



# THE LIGHTHOUSE

*To Inspire, Inform and Educate!*



## Cancer, the Flu, and YOU!

### What Cancer Patients, Survivors, and Caregivers should know about the Flu

**Everyone 6 months of age and older should get a flu vaccine every season.**

Living with cancer increases your risk for complications from influenza (“flu”). If you have cancer now or have had cancer in the past, you are at higher risk for complications from the seasonal flu or influenza, including hospitalization and death.

To help prepare you for the flu this season, the CDC answers some of your most important questions about special considerations for cancer patients, survivors, and caregivers.

#### **Are cancer patients and survivors more likely to get the flu than others?**

While we don’t know this specifically, we do know that cancer may increase your risk for complications from the flu. If you have cancer now or have had certain types of cancer in the past (such as lymphoma or leukemia), you are at high risk for complications from the seasonal flu or influenza, including hospitalization and death.

#### **TIPS FOR COPING WITH THE SIDE EFFECTS OF CANCER TREATMENT**

Side effects of some cancer treatments may include nausea, hair loss, chronic tiredness, pain, numbness or tingling in extremities, and skin reactions. The following simple steps may reduce such effects:

- Eat well to strengthen your immune system.
- Keep a log of your energy levels and your reactions to foods.
- See if medication, acupuncture, or massage lessens nausea and pain.
- Exercise moderately to increase your stamina, control your weight, and improve your immune response.
- Rest often, but be aware that long periods in bed may increase fatigue.
- Keep your skin moist. Wear loose clothing. Bathe in warm water.

### Should cancer patients and survivors get a flu shot?

Yes. People with cancer or a history of cancer should receive the seasonal flu shot. People who live with or care for cancer patients and survivors also should be vaccinated against seasonal flu. Additionally, the CDC recommends that everyone aged six months and older get a flu vaccine for the upcoming season.

Immune defenses become weaker with age, which places older people at greater risk of severe illness from flu. Also, aging decreases the body's ability to have a good immune response after getting a flu shot. Two vaccines are designed specifically for people 65 and older—

The high-dose flu vaccine contains four times the amount of antigen as the regular flu shot. The adjuvanted flu vaccine is designed to help create a stronger immune response to vaccination. For more information visit [www.cdc.com](http://www.cdc.com).

### What other vaccines should cancer patients and survivors be aware of?

Many people who are at increased risk for flu are also at increased risk for pneumococcal disease. People with cancer or other diseases that compromise your immune system should ask their health care providers if pneumococcal shots are needed. - *Source CDC*



## BFRIN ANNOUNCEMENT



**New Employee**

**Paige Engine**  
3D Scan  
Technician

We are happy to welcome Paige Engine to the Bfrin family. She is working along side our product development department, converting raw breast scans into 3D models for final production of prostheses.

## DID YOU KNOW?

### World Cancer Day

is on  
February 4th 2017,

The purpose is to help:

- ▶ **Raise Awareness**
- ▶ **Encourage detection and treatment**
- ▶ **Target Misinformation**

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. Phone: 866-473-3325.

