



# THE LIGHTHOUSE

*To Inspire, Inform and Educate!*

## BFRIN Renovates Head Office



*President- Barbara Boyer, proudly showing renovated head office*

**Offering our customers a warm, tranquil and inviting fitting experience.**

In harmony with our mandate to be a beacon of hope in our community, we recently renovated our offices in Upper Darby, PA to provide a brighter and more comfortable atmosphere for our valued customers.

Some areas of renovation included the:

- Main Waiting Area
- Fitting Room
- Restroom

It was important to create an environment that was stylish, sophisticated and functional yet

relaxing. We understand that creating such a haven was important for our customers who at times may be nervous and apprehensive about getting fitted for a prosthesis. We aimed to use uplifting colors and accessories that would boost the experience and let our customers know how special and appreciated they are.

We even included inspirational quotes on some on our walls because we realize that we are providing not just for the physical well being of our customers but also their emotional wellness. To see more pictures of our renovated facilities, please visit: [www.bfrin.org/events](http://www.bfrin.org/events).



### Eating Wisely - A Key to Better Health



“Eat food. Not too much. Mostly plants.” With these few words, author Michael Pollan encapsulates simple, time-tested dietary advice. **Eat fresh foods.** Concentrate on eating “real” food—whole, fresh foods that people have been enjoying for millenniums—rather than modern processed foods. **Do not eat too much.** The World Health Organization reports a dangerous worldwide increase in overweight and obese people, often the result of overeating. **Eat mostly plants.** A balanced plate favors a variety of fruits, vegetables, and whole grains over meats and starches. Once or twice a week, try substituting fish for meat. Reduce refined foods such as pasta, white bread, and white rice, which have been stripped of much of their nutritional value. **Drink plenty of fluids.** Adults and children need to drink plenty of water and other unsweetened liquids every day. Drink more of these during hot weather and when doing heavy physical work and exercise. Such liquids aid digestion, cleanse your body of poisons, make for healthier skin, and promote weight loss.

## How to get proper pain relief with opioids

When a medicine doesn't give you the pain relief you need, your doctor may prescribe a higher dose or tell you to take it more often. When your cancer care team is working closely with you, doses of strong opioids can be raised safely to ease severe pain. Don't decide to take more pain medicine on your own. If changing the dose doesn't work, your doctor may prescribe a different drug or add a new drug to the one you're taking.



If your pain relief isn't lasting long enough, ask your doctor about extended-release medicines that come in pills and patches. These can control your pain for a longer period of time.

If your pain is controlled most of the time, but you sometimes have breakthrough pain, your doctor may prescribe a fast-acting medicine or immediate-release opioid that will give you faster pain relief right when it's needed.

### Taking opioids safely

Doctors will watch you carefully and adjust the doses of pain medicine so you don't take too much. For this reason, it's important that only one doctor prescribe your pain medicines. If you have 2 or more doctors, be sure that one does not prescribe opioids for you without talking to the others about it.

If you drink alcohol or take tranquilizers, sleeping pills, antidepressants, antihistamines, or any other medicines that make you sleepy, tell your doctor how much and how often you do this. Taking opioids while drinking alcohol or taking tranquilizers can be dangerous. Even small doses may cause problems. Using such combinations can lead to overdoses and symptoms like weakness, trouble breathing, confusion, anxiety, or more severe drowsiness or dizziness.

### Opioid tolerance

You might find that over time you need larger doses of pain medicine. This may be because the pain has increased or you have developed a drug tolerance. Drug tolerance occurs when your body gets used to the opioid you're taking, and it takes more medicine to relieve the pain as well as it once did. Many people do not develop a tolerance to opioids. But if you do develop drug tolerance, usually small increases in the dose or a change in the kind of medicine will help relieve the pain.

Having to increase your dose of opioids to relieve increasing pain or to overcome drug tolerance DOES NOT mean that you are addicted.

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## Managing side effects of opioids

Not everyone has side effects from opioids. The most common side effects are usually sleepiness, constipation, nausea, and vomiting. Some people might also have dizziness, itching, mental effects (such as nightmares, confusion, and hallucinations), slow or shallow breathing, or trouble urinating.

Many side effects from opioid pain medicine can be prevented. Some of the mild ones such as nausea, itching, or drowsiness, often go away without treatment after a few days, as your body adjusts to the medicine. Let your doctor or nurse know if you're having any side effects and ask for help managing them.

## When you no longer need opioids

You should not stop taking opioids suddenly. People who need or want to stop taking opioids are usually tapered off the medicine slowly so that their bodies have time to adjust to it. If you stop taking opioids suddenly and develop a flu-like illness, excessive sweating, diarrhea, or any other unusual reaction, tell your doctor or nurse. These symptoms can be treated and tend to go away in a few days to a few weeks. Again, slowly decreasing your opioid dose over time usually keeps these kinds of symptoms from happening. Check with your doctor about the best way to taper off your pain medicines. For more helpful information about taking opioids for pain related to cancer please visit the [cancer.org](http://cancer.org) website - *Credit: cancer.org*



## BFRIN

We would like to thank some of our corporate partners for there on going support of BFRIN. They help us to provide free to low-cost care to our customers.



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### DID YOU KNOW?

#### Susan G. Comen Race for a Cure

Will be held on **May 14, 2017**

Race starts at the  
Philadelphia Museum of Art  
**Time: 6:30am -12:00pm**

For more information visit  
[komenphiladelphia.org](http://komenphiladelphia.org)

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.