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We have some great products, such as a new Pilates/Yoga mat or a Pilates ball, that your mother, sister, aunt, daughter, brother or spouse may be interested in receiving as a gift
View Website: www.stretchyourlife.com

Hi all, Welcome to February Newsletter, any comments or suggestions would be greatly appreciated. Also any words on how Pilates has helped you would be nice to hear about and share with others.

In this e-zine:

- Carpal Tunnel stretches, by Karen Toth
- Breast Cancer, shared e-mail

Article by Karen Toth
Carpal Tunnel

With today's jobs involving keyboarding and using your fingers and hands it is very important to stretch and strengthen muscles from the arms, shoulders, pelvic floor and fingers. I have a belief that it is preventable and we can work within our bodies to help benefit our overall wellbeing even more.

Stretching: Stand right side beside a wall, palm against wall, arm straight as possible, without locking elbow, fingers pointed upward. If you feel any numbness stop, tingling is ok but back off the stretch a bit.

Make sure your body is perpendicular, not leaning in or out from the wall. Pelvis and spine is in the neutral position. Start to rotate your body initiating at the feet away from the wall until you feel a stretch. Keep gliding the shoulder blade toward your spine and toward your buttox. Hold for the count of 30 or until you feel some lengthening in your arm, rotate your feet and body back to starting position.

2. Next place your hand on the wall with your fingers pointed back, palm is still flat against the wall. Standing with neutral spine and pelvis, shoulder gliding toward spine and toward buttox, rotate your feet and body away from the wall. Hold for the count of 30 or until you feel lengthening in the arm. Rotate feet and body back to starting position.

3. Place your hand on the wall fingers pointed downward, palm flat against the wall. You will have to move closer to the wall. Standing with neutral spine and pelvis, shoulder gliding down toward spine and toward buttox. Rotate your feet and body away from the wall until you feel a stretch. Hold for the count of 30 or until you feel lengthening in the arm. Rotate your feet back to starting position.

4. Repeat on left side.

Notice the difference from one side to the other. If you feel any pain in the low back, check for neutral pelvis. It is important to keep breathing as you stretch..

Subject: Fwd: Breast Cancer -- Not a joke

In November, a rare kind of breast cancer was found. The sister of my friend developed a rash on her breast, similar to that of young mothers who are nursing.

Because her mammogram had been clear, the doctor treated her with antibiotics for infections. After 2 rounds and it continued to get worse, her doctor sent her for another mammogram, and this time it showed a mass.

A biopsy found a fast growing malignancy. Chemo was started in order to shrink the growth; then mastectomy; then a full round of Chemo; then radiation. After about 9 months of intense treatment, she was given a clean bill of health.

One year of living each day to its fullest. Then the cancer returned to the liver area. She took 4 treatments and decided that she wanted quality of life, not the after effects of Chemo.

We had 5 great months and she planned each detail of the final days. After just a few days of needing morphine, she slipped away saying she had done what God had sent her into the world to do and now it was her time to go.

PLEASE be alert to any thing that is not normal, and be persistent in getting help as soon as possible.

Her message is shown below:

Paget's Disease:

This is a rare form of breast cancer, and is on th outside of the breast, on the nipple and aureola. It appeared as a rash, which later became a lesion with a crusty outer edge. I would never had suspected it to be breast cancer but it was. My nipple never seemed any different to me but the rash bothered me, so I went to the doctor for that.

Sometimes, it itched and was sore, but other than that it didn't bother me. It was just ugly and a nuisance, and could not be cleared up with all the creams prescribed by my doctor and dermatologist for the dermatitis on my eyes just prior to this outbreak. They seemed a little concerned but did not warn me it could be cancerous. Now, I suspect there are not many women out there who know a lesion or rash on the nipple or aureola can be breast cancer.

Mine started out as a single red pimple on the aureola. One of the biggest problems with Paget's disease of the nipple is that the symptoms appear to be harmless. It is frequently thought to be a skin inflammation or infection, leading to unfortunate delays in detection and care.

What are the symptoms? The symptoms include:

1. A persistent redness, oozing, and crusting of your nipple causing it to itch and burn. (As I stated, mine did not itch or burn much, and had no oozing I was aware of, but it did have a crust along the outer edge on one side.)

2. A sore on your nipple that will not heal. (Mine was on the aureola area with a whitish thick looking area in center of nipple).

3. Usually only one nipple is affected.

4. How is it diagnosed?

Your doctor will do a physical exam and should suggest having a mammogram of both breasts, done immediately. Even though the redness, oozing and crusting closely resemble dermatitis (inflammation of the skin), your doctor should suspect cancer if the sore is only on one breast. Your doctor should order a biopsy of your sore to confirm what is going on.

My breast cancer has spread and metastasized to my bones after receiving mega doses of chemotherapy, 28 treatments of radiation and taking Tamoxifen. If this had been diagnosed as breast cancer in the beginning, perhaps it would not have spread...

This message should be taken seriously and passed on to as many of your relatives and friends as possible; it could save someone's life.

TO ALL READERS:

This is sad as women are not aware of Paget's disease.

If, by passing this around on the e-mail, we can make others aware of it, and its potential danger, we are helping women everywhere.

Please, if you can, take a moment to forward this message to as many people as possible, especially to your family and friends. It only takes a moment, yet the results could save a life!