oncidium	woah I love lemons but not that much!
soromer	It was a clinical staging--old-fashioned--the gyn-onc said that judging by the way my uterus and ovaries felt, it was a pretty good bet it was contained.
oncidium	meditation/yoga nidra...Rod Stryker Highly recommend
monami	There was a discussion on the board about a med CD, but I can't recall the name.
oncidium	thx soromer...I think me not having my uterus makes this a little more difficult
soromer	about 10-15% turn up with surprises in surgery. And then, unfortunately, a little part of one node wasn't removable in surgery. It is stuck to an artery.
tauruslady	I have one on reducing stress and anxiety that I like (can't remember the name).
soromer	That's a great question about tapes/CDs. I will look it up.
Eifelfee	i had bad pain in right ovary and they took it out thats how they found out that i have ovca
collili	Me too Oncidium
oncidium	Do any of you guys do yoga? Some kinds are wonderful for relaxation/pain mgmt.
tauruslady	There was one on the threads by a person named Belleruth Naparstek but I haven't used those.
soromer	I have done a little before but am taking it up again.
oncidium	#eifelfee was it constant pain? I've had low level pain and at times excruciating. Had to go to ER last Feb.
PattieO	I used to do yoga, but all of the new belly fat gets in the way of a lot of poses

soromer	I just got one by Naparstek and will let you know how it is. I had a workshop with someone who had trained with her--and she was great.
graceinspace	I do restorative yoga classes since I'm only 6.5 weeks out of TAH. They do help and stimulate the lymph system
monami	PattieO -- :p
PattieO	What poses are in restorative yoga
soromer	restorative yoga, good to know. Where do you live?
oncidium	Glad to hear some of you are utilizing yoga...I'm a teacher so a little biased!
soromer	a-ha! ;)
oncidium	One of the best restorative is legs up the wall (jsut like it sounds)
Eifelfee	oncidium no came and left until i couldnt walk
oncidium	Cincinnati
soromer	I worry about lymph node stimulation, since I have some involvement already. I don't know if it's good, or not.
tauruslady	We have a lot of Ohio people in this chat.
oncidium	ugh sorry eifelfee, mine comes and goes too so just wondered
soromer	I'm in Michigan.
graceinspace	Redding CA - restorative involves lots of supported positions with pillows, blankets and slow gentle movements, and of course yoga breathing.
Eifelfee	New jersey
collili	Los Angeles
PattieO	Illinois
oncidium	lots of great studios in michigan! One of the girls I trained with owns one up there...the funky buddha :)
PattieO	Love that name
soromer	funky buddha, funny name. Where is that?
oncidium	Yes! Breathing exercises too! Great for when you don't have energy for anything else.
soromer	Just remembering to breathe is really helpful. Sometimes the best I can do....
oncidium	grand rapids, but mostly power there
PattieO	I just try to get in a lot of walking but with the winter we have been having it is hard.
Eifelfee	i love to walk but right now it hurts
oncidium	soromer have you tried alternate nostril breathing? Very relaxing and soothing
PattieO	Try for small walks and gradually increase distance...
soromer	I've been walking, too. Really, since surgery I have felt pretty good considering. Three weeks on Tuesday after a DaVinci.
Eifelfee	i went to walmart today and boy was i happy to see my couch
oncidium	ok guys, thanks for letting me join in for a while. I'm going to go back to getting my office all clean so my hubs has a good place to work when he's home with me on Sunday.
oncidium	Thursday, I mean :)
soromer	No, re the alt. nostril breathing, but I will look it up.
tauruslady	bye oncidim
monami	bye! keep us posted!
oncidium	bye all! Best to all and big but gentle hugs. Do yoga :)
soromer	Bye, Oncidium. Thanks for the tips; good luck ((hugs))
oncidium	I will!
Eifelfee	bye oncidium
tauruslady	What other topics or questions do we have?
Eifelfee	got to go get a class of lemonade be back in a sec
soromer	Lotta stress in my household. My H wishes he could make

	everything all better.
monami	Men are "fixers."
PattieO	Is there anything one can do to get rid of abdominal pain (probably from adhesions)
soromer	He definitely wants to be. Finds it frustrating.
monami	Meaning, they like to be able to fix things, and sometimes get frustrated when they can't.
collili	I was wondering if I should extend my disability for my chemo I think I will. My oncologist said I can go to work but I can't work in pain!
tauruslady	Pattie - are you at a point where you might be able to have some massage to try to break up the adhesions a little?
Eifelfee	adhions ioh boy
PattieO	I have had some massages since surgery (3 yrs ago) but no one will go near my stomach and 7" long incision scar.
monami	C -- you could extend it, then go back early if you feel like it.
Eifelfee	i had that one to it was so bad ididnt had a BM so everything came up
tauruslady	Collili - That can be very different some people are able to work a bit others are so worn out. So as monami said you could go extend and go back early.
PattieO	c: I agree with monami... you know your body better than anyone
soromer	Oh, Eifelfee, I am sorry it was hard for you.
collili	Ok.....thank you
monami	((E))
Eifelfee	so 5 weeks after my hyst i had another surgery day after xmas
monami	Good grief!
tauruslady	Pattie - not even a medical massage therapist?
PattieO	Where would I find one of those?
Eifelfee	it was bad but now i keep in eye on that
collili	I am so sorry Eifelfee
soromer	I would think your gyn-onc service would have some referrals, Pattie
graceinspace	For me it's hard to feel like I need to be "up" with everyone...i know the value of being positive, but I also need to be able to say sometimes that I'm afraid. And that I don't want to die and know it's a possiblity. People who say to me "well, we all have to die sometime." aren't looking the gun down the barrel.
soromer	but maybe not.
soromer	I hear you, grace.
PattieO	He's not much help in a lot of areas... just tells me to see my PCP which I do not have
tauruslady	I know we have some at one of the women's centers at one of our hospitals.
collili	Ditto Grace
soromer	That's the hardest.
monami	I think "people" in general don't really know what to say, so sometimes, they get foot-in-mouth disease.
PattieO	The massage therapist I see now works in the breast care center... I would think she would be well-versed in the area
tauruslady	pattie - I would agree, what does she say about it.
PattieO	Love that... foot-in-mouth... will have to use that... probably not so far away
soromer	Not too many people are comfortable with tough subjects like this.
Eifelfee	soromer you right about that
monami	You know who you can REALLY talk to, express those fears and the like which you need to do.

tauruslady	I know when I went for Pelvic Floor PT that they would do internal and external work with women to help if there were issues with the vagina closing from treatments.
Eifelfee	i have a great mother in law and my hubby is great too
Eifelfee	my sister in law is awesome
soromer	It's really hard on my H. We've talked some, but it's not easy. can't talk with my kids about it, not really.
PattieO	Even though family can be great, sometimes we just need this place to discuss our greatest fears and not load the family with more stress
soromer	exactly.
monami	Sometimes, it's easier to give the "I'm doing fine" to casual type folks. At least, that's been my experience.
soromer	I can see that.
tauruslady	My hubby and some friends were very helpful but luckily I have a counsellor who took a lot of heat off of them and me. i didn't have to be up or "get over it" on someone else's timeframe I could do it on my own.
Eifelfee	Pattie you right about that i cant talk about everything
monami	Oh, yes! I wish I had found this site before my surgery.
graceinspace	I am seeing a therapist because I don't want to overwhelm my family and friends. It's hard on DH because I'm worried he can't express his fears too. I've asked other men whose wives have been through this to check in with him.
PattieO	grace: that is an excellent idea... Unfortunately I didn't know any other women that had gone thru this.
soromer	I'm likely to look up a therapist. And yes, one of my friends whose wife had BC last year actually offered to talk with us...but we haven't set up a time yet.
soromer	There's a couples' support group possibility in town, I think, if we can make the schedule work.
PattieO	I know that I took the time to make sure any banking matters were jointly-held. Just in case
soromer	My H and I are very newly married--last July--so we still have a ways to go in combining things.
monami	It sounds like you guys have some really good support systems. It's o.k. if everyone in your circle doesn't quite hit the mark.
Eifelfee	soromer i got married in Aug.
soromer	Congratulations, Eifelfee!
monami	Wow!
collili	Yes Congratulations!
Eifelfee	thank congrats to you too
soromer	Heck of a first year, eh?
graceinspace	Here's a LOL for you: I was rubbing vitamin E oil into my 34 staple sternum to pube scar and kind of lamented about it to DH...he said he just thinks of it as a directional arrow to a good time! Made me laugh and realize how lucky I am.
soromer	that's nice :)
tauruslady	:D
monami	:)
tauruslady	I love that
Eifelfee	lol
monami	My DH calls me his "Stitched-up Sally" (from Nightmare Before Christmas)
PattieO	:}
Eifelfee	lol
tauruslady	:}

graceinspace	LOL
monami	And, he's tall and bald with a big mouth . . .
tauruslady	Ohh too funny
PattieO	too much info
tauruslady	LOL
Eifelfee	lol
monami	HAHA!
monami	Laughter is the best medicine, right?
PattieO	absolutely
soromer	That is funny, really. No question about it!
tauruslady	Patti - I was just thinking....I wonder if an acupuncturist could help you with your pain?
graceinspace	How are people doing with their ports? Mine is two weeks old and is still a bit tender. It's still hard to sleep on that side.
soromer	Ports?
PattieO	Definitely something to look into.
soromer	Does everybody have to get a port??
Eifelfee	dont have one
tauruslady	I went to one for nerve pain in my groin area from the lymph node dissection and he was helpful....also good because he is a certified oncologist.
PattieO	It makes it easier so you don't have to get stuck all the time
collili	I don't know yet.
monami	If you don't have good veins, it might be a good idea.
tauruslady	Soromer - I think it depends on how many cycles / rounds. As Pattie says makes it easier than getting stuck.
soromer	I got such a bad reaction from the tape over my incisions, my skin would go raw in a week.
Eifelfee	yeah i think i will get one because my right arm is hurting
monami	Or, even if you do have good veins, depending on what your schedule is.
soromer	Another q for the doc, obviously :)
graceinspace	The port REALLY helps if you are in for a long chemo haul. Be sure to ask to lidocaine cream for the first stick. My cousin told me lemon drops helped her deal with the saline wash taste in her mouth when they flushed it.
collili	Yes, I am writing all this down!
PattieO	Yeah, soromer..just keep a notebook handy and keep writing them down.
Eifelfee	i will ask my doc on tuesday about painkiller
graceinspace	I should have said you put the creme on about an hour before you get the chemo.
PattieO	I think I drove my gyn/onc nuts with all my questions... he took to answering them while my feet were still in the stirrups.
soromer	what does the lidocaine cream do?
monami	multi-tasker
tauruslady	My gyn-onc told his nurse he felt like he was sitting for exams.
soromer	lol
graceinspace	It's a topical anesthetic
monami	lidocaine helps numb the area
soromer	well, I REALLY want to ask a lot of questions, so I appreciate the encouragement.
tauruslady	Fritizi has generally offered to make a transcript of the chat and post it in the chat area
soromer	I HATE not knowing what's going on with my body.

PattieO	That is the best way to find out things
collili	Thank you Fritzi
tauruslady	When you go to the chat room there is a tab for transcripts.
collili	Thanks
soromer	Thanks, Fritzi
PattieO	Thanks Fritzi... this is all so new to me
monami	I told you, she ROCKS!
fritzi64	You'll click on the Archives tab, and you'll see the caht transcripts there.
fritzi64	aw, shucks
tauruslady	That's what got me the most was knowing I was doing a bunch of healthy things and I got cancer.
collili	Me too Pattie
soromer	So on the threads I see that there's a big range of how ppl's gyn- onc's are, and what they provide.
graceinspace	Has anyone read Sexy, Crazy Cancer Tips...I think that's the name of e the book. It's really helpful Soromer in coming to terms with loving your body.
tauruslady	Fritzi is the bestest :}
soromer	no, what's that, g?
tauruslady	Anybody go through or experiencing what they think is depression from all of this?
collili	Yes
tauruslady	That was something that happened to me...clinical depression. that hit me hard
PattieO	I went thru the depression prior to surgery... I now think it was estrogen driven.
soromer	I've been very moody, but not clinically depressed.
soromer	I do have some measure of SAD, so it's a darn good thing I'm going through this in the spring!
collili	Between the sudden surgical meno and the cancerhead I am very emotional
tauruslady	That was a tough one for me...unexpected cancer dx, surgical menopause and a few other things thrown in and all I can say is thankfully I had a counsellor.
Eifelfee	moody yes and i have days when i dont want to talk to anybody
PattieO	Yeah, I found the best thing for that,... Just got back from Arizona... A week of all sun
graceinspace	YES...and all the stages of grief, sorrow, rage, denial...and e occasionally acceptance. If I see this moving toward depression (I have had it before), I'm going for meds which helped me in the past.
tauruslady	Me to Collili
soromer	oh, nice, Pattie!
soromer	I don't have a lot of acceptance yet ;) The others, yes.
monami	welcome, Vernheim
tauruslady	G - I ended up there and it was tough...I thought I should be able to handle it but all things added together nope....needed meds for the 1st time.
Eifelfee	vernheim hi
PattieO	vernheim welcome
soromer	He, vernheim
tauruslady	Hi Vernheim - any particular things you came to find out?
soromer	Hi, that is
Vernheim	Hi Everyone
Eifelfee	i dont want to take any meds
tauruslady	E - i wish but there was no way I was coming out of it without them.
monami	I took some during my dad's illness, and it really did help.

soromer	Lots of things can help instead. Exercise, companionship. Depends on how bad it gets; sometimes the drugs are what pull you out.
collili	I took meds before and it helped me.
soromer	I'm taking Ativan at least once a day most days.
monami	Yes, and you might not need to be on them forever.
Eifelfee	so far im doing good
Vernheim	I am currently in chemo for Endo (Stage 3A Grade 1-2) with my third infusion this Friday. Going well, although I had a rough weekend last time one week after. But I think if was my own fault: not enough water and I was eating too much and wrong things. I am just dealing with the usual Cancerhead of will I survive?
graceinspace	No shame in taking meds - the brain chemistry just doesn't kick in correctly sometimes, especially after what should be a short-term, situational depression. The meds just help jump start it back. Usually you don't have be on them forever. I will say I had to try two or three until I found one that worked.
tauruslady	G - me too.
graceinspace	Vernheim, how much water should we be drinking?
tauruslady	(((hugs))) Vernheim - ugggh to cancerhead and "will I survive"
collili	Do you have to drink alot of water? Boy am I in trouble!
monami	V -- this time, you'll know to stay hydrated and watch the food. :)
Eifelfee	grace al lot i drink a least 6 bottles a day
soromer	Hey, Vernheim, I have IIIC endoca. Good luck to us both!
soromer	6 bottles, how many ounces?
Eifelfee	i dont eat much nothing taste right
Eifelfee	1 pint
soromer	V, what kind of chemo are you getting?
monami	We hate cancerhead!
graceinspace	Whoa...64 ounces? I'm trying to build up, but only doing 32 oz a day right now
tauruslady	V - (((hugs))) for the cancerhead and will I survive
Vernheim	You betcha. That was not pleasant. I think I am supposed to have 6-8 normal glasses of liquids a day. But I started drinking a lot after the bad weekend.
collili	I heard that water will taste like metal.....
Vernheim	I am on carbo/taxol for 6 cycles, then radiation after that.
Eifelfee	no i get a film (spell) in my mouth
tauruslady	We will be closing the chat room in 15 minutes.
soromer	Similar to my protocol, V.
monami	Last call?
Vernheim	The water does taste like metal especially if it is treated (flouridated).
soromer	Ah, good to know.
tauruslady	Almost last call....I don't want to shut down any good discussion but wanted people to get their questions out there.
Eifelfee	i i drink bottle water
Vernheim	Yes, I drink Brita filtered or selzter with lime or lemon
Eifelfee	i tried pepsi this afternoon YUK
graceinspace	Thanks for the support and info. Let's stay in touch via our Cancer forum. Hope is like a gift, both to give and receive. Be strong Sisters.
collili	How soon after consultation do you usually begin chemo? Mine is Tuesday
PattieO	I wonder if just getting the ct scans and bloodwork is enough... Sometimes I wonder if the little cancer cells are lurking still... Made it to the 3 yr mark and was told that that was pretty good.

collili	Yes Grace
Eifelfee	grace please do
monami	see you on the boards, grace
tauruslady	bye grace
soromer	Thank you, grace. Sounds good to me. Hope and Humor--Beat that Tumor!
collili	Congrats Pattie
soromer	Good to hear, Pattie!
soromer	Thanks for running the chat, tauruslady and monami.
Eifelfee	thank you ladies
soromer	Thanks for everyone for being here, chat and forums both.
tauruslady	You are most welcome. We hope it has helped
collili	Yes thank you ladies
PattieO	Yes thanks
monami	Pattie -- I think we all wonder that. Nothing is going to be 100%, but we do the best we can.
Eifelfee	it did
tauruslady	It wouldn't be successful without all of you.
soromer	How often are these cancer chats scheduled?
tauruslady	Soromer ---- good question
monami	Yes, I've really enjoyed this!
Eifelfee	me too
PattieO	Ladies have a great rest of the weekend.
tauruslady	This one was a dry run to see what kind of turn out we would get and what people would think of it.
collili	Ditto
tauruslady	Bye Pattie
soromer	Ohh. Well, it was helpful for me.
Eifelfee	Bye pattie
monami	That's right. You've all just made history.
Eifelfee	me too
monami	Later, Pattie
collili	Hugs
Eifelfee	Hugs to all of you
tauruslady	let us know what you think....maybe we do 1x a month or something like that.
soromer	I think (considering the chemo and radiation questions) it'd be helpful to have more input from those on the other side, too. But this was also perfectly fine.
Eifelfee	Have a nice sunday
Vernheim	Once a month sounds good.
tauruslady	we'll see what we can do.
Eifelfee	yes it would
monami	Bye, E!
soromer	Yes, me too.
collili	Have a nice Sunday and thanks again
soromer	Thanks again, all. Best of luck to everyone for a good and optimistic week.
tauruslady	Everyone enjoy the rest of the weekend and definitely thank you for coming!
tauruslady	We will see you on the boards
monami	Thank you! Thank you! Thank you!
Vernheim	Bye everyone. I have to get a glass of water! Ha!
monami	:)