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September 2017

**What to Expect
Upon Diagnosis**

**Four Tips to Help
Cope with Cancer**

**Your Digital Budget
Vanishes into Thin Air**

**Summer Ends, Outdoor
Activities Continue**

Health, Wealth, & Happiness

Childhood Cancer Awareness Issue



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Our Mission

Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

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Your Health, Wealth & Happiness

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Childhood Cancer: What to Expect Upon Diagnosis

By Joe Siwinski, Neuro-Oncology Nurse

A diagnosis of cancer is a struggle at any age, especially so when the patient is a child. There are a number of steps that will need to be taken in order to beat this disease, and it is important to follow these steps accordingly. You can expect sporadic inconsistency, constant waiting, and overwhelming decisions. It is important that the parents be aware of these struggles ahead of time. The right preparation will allow a parent to cope with their own uncertainty, while carrying their child on the road to remission.

Your expectation is that things will go as planned. You will be given a strict schedule of chemotherapy, labs, imaging, and doctor's appointments. You will soon learn that this schedule can change at any given moment. Sudden emergencies can drastically change it. Your child has a change in their blood work, and will now have to spend all day in the hospital. Your doctor will set out a strict treatment schedule, with the understanding that this is what must be done to effectively beat the cancer. It may seem clear and organized, but you will find that life does not always facilitate that schedule. Unfortunately, this is something a parent and child will have little to no control over. Constant communication with your doctor's office will be important, and will help to ease confusion and stress.

The unfortunate reality of a cancer diagnosis is that your doctor will dictate your schedule. It will feel less comprised of weekdays and weekends. Days stop being Monday, Tuesday, and Wednesday. Now it's awaiting blood draws, chemotherapy infusions, and MRIs. Test days, and result days. You measure your months by the frequency of appointments and blood draws. You are waiting for your MRI to occur on

Friday. Once Friday hits, you have to wait until Tuesday for your results. Once they are in, you have to wait for your infusion on Thursday. Your daughter has waited all month for the school dance, but she has a new pain in her abdomen. She now has to spend the entire day in the hospital waiting for test results. The waiting will never seem to end.

It is apparent at this point that each day becomes a new decision. Decisions for parents become polarized, in that each outcome may affect the physical or emotional health of your child. Is it worth sending your child on that field trip, or is their immune system too weak to be around other children? How will your child react to the isolation, if it is not safe for them to see their friends? Parents have an innate drive to protect their children, but the next round of chemotherapy will make the child sick. The parent knows that this is what is best, but will have to balance that with the perceived guilt of 'harming' their child. An adult can understand this, but a child simply knows how they feel. This will be a very distressing idea to overcome.

Cancer will be the hardest fight that your family will ever endure. These expectations paint a frightening, and overwhelming picture. What is most important to understand is that you can do this. Everyone who has fought, and beat this disease has shared your fear and uncertainty. You will feel that things are not going as planned, but understand that they never do. You will feel that you haven't made the right calls, but understand that there may not have been a right call to make. With the help of your doctors and nurses, and the support of your family and loved-ones, your child can beat their disease. Be ready for change, and tackle it with courage. You are your child's hero, and you will give them their courage to fight. You can do this.



CHILDHOOD CANCER



Childhood cancer rates have been rising slightly for the past few decades



Two-thirds of childhood cancer patients will have long lasting chronic conditions from treatment

80%

Overall, more than 80% of children and adolescents diagnosed with cancer will live at least five years after their diagnosis



Unlike adult cancers, childhood cancers are not strongly linked to lifestyle or environment

1
285

Approximately 1 in 285 children in the U.S. will be diagnosed with cancer before the age of 20



Childhood cancer occurs regularly, randomly and cuts across all ethnic groups, socioeconomic class and geographic region in the U.S.



While treatment advances have increased the survival rate for many childhood cancers, it is still the leading cause of death by disease in children under the age of 15 in the U.S.

Sources: The National Children's Cancer Society, Alex's Lemonade Stand Foundation, CureSearch.org, and The American Cancer Society

Four Tips to Help Cope with Cancer

By Sue Perbody

When a child is diagnosed with cancer it is never something easy to digest. However, during this delicate time it is important for a parent to remain emotionally and psychically healthy for their child especially as they undergo treatments. The child is not the only one affected by this diagnosis. Here are four tips to lighten the burden during this challenging time.

Asking for Support

Do not keep it bottled up inside and hide it from your friends and extended family. Once they know, most want to help you in whatever way they can or stay informed. There are plenty of different sites you can use to keep family and friends updated. It's good to have a community of support. Visit the American Cancer Society's website for treatment and support options near you, www.cancer.org/treatment.

Asking for help

Sometimes we get so down waiting in limbo for the child's results. You may not want to talk to your family or friends, but you should talk to someone. There is no shame in seeking out a professional to talk to whether it is for your child or for any member of the family affected by the diagnosis.

“
You want to make
this difficult time as
easy and comforting
as you can for
your child.
”

Keep a healthy relationship

It is easy to feel defeated. Your child may be weak from another treatment and you feel like there is nothing you can do. There is something you can do though. Talk to them, keep your relationship with them strong. Let them know they are not in this fight alone. They most likely will miss out on a lot of things children tend to enjoy when they are young. Make them aware that no matter what you will always be there for them.

Appearance changes

When a child is diagnosed with cancer they will often go through treatment that may cause their appearance to change. However, children tend to be more self-conscious. Make sure it is conveyed to them, that they are beautiful inside and out. If they want, there are businesses that specifically donate hair for cancer patients. During this time is important to keep your child's self-esteem up and make them feel like they can still do anything they want.

Cancer is a horrible disease. It is harder to bare when it affects the youth. The important thing to remember is to stay strong, find a community that works best for you and your child. You want to make this difficult time as easy and comforting as you can for your child.

Cancer: Causes and Treatment

By Tehniyet Azam

Childhood cancer is the leading cause of death by disease beyond infancy. It is estimated that in 2014 there were around 15,780 children from ages 0 to 19 who were diagnosed with a type of childhood cancer. The different types of cancers that have affected these children are leukemia, brain and other central nervous system tumors, bone cancer and types of germ cell tumors.

The survival rate is increasing each day as medical technology advances in finding new treatment and ways to make the quality of life better for the child.

Causes:

The causes for cancer can vary. A contributing factor to childhood cancer is genetic predisposition. Mutation of the genes is one of the major causes. For example a mutation of the gene RB1 can cause retinoblastoma, a form of eye cancer. Due to genetic mutation(s), children who are born with Down Syndrome have a more likely chance to get leukemia because of their genetic makeup. Environment can also contribute to

childhood cancer; one factor being exposure to radioactive material or living in an area that has high radioactivity. Additionally exposure to pesticides can increase the likelihood of cancer. There are many causes of childhood cancer and reducing your child's exposure to environmental harm could greatly reduce the chances of childhood cancer.

Treatment:

The treatment process for cancer is not easy, physically and emotionally. The child and the family goes through alot when the child is being treated for the disease. Depending on the type of cancer and the stage of the disease there are treatments like radiation, chemotherapy, and in some cases, surgery. It is usually done in a hospital setting with the staff that are trained with the specific needs of a cancer patients. Children cancer treatment floors can have kids up to age 20. They treat children with all types of cancers. Sometimes the children becomes a part of the clinical trials that are done on a federal level. These clinical trials have to be approved by the federal authorities, like the National Institutes of Health.

Roth Individual Retirement Account

By Timothy Kelheart

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A Roth IRA is an Individual Retirement Account that is generally not taxed, provided certain conditions are met. The tax law of the United States allows a tax reduction on a limited amount of savings for retirement. The Roth IRA's principal difference from most other tax-advantaged retirement plans is rather than granting a tax reduction for money placed into the retirement plan, the money withdrawn from the Roth IRA plan during retirement is not taxed, with some restrictions."

The main advantage to this type of retirement plan to others is that it is generally not taxed. This could save you, the investor, thousands of dollars in the lifetime of this account when compared to other retirement accounts that have applicable taxes. Taxes can vary for many reasons and can be staggering if you have to pay 15 percent to 20 percent+ of what you have invested upon the closure of the account and receiving payment from the financial institution.

Like other IRAs your investment will be diversified within the stock market in securities, common stock, and bonds, mutual funds, notes and possibly even real estate depending on the financial institution that is managing your investment. You should contact a financial advisor before opening any retirement account and make sure that you will be getting the highest return with the ability to move your funds if a better investment opportunity arrives.

With all IRAs the Internal Revenue Service has specific eligibility and restrictions on the investments that can be made within the Roth IRA retirement plan. If you are 49 or younger you can invest \$5,500 annually into a Roth IRA and \$6,500 annually if you are 50 or older. In terms of marriage both individuals can contribute the amount listed separately without worry. It would be worth your investment and the investment of your partner to both obtain and invest into a Roth IRA.

With all investments there are unavoidable risks and costs associated by choosing to invest in the stock market and for your retirement. Please consult a financial advisor before changing or altering your investments.

****This article does not constitute as financial advisement and will not be held responsible for any losses or failure upon the reader to do proper due diligence and obtaining personal financial advisement.***



Your Digital Budget Vanishes into Thin Air

By Canny Savanney

So, you fell off the band wagon on keeping up with your Digital Excel budget? It's okay it happens to the best of us. Keeping a budget is easier said than always done.

You mindfully have been keeping a vague track on what you have been spending, but it still would be a promising idea to jot it down in your budget. Finally, you take the time to sit down to fill in your finances on your phone and you realize it has vanished. Everything you have been keeping track of just disappeared in the blink of an eye. Dumbfounded you sit staring at your phone's screen of where your budget should be. How are you supposed you recover something if there is nothing left? Fear not, you are wiser than this.

Your panic attack has started slowly begun to dwindle away. The budget is not completely lost forever and no it is not somewhere in the cloud. Although, if you wish to put in the cloud that is another option. Cleverly you have saved your budget each month at the beginning and end of each month an updated version on your computer. You copy it back on to your phone and update it completely. This time you make sure to save it in multiple spots on your phone for recovery so you won't have to worry about it completely poofing out of thin air.



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Summer Ends, Outdoor Activities Continue

By Katy Siwinski

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September marks the transition from Summer to Autumn. There are vast arrays of outdoor activities to be done during the summer. These include hiking, kayaking, visiting landmarks, and swimming. Just because the weather is getting cooler does not mean you have to stop enjoying the outdoors.

Autumn officially begins on Friday, September 22 this year. There is a lot that can be done during this time period. When the weather is cool and clear, you can still hike and visit landmarks. You can still have bonfires and play sports activities. You can also do things that are specific to this time of the year.

Apple picking and leaf peeping are good ways to interact outdoors with friends and loved ones during this season. If you are at home bored one day, why not decorate your interior and exterior with fall flair? Pumpkins, hay, and corn are specific items that can add pizzazz to your humble abode. Pumpkin carving and decorating are common activities done during the fall months. Why not take it to the next level, and craft the pumpkins with autumn decorations? Paint leaves on the pumpkins to add a humble touch.

Autumn is the time of change in nature. Not a fan of being outdoors during this cooler time of the year? Take a scenic drive through the countryside to experience the transition of colors in nature. Interesting in picking up a new hobby or activity? Try knitting a sweater or scarf for the cooler time of the year. Chances are, it will come in handy. Even if you don't want one, you can knit one for your friends or family.

Some people like the spooky feeling of autumn. Take advantage of this time of the year by visiting various haunted attractions, like houses and hayrides. You can even take it to the next level by visiting a real life haunted landmark. There are plenty of haunted landmarks throughout Western New York!

Autumn is the season of changes. This does not mean you need to change your lifestyle or spend time indoors all the time. Take advantage of your surroundings and take part in various activities in your community. There are plenty of ways to enjoy autumn, so take a step outside and enjoy Mother Nature.



Recipe Corner

Deep Dish Roasted Vegetable Pizza

Ingredients:

- 1 pizza dough (store bought or handmade)
- ½ cup pizza sauce
- 1 cup mixed vegetables of your choice (such as cherry tomatoes, eggplants, onions, green peppers, or mushrooms)
- ½ cup mozzarella cheese
- Optional: Italian seasonings, Parmesan cheese, fresh basil

Directions:

1. If roasting veggies, preheat oven to broil, toss veggies in olive oil on a baking sheet, and broil for 4 to 6 minutes on the top rack (low/medium broil), tossing once for even cooking. Remove from oven and set aside.
2. Preheat oven to 450 degrees Fahrenheit
3. Next, coat a cast iron or round baking dish with extra virgin olive oil and run a garlic clove around for seasoning. Plop your dough down into the pan and push it up around the sides about 1 to 1.5 inches. Let rest for a few minutes while preparing the rest of your toppings.
4. First sprinkle in one half cup of mozzarella cheese, then add veggies, then sauce. Top with remaining mozzarella cheese, Italian seasonings (dried basil, oregano, thyme, red pepper, etc.) and grated parmesan cheese.
5. Bake for 25 to 30 minutes or until the crust is golden brown and the cheese and sauce are bubbly. Let rest for 5 to 10 minutes before cutting, then serve immediately.



September WNY Events

Taste of Niagara Falls: September 2 - 3 at 12 PM to 8 PM at Old Falls Street in Niagara Falls, NY. For more information, please visit their Facebook page at Taste of Niagara Falls Food Festival.

Music is Art 2017: September 9 at 11:00 AM to 2:00 AM at Buffalo Riverworks in Buffalo, NY. For more information, please visit www.musicisart.org/festival.

Hospice Dash 5K Run/Walk: September 16 at 9 AM at Porter on the Lake in Youngstown, NY. For more information, please visit hospicedash.com.

The Mighty Niagara Half Marathon: September 16 at 8 AM at Artpark in Lewiston, NY. For more information, please visit mightyniagarahalfmarathon.com.

Quakers Arts Festival: September 16 at 10 AM to 5 PM and September 17th at 10 AM to 4 PM at Orchard Park Middle School in Orchard Park, NY. For more information, please visit opjaycees.com.

Gala at the Garden: September 22 at 6 PM to 10 PM at the Botanical Gardens in Buffalo, NY. For more information, please visit buffalogardens.com.

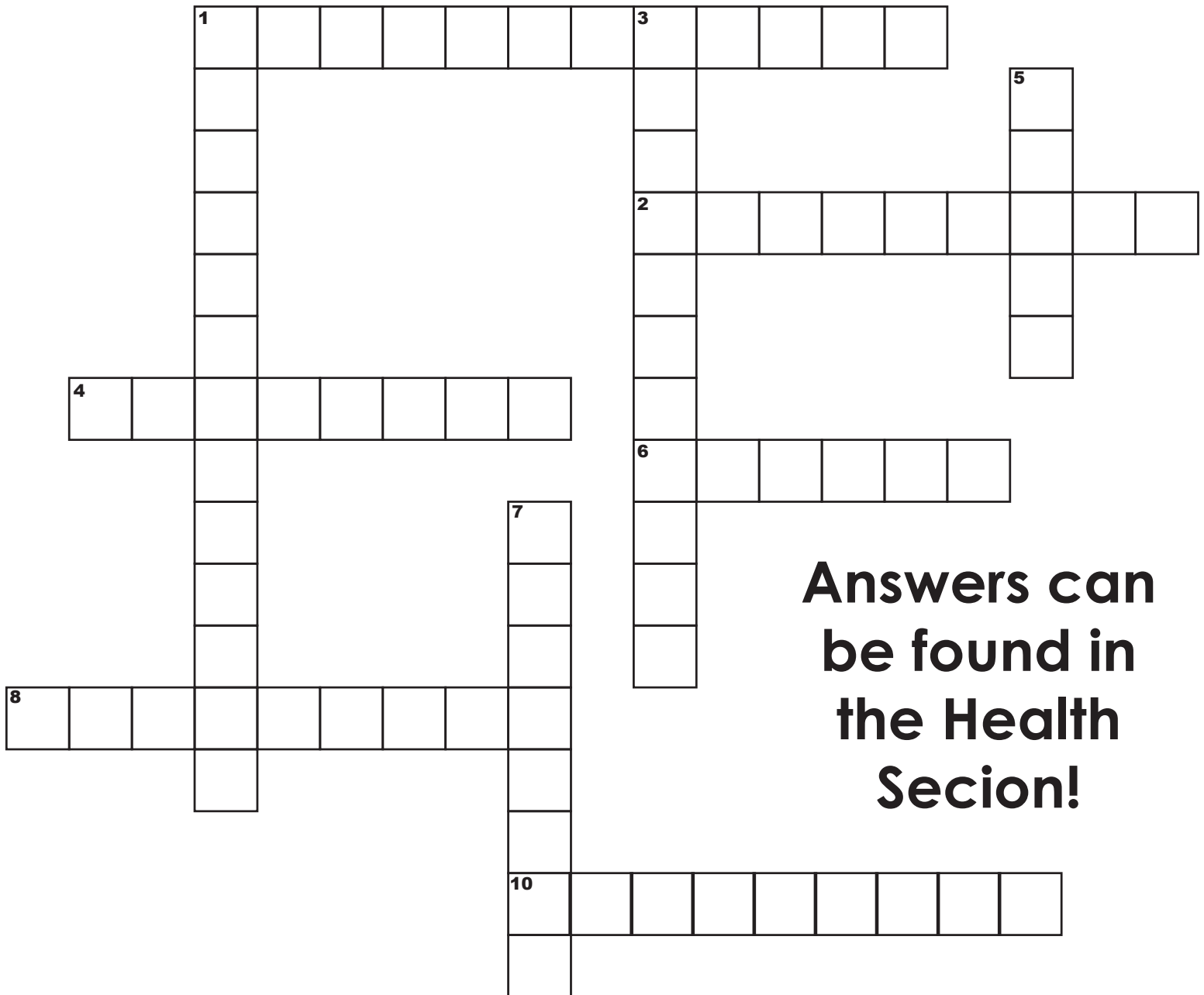
Taste of Grand Island: September 23 at 12 PM to 8 PM on Whitehaven Road in Grand Island, NY. For more information, please visit their Facebook page at Taste of Grand Island.

Run in the Country: September 23rd at 9 AM to 12 PM at the Buffalo Niagara Heritage Village in Amherst, NY. For more information, please visit bnhv.org/event/race.

Ongoing Events

Great Pumpkin Farm Festival: Starting September 16 - October 31 at 10 AM - Dusk at Great Pumpkin Farm in Clarence, NY. For more information, please visit greatpumpkinfarm.com.

Childhood Cancer Awareness Crossword Puzzle



**Answers can
be found in
the Health
Secion!**

Across

- 1) The most common treatment plan for cancer patients.
- 2) Other treatments include _____ and sometimes surgery.
- 4) A common side effect of chemotherapy treatments.
- 6) Disease caused by uncontrolled division of abnormal cells.
- 8) Changes in _____ can trigger sudden hospital visits.
- 10) Feelings of _____ are common among child cancer patients.

Down

- 1) _____ with your doctor will ease confusion and stress.
- 3) Sudden _____ can change your strict treatment schedule.
- 5) Parents can have feelings of _____ towards their child, fearing they are harming them.
- 7) Common types of childhood cancer include _____ and brain cancer.



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