

UNIVERSITY OF  
PITTSBURGH

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# STRONG

STUDY NEWSLETTER

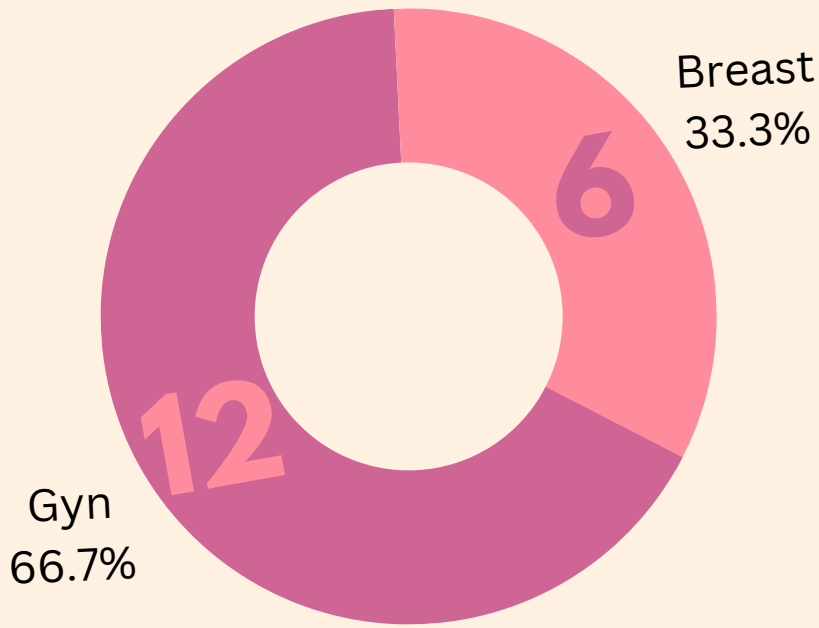


A BIG THANK  
YOU

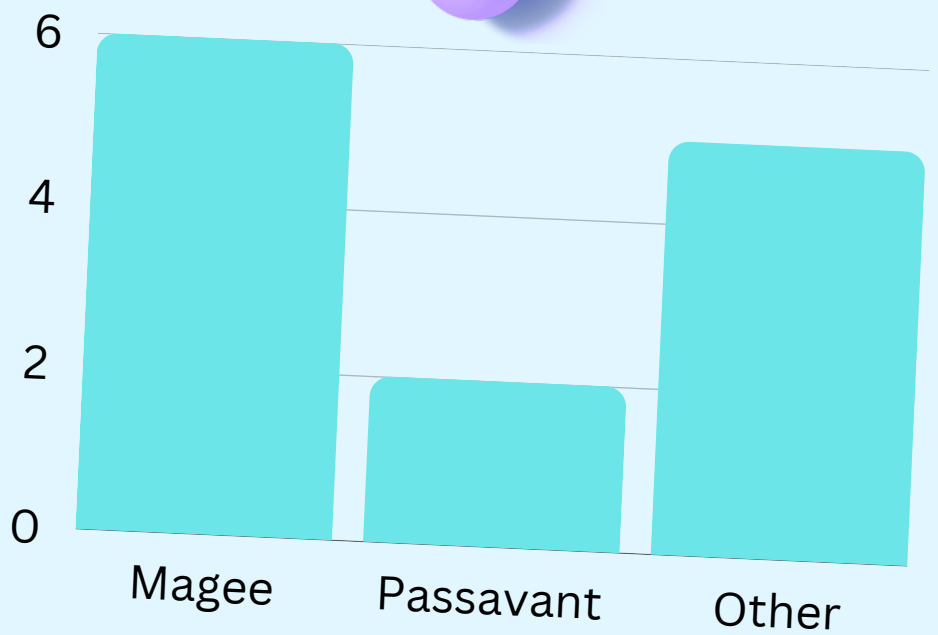
## SPRING ISSUE

*Since starting recruitment in 2022,  
we have recruited 18 women to the  
STRONG Study!*

# Statistics in a snapshot



Number of Enrolled Participants  
by Cancer Type



Participants by Enrollment Site

## WHAT'S SELF-ADVOCACY?

"ARM[ING] YOURSELF WITH THE TOOLS AND SKILLS NECESSARY TO FEEL COMFORTABLE ABOUT ASSERTING YOURSELF AND COMMUNICATING CLEARLY ABOUT YOUR CANCER CARE NEEDS"  
-NATIONAL COALITION FOR CANCER SURVIVORSHIP (NCCS)

"STICK" TO THESE TIPS!

## SELF-ADVOCACY TIPS

- TRUST YOUR BODY!
- IF SOMETHING FEELS WRONG, SEEK ANOTHER OPINION
- LEARN ABOUT YOUR DIAGNOSIS!
- MAKE SURE TO UNDERSTAND THE GRADE AND STAGE
  - THESE WILL INFLUENCE TREATMENT OPTIONS

## ASK QUESTIONS!

BRING A LIST OF QUESTIONS TO APPOINTMENTS

- DISCUSS INFORMATION YOU'VE RESEARCHED

- ASK ABOUT LOCAL SERVICES

DON'T JUST ASK YOUR ONCOLOGIST!

- ASK ANY PART OF YOUR HEALTHCARE TEAM (INCLUDES NURSE PRACTITIONERS, PHYSICIAN ASSISTANTS, ETC.)

- FIND OUT WHO YOU CAN TALK TO DURING NON-BUSINESS HOURS



TAKE "NOTE" OF YOUR HEALTH!

HEALTH IS WEALTH



### EATING GUIDELINES

- DRIED FRUIT MAKES FOR A GREAT SNACK
- IF POSSIBLE, CHOOSE VEGETARIAN OPTIONS WHEN DINING OUT
- AVOID PROCESSED MEAT
- TRY FISH, CHICKEN, TOFU AND BEANS FOR PROTEIN INSTEAD
- EAT A VARIETY OF VEGGIES

### PHYSICAL ACTIVITY

- EACH WEEK, AIM FOR:
  - 150-300 MINUTES OF MODERATE EXERCISE
  - 75-100 MINUTES OF VIGOROUS EXERCISE
    - OR SOME COMBO OF THE TWO!
- SET A ROUTINE
- LIMIT SEDENTARY BEHAVIOR LIKE WATCHING TV

STAY ACTIVE

# TO-DO LIST:



## CHECK OUT CANCER BRIDGES

- 2816 SMALLMAN ST, PITTSBURGH, PA 15222
- 412-338-1919
- VARIETY OF PROGRAMS OVER ZOOM
  - CREATIVE EXPRESSION WORKSHOPS
    - ROCK PAINTING, KNITTING, ETC.
  - WELLNESS CLASSES
    - YOGA, ZUMBA, REIKI

## CHECK OUT AMERICAN CANCER SOCIETY

- 24/7 CANCER INFO HELPLINE
  - 1-800-227-2345
- ROAD TO RECOVERY SERVICE
  - PROVIDES RIDES TO PATIENTS
- CANCER SURVIVORS NETWORK
  - SUPPORTIVE PUBLIC FORUM FOR PATIENTS AND CAREGIVERS

## STRONG STUDY:

412-624-0279

SELFADVOCACY@PITT.EDU

[HTTPS://WWW.SELF  
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