



# THE LIGHTHOUSE

*To Inspire, Inform and Educate!*

## Breast Prosthetics vs Summer - Which will prevail?



**Now that the Dog Days of Summer are here – Are you ready for the beach and pool season?**

It's only natural to be fearful about being seen in swimwear after surgery, but there's no need to be. After breast cancer treatment sometimes there is often more than just a physical recovery, there's a psychological element as well. Things as simple as going swimming at a public pool becomes more complicated. Some women find it challenging to wear swimwear again, but post mastectomy swimwear is designed to make you feel more secure and comfortable.

Here are some of the common features of post mastectomy swimwear that are designed to make you feel comfortable.

### ***Breast Pockets***

These work to keep prosthetic breasts in place. Removable soft cups are designed to smooth natural breasts. These can be removed and breast forms can be inserted in their place.

### ***Adjustable Straps***

This allows you to balance the inserts and keep breasts symmetrical. Swimsuits that fit snugly help to keep your natural breast and the prosthesis firmly in place against the chest.

### Tips for Enduring the Dog Days of summer!



**Stay Hydrated**



**Limit expose to  
direct sun light**



**Cover your skin  
where possible**



**Use sunblock**

### *Defect Concealment*

High arm openings, wide straps, and a high neckline hide potential scarring. Choose between more or less coverage depending on your scarring and preference. Tummy control features firm and flatten the belly.

These are just a few features but there are numerous options to choose from in post mastectomy swimwear. As with many things in life, you should put a premium on comfort when choosing a swimsuit. So find the right swimsuit for you and get the summer fun started.

Call or visit us at BFRIN to discuss which swimsuits options are best for you.



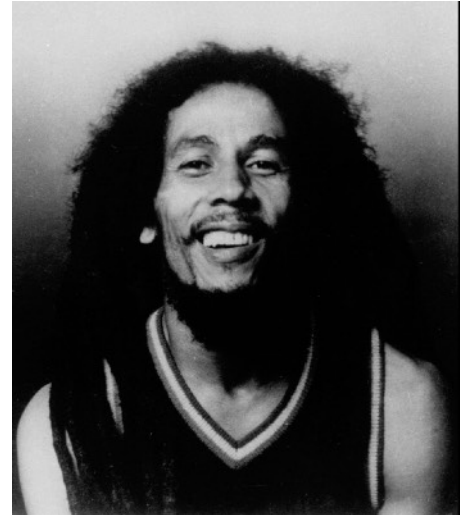
## The Truth about 'People of Color' and skin cancer

Many people of color believe that skin cancer is a white person's disease. Dark-skinned people produce more melanin — the pigment that gives skin its color — than Caucasians. Melanin helps block damaging ultraviolet rays from the sun and from artificial light sources such as tanning beds, giving people of color greater protection against skin cancer than whites. But they still are susceptible.

To be sure, melanoma is many times more common in whites (1 in 50) than in African Americans (1 in 1,000) or Hispanics (1 in 200). But the danger for affected people of color is greater: The five-year survival rate for African Americans is 73 percent, compared with 91 percent for Caucasians, according to the American Academy of Dermatology. That difference is probably due to later diagnosis and treatment: The initial melanoma diagnosis is not made until the disease is at an advanced stage for an estimated 52 percent of non-Hispanic blacks and 26 percent of Hispanics, compared with 6 percent of non-Hispanic white patients, according to the Skin Cancer Foundation, a public education and research organization.

You or your physician shouldn't dismiss any new or changing skin lesions on your body, especially nail changes. If somebody has a wide, dark streak under a nail or on the edge of the skin where it meets the nail, it is very important to have it evaluated, especially if it is something that persists and is wide and solitary.

Therefore, take the same precautions that Non-Blacks take in caring for their skin. Take nothing for granted, if you see spots on your skin, have it examined. It could mean the difference between live and death. - Excerpt from *The Washington Post*. By Marlene Cimons August 4, 2014



Reggae star Bob Marley died in 1981 at age 36 as the result of a skin cancer initially thought to have been a bruise under his toenail. (Associated Press)



## **BFRIN** ANNOUNCEMENT

### **Swimming Breast Prosthesis**

Whether you're at the beach or poolside, BFRIN offers a wide selection of breast forms at *unbelievable prices*. These breast forms allow for water to move freely behind the form for greater comfort and security.

### **DID YOU KNOW?**

#### **What you Eat Matters!**

**The most cancer causing foods are:**  
Refined Sugars, Flour, Soda,  
Microwave Popcorn, Canned Food  
produced with BPA, Processed Meats  
and Hydrogenated Oils

**Eat these Foods instead:**  
Green Tea, Berries, Tumeric, Garlic,  
Kale, Avocados  
and yes, even Dark Chocolate!!

The **purpose of the LightHouse Newsletter** is to offer Hope and Encouragement to those individuals who battle cancer and their loving families and friends, who support them. We aim to INSPIRE, INFORM and EDUCATE. We strive to keep you up to date on products, services and developments related to cancer treatment and post surgical care. Like a literal lighthouse, our mission is to guide you on your post-operative journey, providing practical insight and informative discussion that contribute to your overall health and well-being. This Newsletter is the intellectual property of BFRIN.org. 7176 Marshall Road, Upper Darby, PA 19082.