

# Sharing with Friends

April, May & June 2025

A newsletter for breast cancer survivors

## Study Links Processed Food and Alcohol Consumption to Increased Breast Cancer Risk

Cindy Malerba, M.A., Sharing & Caring Program Coordinator

In the article, "Degree of food processing and breast cancer risk: a prospective study in 9 European countries," by Cairat et al. (2024) from the journal, Food Production, Processing, and Nutrition, the authors review data from the EPIC-Oxford cohort, in relation to the NOVA food classification system, to determine which foods may or may not contribute to increased breast cancer risk.

The European Prospective Investigation into Cancer and Nutrition (EPIC) study started in the 1990s in the UK to "examine how diet influences the risk of cancer," and the EPIC-Oxford cohort is one part of the larger EPIC study ("Oxford Population Health," 2024). For Cairat et al.'s (2024) review of the EPIC-Oxford cohort data, they looked at 318,686 female participants, of which 14,933 positive breast cancer cases were diagnosed (p. 1).

### **NOVA food classification system:**

The NOVA food classification system emerged out of research that began in the late 1940s by Brazilian epidemiologist, Carlos Augusto Monteiro, and was later refined in 2009 by researchers at the University of Sao Paulo, Brazil ("Nova classification," 2024).

NOVA classification "categorizes foods into four groups based on the extent and purpose of the

food processing they undergo: unprocessed/minimally processed foods (NOVA 1), processed culinary ingredients (NOVA 2), processed foods (NOVA 3) and ultraprocessed foods (NOVA 4)" (Monteiro et al. 2019, as cited in Cairat et al., 2024).



image from Bing.com

Examples of NOVA foods are below (Cairat et al., 2024, p. 7-8):

**NOVA 1:** water, fruit, milk and plain yogurt, fresh pasta, potatoes, eggs, nuts and seeds, coffee/tea, seafood, red meat, poultry, fresh juice and smoothies.

**NOVA 2:** table sugar, plant oil, animal fats, table salt, processed culinary ingredients.

**NOVA 3:** cheese; salted, smoked, or canned meat or fish; processed bread; preserved vegetables, legumes, and fruit; salted nuts and nut spreads; beer and wine; condensed milk; sweetened plain yogurt.

**NOVA 4:** ultra processed breads, pastries, buns, and cakes; breakfast cereals; ice cream, ice pops, and frozen yogurts;

## Sharing & Caring

Breast cancer education and support

### You can make a difference.

Sharing & Caring is a non-profit organization devoted to the education and support of breast cancer survivors.

Donations help to support programs for others who follow in the same footsteps.

Checks can be made payable to Sharing & Caring and mailed to:

**Sharing & Caring program**  
Corewell Health Physician's Office Bldg.  
44344 Dequindre Rd.  
Suite 140  
Sterling Heights, MI 48314

**248.551.8585** Phone

**CHesharingandcaring@corewellhealth.org**

**<https://corewellhealth.org/sharingandcaring>**



continued on next page

# Pulse of the Program

Cindy Malerba, M.A., Program Coordinator



Hello Sharing & Caring friends!

It has been a pleasure joining the Sharing & Caring team and seeing how much effort and energy goes into creating and delivering thoughtful, relevant programming and educational resources for the breast cancer survivors, and their caregivers, that we

serve. I am excited to announce that the Sharing & Caring office is now open in the Rose Cancer Center (across the lobby from Cancer Genetics on the first floor), so stop by to visit us when you are at the Royal Oak campus.

In this issue of Sharing with Friends, I'd like to re-introduce you to one of our very valuable staff members—Shelly Drumheller, our Assistant Program Coordinator. Shelly works tirelessly to keep the wheels on the tracks, and I hope you enjoy reading about her!

We have a few new things on the horizon, including a few in-person events at Royal Oak's Rose Cancer Center (with hybrid options for those who prefer joining virtually). The Rose Cancer Center has been fully renovated, and we are going to test out a few things and see how they go, so thank you for trying something new with us!

Lastly, we have a new way of signing up for programs that we believe will make registration, confirmation, and reminders much easier. It involves using an online form that is free and easy to use. You will see a QR code (and the URL address) on the registration pages. It's as easy as filling in your name and email, clicking on a few boxes, and hitting submit! Of course, you can still use our email for registration. We think you will like this new process because you can let us know if you want to attend all or some programs in one fell swoop!

Lastly, in 2025, we are setting our eyes on slowly transitioning the majority of our newsletter distribution to email. On the RSVP form, there is a spot to indicate if you want to continue receiving a hard copy or if you are fine with an emailed copy for now.

If you ever have questions, reach out to us at [chesharingandcaring@corewellhealth.org](mailto:chesharingandcaring@corewellhealth.org) or at 248-551-8585.

## Processed Food

*continued from page 1*

industrial deserts; potato products; dairy substitute products; soft drinks; sweetened beverages; meat alternatives; processed meat; nutrition powders and drinks; margarine; ready meals; alcoholic distilled drinks; sauces, dressings, and gravies; alcohol-free versions of alcoholic beverages.

### **Findings: EPIC-Oxford cohort data through the lens of NOVA:**

The Cairat et al. (2024) study aimed to “investigate the associations between diet according to the degree of food processing and breast cancer risk...and by breast cancer subtype, menopausal status, alcohol intake and BMI, within the EPIC cohort” (p. 3). What they found was that “a higher consumption of NOVA 1 was associated with lower breast cancer risk while higher consumption of NOVA 3 was associated with higher breast cancer risk” (Cairat et al., 2024, p. 3). Additionally, they found that when alcoholic beverages were eliminated from the equation, no increase in breast cancer risk was found simply as a result of consumption of NOVA 3 foods (Cairat et al., 2024, p. 1).

This means that consuming alcohol in addition to NOVA 3 foods does increase breast cancer risk. Cairat et al. (2024) “found a positive association between consumption of processed foods and breast cancer which was likely driven by alcohol—an already established risk factor for breast cancer” (p. 6).

### **Where do we go from here—as survivors and thrivers?**

Because alcohol is already positively correlated with an increase in breast cancer risk, one important shift in diet for breast cancer survivors would be to fully eliminate alcohol from your diet. Furthermore, if you consume NOVA 3 foods, which is probably most of us reading this article, you can evaluate this increased risk against your personal preferences using this data for perspective.

During my research for this article, I came across a website called Open Food Facts (<https://world.openfoodfacts.org>).

*continued on next page*

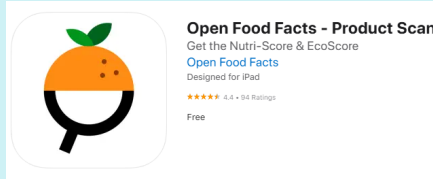
# Processed Food

continued from previous page

org/nova), and they have a smartphone app that you can use to scan the barcode on products to see where they fall on the NOVA scale (“Nova groups for food processing”).

The Open Food Facts app can be downloaded onto your Apple or Android device and used while you’re grocery shopping, or from the comfort of your home, so you can make the best choices for your body and for your dietary preferences.

Check out the links below for a few websites with some very tasty mocktail recipes! You’ll get all the flavor with none of the alcohol!



## References:

Cairat, M., Yammine, S., Fiolet, T. et al. (2024). Degree of food processing and breast cancer risk: a prospective study in 9 European countries. *Food Production, Processing, and Nutrition*, 6 (89). <https://doi.org/10.1186/s43014-024-00264-2>.

Nova classification. (2024, November 3). In Wikipedia. [https://en.wikipedia.org/wiki/Nova\\_classification#cite\\_note-1](https://en.wikipedia.org/wiki/Nova_classification#cite_note-1)

Nova groups for food processing: A classification in 4 groups to highlight the degree of processing of foods. (n.d.). Open food facts. Retrieved December 3, 2024, from <https://world.openfoodfacts.org/nova>

Oxford Population Health CEU. (2024, May). EPIC-Oxford. <https://www.ceu.ox.ac.uk/research/epic-oxford-1>

## Mocktail Recipes Online:

The Mindful Mocktail: <https://mindfulmocktail.com/>

Mocktail Girlie: <https://www.mocktailgirlie.com/recipes>

Entirely Elizabeth: <https://entirelyelizabeth.com/category/drinks/>



**Pomegranate Blueberry Kombucha Mocktail**



**The Classic Non-Alcoholic Margarita**



**Blueberry Thyme Mocktail**

*images from mocktailgirlie.com*

Disclaimer: Neither Sharing & Caring nor Corewell Health endorse these websites or make any guarantees or promises about any content found therein. They are provided as references only. Please speak with your doctor or care team if you have any questions about the foods or advice included in these recipes or in the article.

# ATTENTION! NEW WAY TO REGISTER FOR PROGRAMS!

Sharing & Caring is transitioning to the use of an online form to sign up for our quarterly programs; this will improve tracking and communications. There will be a new form each quarter. There are two ways to access the form:

1. Type in this website address: <https://forms.office.com/r/B78z3E1KJn>
2. Use your smartphone to scan the QR code with your photo app; it will take you to the registration page using your phone's web browser.

Once you open the form, please complete it based on your intended participation in the quarterly programs listed. We will use the RSVP lists to determine logistics (including needing to change rooms if we exceed capacity and snack/beverage quantities) for certain in-person/hybrid events, so your RSVP at least 2 weeks in advance is requested.

Keep in mind, you can still register for programs by emailing us at [CHesharingandcaring@corewellhealth.org](mailto:CHesharingandcaring@corewellhealth.org).

## A few notes about our new hybrid (in-person & online) programs:

**Cancellation or Room Change Policy:** If a program must be cancelled or a room location modified, it will be communicated via an email sent to those who RSVP'd for the program and via the Sharing & Caring Facebook Group. At this time, we do not recommend you show up to a program without first RSVP'ing. Please follow our Facebook group for important updates moving forward.



## Breast Cancer Support

**Never Alone** Peer to Peer Survivor Support Group

**Wednesdays, April 16, May 21 & June 18 | 1:00 p.m. (Virtual)**

After the storm of a breast cancer diagnosis and treatment, you may be left with a lot of unanswered questions and feelings. Sometimes it's just nice to talk to others who may be dealing with some of the same emotions. Topics of discussion will include dealing with fatigue, fear of recurrence, body image concerns, managing anxiety and finding a renewed sense of purpose. Facilitated by Cindy Malerba, M.A., Corewell Health Sharing & Caring Program Coordinator. To register to attend, please use the QR code provided.

**Stage 4** A Group for Women with Metastatic Breast Cancer

**Tuesdays, April 1, May 6 & June 3 | 4:00 p.m.**

Facilitated by psychologist, Dr. Sally Smolen of Mercy Works

Meets at Gilda's Club, 3517 Rochester Road, Royal Oak, 48073

**Thursdays, April 17, May 15 & June 19 | 6:30 p.m.** Evening program meets virtually using Microsoft Teams Facilitated by Cindy Malerba, M.A., Corewell Health Sharing & Caring Program Coordinator

This group provides an opportunity for women who have metastatic breast cancer to discuss the unique challenges and issues they face. Women with stage four breast cancer often feel unable to talk about their cancer. This format provides a safe arena to converse about what is on your mind and weighing on your heart. You are welcome to attend one or all meetings. To register to attend, please use the QR code provided.

*This group is intended only for women diagnosed with Stage IV disease.*

## Positively Empowered: Genetics Support Group

The Nancy & James Grosfeld Cancer Genetics Center in Royal Oak invites those who have a hereditary risk of breast cancer, and their families, to join us for meetings that include guest speakers, meet and greets, discussion of research updates and more. All are welcome. For meeting dates and times, please contact Mikaela Bradley, MGC, CGC by phone (248) 551-3384, email: [mikaela.bradley@corewellhealth.org](mailto:mikaela.bradley@corewellhealth.org) or visit [www.beaumont.org/services/oncology/genetics-programs](http://www.beaumont.org/services/oncology/genetics-programs)

# Sharing & Caring Programming

**Don't forget to register!**

Email [CHesharingandcaring@corewellhealth.org](mailto:CHesharingandcaring@corewellhealth.org)

or simply scan the QR code!



## **New Day Foundation - Assisting Cancer Patients with Financial Support, Emotional Support, and Grocery Assistance.**

**Monday, April 7, 2025, 5-6 p.m.**

**Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak.** Hybrid (in person & virtual).  
With Gina Kell Spehn, Co-Founder & President, & Cheryl Warstler, Program Director <https://www.foundationforfamilies.org/>

For over 17 years, New Day Foundation for Families has been providing financial support for everyday living expenses and emotional support for Michigan families facing cancer. No family should fight cancer alone or make unthinkable choices between medical treatment and providing basic necessities. New Day works with hospitals across the state of Michigan to reach more patients before they hit critical financial breaking points caused by financial toxicity, a harmful side effect that creates significant barriers to treatment and healing. Join Sharing & Caring for this hybrid event to learn more.

Light snacks and beverages will be served.

## **Monthly Book Reading Group & Panel Discussion**

**Mondays, April 28, May 19, & June 23, 5:30 - 7:30 p.m.**

**Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak.** Hybrid (in person & virtual).

Sharing & Caring's Program Coordinator, Cindy Malerba, MA, will be leading a monthly book reading group that culminates in an expert panel discussion during the June meeting. Panelists include Dr. Michelle Davila from Corewell Health Integrative Medicine and Karen Wetzel, LMSW, ACSW, Inpatient Oncology Social Worker.

The book we will read is *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, by Bessel Van Der Kolk, M.D. This is a seminal text on the effects of toxic stress, PTSD, and trauma on the body and mind. It is an especially important perspective for cancer survivors, and our caregivers, as we negotiate how to move forward with healthy bodies and minds after the trauma of a cancer diagnosis.

Each month we will read a portion of the book, and we will have a reading and reflection guide to assist us. The goal of this reading group, and its culminating expert panel discussion, is to identify opportunities to improve our lives as breast cancer survivors by looking holistically at a variety of topics and texts. Once you RSVP, you will receive additional information about the monthly reading selections.

Please RSVP by March 24 to be entered into a raffle for a limited number of free copies of the book. Raffle winners will be emailed with details for pickup at either Corewell Royal Oak or Sterling Heights/Troy. Free PDF copies of the book can be found online and downloaded. <https://ia601604.us.archive.org/35/items/the-body-keeps-the-score-pdf/The-Body-Keeps-the-Score-PDF.pdf>

## **Mindful Coloring & Coffee Klatch**

**Monday, June 30, 10a.m. - 12 p.m.**

**Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak.** In person.

Sharing & Caring Staff would like to invite you to a casual community event where we will listen to soothing music for meditation, do some coloring to help us cultivate mindful awareness and a sense of calm, and share some coffee and tea together in community. All materials provided. Coffee, tea, and light snacks will be served.

## **Angel Pillow Project-Monthly Sewing Meeting**

**Second Monday of each month (April 14, May 12, & June 9), 10 a.m. - 12p.m.**

**In person @ Gilda's Club, 3517 Rochester Road, Royal Oak.**

Join Sharing & Caring as we gather with the Angel Pillow Project for conversation, encouragement, and community while we give back and help those who are in breast cancer treatment. We will be making heart-shaped pillows to help women as they recover from the physical and emotional pain of breast surgery. Angel Pillow Project and Gilda's Club provide all the tools and materials, but donations of these items are always welcome. Don't sew? Come anyway! We have plenty for you to do.

## **Survivors in Motion**

**Every Wednesday, 10-10:30am. Where: Wilson Cancer Resource Center, Corewell Health Beaumont Troy Hospital, 44344 Dequindre Rd, Suite 140, Sterling Heights, MI 48314.**

This fun, free fitness walk is intended to improve overall quality of life, fatigue, emotional well-being, and physical endurance. This activity is held on site and indoors. All levels of fitness are welcome. To register, please call Lorna at 248-964-5892.

# More Programming!

**Don't forget to register!**

Email [CHesharingandcaring@corewellhealth.org](mailto:CHesharingandcaring@corewellhealth.org)  
or simply scan the QR code!



## Look Good, Feel Better

Look Good Feel Better workshops are led by specially trained, licensed beauty professionals who are dedicated to helping you look your best during chemotherapy, radiation, and other cancer treatments. This in-person workshop will help participants learn simple skin care, makeup, and wig and head covering techniques to enhance appearance and lift self-esteem. For more information about the Look Good Feel Better program, visit <http://www.lookgoodfeelbetter.org>.

**Mondays, April 7, May 5, & June 2 | 10 a.m. -12 p.m.** Location: Wilson Cancer Resource Center, Corewell Health Beaumont Troy Hospital, 44344 Dequindre Rd, Suite 140, Sterling Heights, MI 48314. This program is offered monthly throughout 2025. To register for the Sterling Heights sessions, please call Lorna at 248-964-5892.

**Monday, June 16, 10 a.m. - 12 p.m.** Location: Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak. This program is offered quarterly at Royal Oak. To RSVP for the Royal Oak session, please use our QR Code.

## Supportive Care Art Series for Oncology Patients

**Tuesdays April 1, May 6 & June 3 | 9 a.m. - 12 p.m.** Location: Wilson Cancer Resource Center, Corewell Health Beaumont Troy Hospital, 44344 Dequindre Rd, Suite 140, Sterling Heights, MI 48314.

Inspire yourself through art. Join a local artist for a fun morning painting session in a small group setting. All supplies are provided. For project details and to register, please call Lorna at 248-964-5892.

**The following Programs are offered by our Corewell Health Partners.  
Please register using the information provided in each listing below.**

## Hybrid Yoga Therapy Sessions with Corewell Health Integrative Medicine

**Tuesdays, April 8, 15, 22; May 6, 13, 20; June 3, 10, 17. | 6 p.m. - 7 p.m.**

Location: Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak and online on Microsoft Teams. Join Integrative Medicine's free group sessions that focus on comfort, breathing, gentle movement, and meditation. All sessions can be practiced seated, standing, or lying down. Classes are open to anyone interested in learning simple techniques to help manage discomfort and promote overall well-being. No prior experience is necessary. All free sessions are led by Yoga Therapy Students-in-Training. If you want to schedule an appointment with a certified yoga therapist, the fee is \$65.

Register by completing the form linked on the QR code on the right, or by calling 248-551-9888. You will be sent a Teams login link the day before the session.



## Community Acupuncture

**Location: Troy/Sterling Heights Integrative Medicine, 44250 Dequindre Road, Floor 2.**

**30-minute appointments available Thursdays between 11 a.m. and 1 p.m. Cost: \$58.50.**

In community acupuncture, patients are treated in a group setting instead of a private, individual session. This approach is designed to make acupuncture more accessible and affordable while fostering a sense of community healing. Community acupuncture can help with a wide range of physical, mental, and emotional health concerns. Common conditions acupuncture may address include the following: Pain Management, Stress and Mental Health, Digestive Issues, Fatigue and Low Energy, Sugar Cravings, & Sleep. Register by emailing [cheintegrativemedicine@corewellhealth.org](mailto:cheintegrativemedicine@corewellhealth.org) or by calling 248-964-9200.



image from Bing.com

## Yoga Therapy Clinic with Corewell Health Integrative Medicine

Monthly on select Saturdays: April 26, May 10, and June 7. Available appointment times: 10:30 a.m., 12:00 p.m., and 2:00 p.m. Location: Corewell Health Integrative Medicine, Rose Cancer Center, Suite 206 (second floor), 3577 West 13 Mile Rd. Royal Oak. All sessions are in person.

These free, student-led private sessions focus on breathing, gentle movement, meditation, and comfort. A Yoga Therapy Student-in-Training will develop a session plan tailored to the individual needs of each patient. No equipment or prior experience is necessary. If you want to schedule an appointment with a certified yoga therapist, the fee is \$65.

Register by emailing [cheintegrativemedicine@corewellhealth.org](mailto:cheintegrativemedicine@corewellhealth.org) or by calling 248-551-9888.

## Corewell Health Staff Spotlight: Shelly Drumheller, Sharing & Caring Assistant Program Coordinator

I began my career at Troy Beaumont Hospital in November of 2006, starting in Patient Registration



across various departments. Over the years, I had the privilege of working with the hardworking and dedicated Radiation Oncology team. This role allowed me to witness firsthand the incredible strength, courage, and determination of our patients. These inspiring experiences prepared me for my next role as Department Secretary in the Oncology Suite, where I also supported the Wilson Cancer Resource Center.

As part of this position, I observed the generosity of donors and the unwavering commitment and compassion of our devoted team toward cancer patients. I also gained extensive knowledge about the many complementary resources the center offers to breast cancer patients.

After several years, I transitioned to my current role as Assistant Program Coordinator with Sharing & Caring. In this role, I manage various responsibilities, including overseeing the large-scale distribution of our quarterly newsletter, coordinating outreach materials across the Detroit Metro area, and directly engaging with patients at outreach events.

At our breast cancer events, I find immense fulfillment in meeting patients and sharing the benefits of our programs. I am passionate about expanding these valuable resources to reach more individuals throughout Southeast Michigan, and I look forward to continuing to make a difference in the lives of those we serve.



## Women's wellness day

Saturday, April 26

9 a.m. to noon

Corewell Health

William Beaumont University Hospital

Rose Cancer Center

3577 W. Thirteen Mile Road, Royal Oak, MI 48073



## Learn about the latest in wellness from expert physicians

This free event will be self-paced. Drop by for an hour or spend the whole morning.

### Interactive "ask the doctor" panel discussions

Learn from a multidisciplinary team of specialists why urology and pelvic health are key to a woman's wellness.

Learn about the power of the pelvic floor and how to maintain good bladder, bowel, reproductive and sexual health.

#### Integrative therapies for female health.

Learn how integrative modalities support women's health and well-being and why natural doesn't mean healthy. Gain a better understanding about active mindfulness and how it contributes to healthy aging.

#### How precision cancer care is improving treatment.

If you or a loved one has experienced cancer, come interact with our cancer physicians to better understand how new treatment protocols and advancements in technology are improving cancer outcomes.

#### Caring for the caregiver.

Sidestep caregiver burnout by getting advice on when, how and why to ask for help, available community resources, and decision making strategies.

### Wellness stations

Connect with specialists and expert physicians, enjoy gourmet healthy snacks and a selfie station.

#### 9 a.m. to noon

- Interactive meal planning demonstration.
- Blood pressure check.
- Vision test.
- Massage therapy.
- Reiki therapy.
- Yoga therapy.

### Rise and shine chair yoga and tea

#### 8 to 8:45 a.m.

- Space is limited.
- Requires advance registration
- Gentle and safe for all.
- Tea and hot water provided.



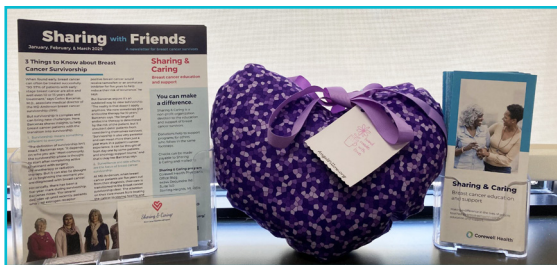
Preregistration is recommended as space is limited.

For more details, visit [corewellhealth.org/womens-wellness-day](https://corewellhealth.org/womens-wellness-day) or scan to register

## Special Request:

## Angel Pillow Project - Fabric and Ribbon Drive. Please Help!

Friday, May 30, 10 a.m. - 2 p.m. In person.



Sharing & Caring is hosting an In-Kind Fabric and Ribbon Drive for the Angel Pillow Project. Angel Pillows are an integral part of the experience that newly diagnosed breast cancer patients receive through Corewell Health's Breast Care Centers at Royal Oak, Troy, and West Bloomfield, and we want to help keep the momentum going by giving back and fueling the creation of these beloved, heart-shaped pillows. We need your help!

In-kind donations will be gladly accepted in any of the following categories:

- NEW Fabric in any color or pattern (Cotton or quilting fabric only. No synthetic fabrics, please). Take a look at a few examples on their website; the more diverse the color and pattern palette, the better! <http://www.angelpillow.org/signature-pillows.html>
- 7/8" grosgrain ribbon in any color
- Sewing thread spools in white or any color (Preferred brands: Gutermann or Coats & Clark)
- Bags of fiber fill (polyester fill) to stuff the pillows
- Gift Cards for JoAnn Fabrics, or Michaels

**Where:** The drop-off location is the Sharing & Caring Office, Rose Cancer Center, first floor (across the lobby from the Nancy & James Grosfeld Cancer Genetics Center—3577 W. 13 Mile, Royal Oak, MI 48073).

**What to do:** Bring your fabric, ribbon, thread, fiber fill, and/or gift cards to the Sharing & Caring Office to drop off. **Please make sure all donations are new, clean, and free from allergens like pet hair, cigarette smoke smell, mildew, etc.** At this time, we cannot accept check donations for this in-kind fundraiser. If you are unable to come during our designated time, reach out to us at [CHesharingandcaring@corewellhealth.org](mailto:CHesharingandcaring@corewellhealth.org), or by phone at 248-551-8585, to set up another time to drop off your in-kind donation.

# Additional resources and events

The following programs are not affiliated with Sharing & Caring. Each listing contains separate contact information.

### Center for Mindfulness

The Center for Mindfulness offers life changing, experiential community learning to diverse populations that addresses the causes of suffering and illness rather than treating the symptoms. Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Mindfulness training also supports a non-pharmacological approach to pain management. Led by Ruth Lerman, MD, Director of the Center for Mindfulness, MBSR Certified Teacher and Authorized Teacher Trainer.



**For more information**  
<https://www.beaumont.org/services/center-for-mindfulness>, or call **947-522-1674**, or email **CHCenterformindfulness@corewellhealth.org**

### Integrative Medicine

Combines traditional and holistic treatment options to help optimize overall health and promote well-being. Offerings include: Massage, Reiki, Qigong, Yoga, Acupuncture, Physician Consultations & Naturopath Consultations. Integrative Medicine can help those living with chronic pain, anxiety, insomnia, and GI issues.



**For more information**  
<https://www.beaumont.org/services/integrative-medicine>, or call **248-964-9200**

### Gilda's Club of Metro Detroit

Support and education programs. Information and links can be found on their Facebook page (Gilda's Club Metro Detroit) and their website



**For more information**  
**248-577-0800** (RO)  
**313-356-7600** (Det)  
**586-777-7761** (StCS)  
<https://www.gildasclubdetroit.org>

### Breast Cancer in Young Adults

Michigan Department of Health & Human Services

Young adults with breast cancer are defined as adults who are diagnosed with breast cancer when they are under the age of 45. For these young people, the disease comes at a time when they often have the most family and social responsibilities and also are working to establish financial independence. The disease, treatment and recovery can all impact both their physical and mental health.

This website serves as source of helpful resources and tools for young adults with breast cancer (including metastatic cancer), as well as their caregivers, health care providers, and others who are interested in learning more about the disease and helping them improve their quality of life.



**For more information:** <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/cancer/breast-cancer-in-young-adults>

The information in this newsletter is not intended as a replacement for medical care. Your physician's advice should take precedence in your health care matters.

