



MARCH 2024

# STRONG

*Study*

## SPRING NEWSLETTER

CURRENTLY, WE HAVE  
102 WOMEN IN THE  
STUDY!

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# Health in Bloom



## **CHARTS**

Updated graphics about participant recruitment

*3*



## **TIPS**

Some advice from various cancer-centered organizations

*4*



## **ORGANIZATION SHOUT-OUT**

Learn more about the American Institute for Cancer Research.

*5*



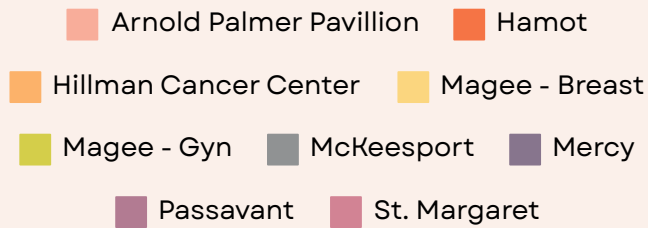
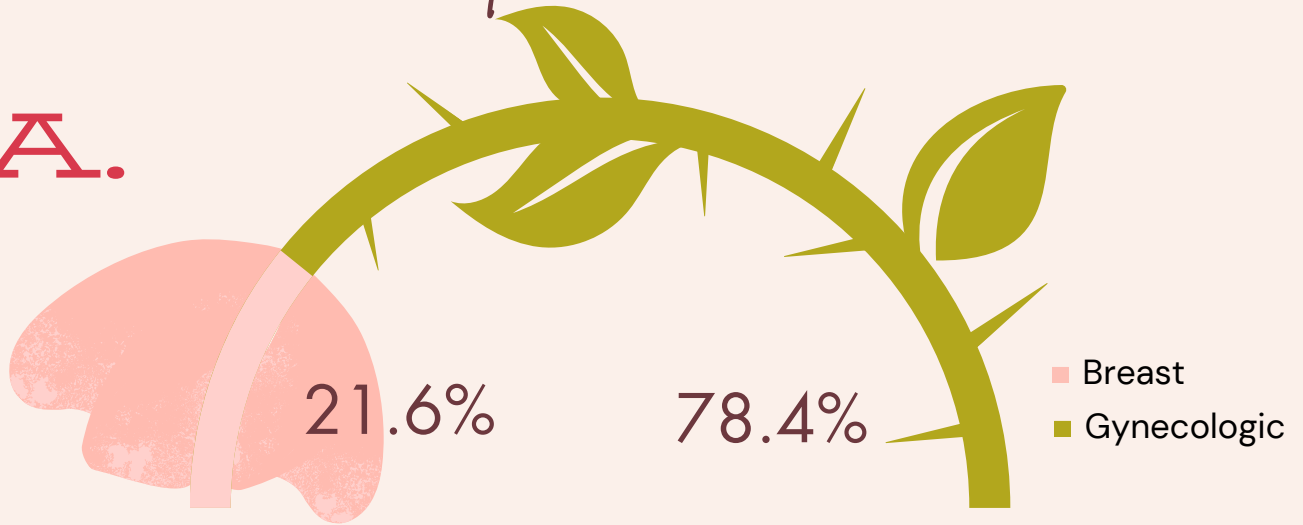
## **FACEBOOK PAGE**

The STRONG study is now on social media. Come check us out!

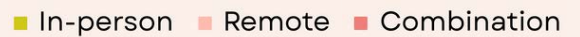
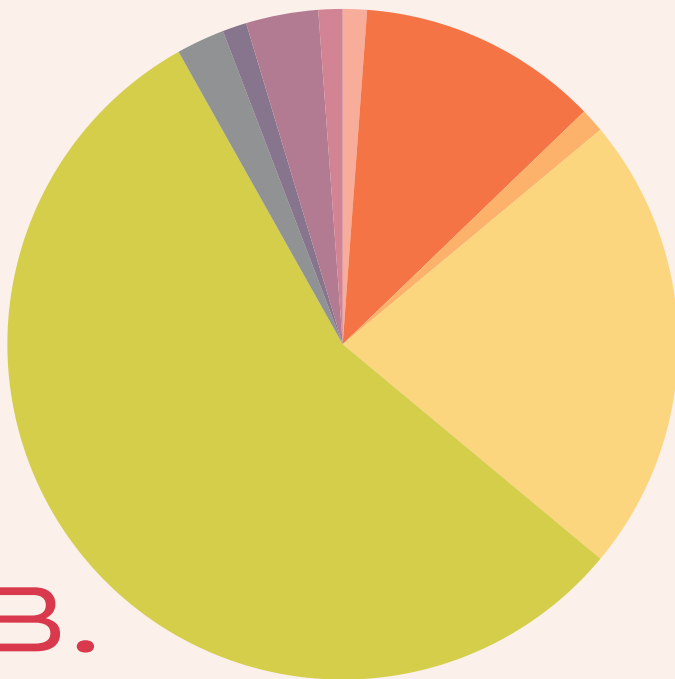
*6*

# Stop and smell the **ROSES**

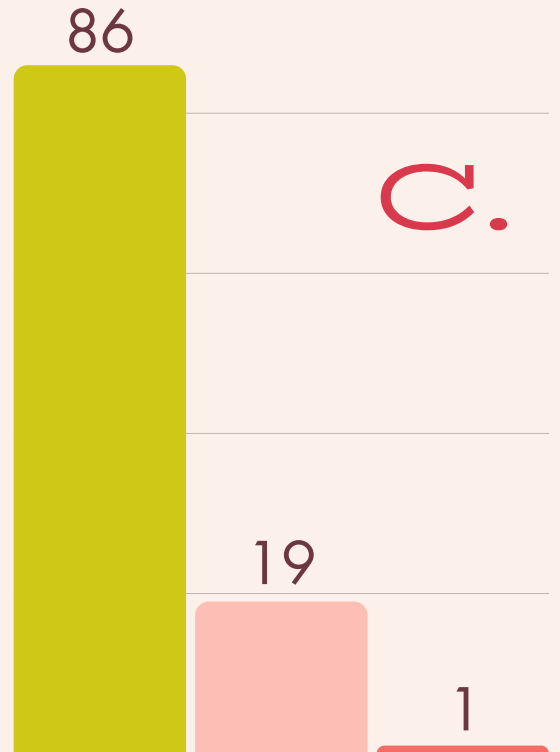
**A.**



**B.**



**C.**



- A. What types of cancer do our study participants have?
- B. Where have our study participants been recruited?
- C. How have our study participants been recruited?



THIS SPRING, HAVE SOME

# TIPS FOR *GROWTH*



## **SHARE EXPERIENCES**

You can join a support group or meet with a specialist to talk about new resources, processing your emotions, and making decisions about your health.



## **MONITOR YOUR SLEEP**

Although 7-9 hours of sleep is usually recommended, you might need more while your body is repairing itself. Plus, sleep can improve your mood and ability to think.



## **SELF-ADVOCACY**

Try to view the healthcare professionals on your team not as your superiors, but as your partners. Be sure to share your needs and ask for clarification on new terminology. Ask for the number of a case manager, nurse, or nurse practitioner that you can reach during non-business hours.

ONLINE-BASED RESOURCE

# The American Institute for Cancer Research

SHOUT-OUT

*Easy to access tips about  
health and wellness!*

The American Institute for Cancer Research offers many great resources to help you maintain a healthy lifestyle while balancing cancer treatments. Not only does it provide many lifestyle tips and easy recipes, but the website also includes more specialized suggestions based on your specific cancer diagnosis.

In addition to nutrition information, the American Institute for Cancer Research also has a wealth of information on cutting-edge cancer research and recent advances in treatment options.



PHONE #: (800) 843-8114

[WWW.AICR.ORG/](http://WWW.AICR.ORG/)



Follow us on Facebook!

# @Self-Advocacy for Health



On our social media page you will find motivational quotes, inspiration for healthy meals, and workout ideas! Plus, you will get to know the STRONG team.

<https://www.facebook.com/people/Self-Advocacy-for-Health/61555540591324/>

## IN OTHER NEWS...

Hear Dr. Teresa Thomas and recruiter Yvette Dudley-Morrissey talk about the importance of self-advocacy on "Intersections," a Pittsburgh-based talk show revolving around positive change in our community.

<https://www.cbsnews.com/pittsburgh/video/intersections-2-25-2024/>

