

Fight for the Cure

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Date: Tuesday October 8th, 2013

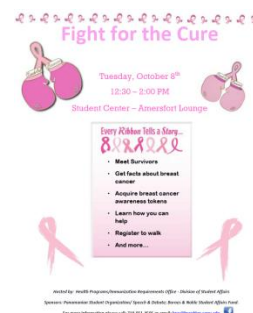
Location: Student Center - Amersfort Lounge

Time: 12:30 – 2:00 pm

Overview:

The Fight for the Cure workshop was inspirational, informative, and a complete success! The Health Programs Office collaborated with the Panamanian Student Organization and was sponsored by the Speech and Debate team. With over twenty attendees, the event featured two segments: a survivor story shared by the Magner Center's very own Mrs. Natalia Guarin-Klein, and a cancer-prevention workshop led by Ms. Melissa Olsen of Caribbean House Health Center.

First, Natalia Guarin-Klein spoke on her triumph over cancer. Mrs. Guarin-Klein's journey began when she was diagnosed at the incredibly young age of 37. With three children and a career to focus on, Natalia delayed her annual mamogram by almost four months. When she discovered a lump, she physician and after repeat testing, diagnoses... cancer. She said that group should take away, it should Get yearly mamograms, advised us to go to ignore anything. Mrs. Guarin-September and went in for her October. She underwent November to March and shared was the most difficult for her. was her acceptance of this bleak optimism throughout her us about how open and become because she was by doctors. Mrs. Guarin-Klein told us of the beauty she found in that ordeal because of the



support she received. Her children were too young to fully understand, but their teachers and parents knew. The school community supported Natalia and her family by cooking meals for



them, taking care of the children, and helping to make the best of the situation. Crediting her mother for having the tenacity to maintain such a positive and accepting outlook, Mrs. Guarin-Klein didn't let herself dwell on the fact that she had cancer and instead put all of her energy into being there for her three children. Hearing that Natalia's cancer is in remission over a year now brought smiles to the attendees' faces and generated a roaring round of applause. Mrs. Natalia Guarin-Klein's optimism throughout the adversity of fighting cancer and caring for children was truly an inspiration to all of the ladies and gentlemen present. At the end of her segment, the Health Programs office presented Natalia with small tokens of appreciation.



The next presenter was Ms. Melissa Olsen of Caribbean House Health Center. First, Ms. Olsen recrystallized the points that Mrs. Guarin-Klein had made in regards to following-up with annual mamograms and performing self-examinations to check for lumps. Then, Melissa introduced food groups that contained phytochemicals, or antioxidants, which help protect against heart disease, cancer, and age-related diseases including vision problems and memory loss. She guided the attendees through each color group, beginning with red foods containing lycopene which combats free radicals that damage genes. Next, she discussed orange plants

which contain alpha and beta carotene phytochemicals that protects against skin cancer and



repair damaged DNA. After, the group learned about beta-cryptoxanthin-rich yellow foods that prevents heart disease. Then, Ms. Olsen discussed lutein and zeaxanthin, which reduces the risk of cataracts and age-related degeneration. Then, Ms. Olsen talked about sulforaphane, allicin, and anthocyanins which

inhibit carcinogens, fight tumors, and delay aging of cells. Some foods which contain these properties are: tomatoes, pink grapefruit, watermelon, pumpkins, carrots, mangoes, oranges, peaches, lemons, green beans, spinach, kiwi, broccoli, cabbage, garlic, celery, artichokes, mushrooms, grapes, plums, raisins, etc...



Ms. Melissa Olsen challenged attendees to eat one serving of fruits or veggies from each of the seven color food groups a day for optimal health maintenance. Some fun facts we learned included: The char on grilled meats contains carcinogens; the dirty dozen includes twelve fruits that contain the most pesticides; the clean fifteen includes the best fruits and vegetables one can eat. Ms. Olsen encouraged students to

make sure that they have enough sleep and minimize time spent indoors in front of a screen. She also discussed benefits of supplemental vitamins and cautioned against taking in very high doses of them. Ms. Melissa Olsen instructed students on how to eat healthier to promote vitality and wellness, focusing on food groups that would prevent cancer and other degenerative ailments.

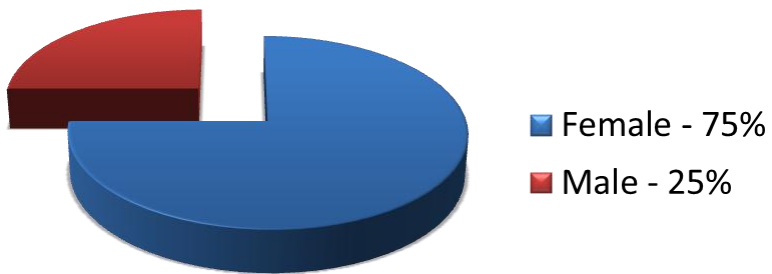


The Fight for the Cure workshop was a phenomenal event. Students were awed and inspired by Natalia Guarin-Klein's survivor story. Participants were also extremely engaging in

Ms. Melissa Olsen's segment of cancer-preventative health. After the event, students signed up for the walk, indulged in some fruits and refreshments, and donated to Making Strides for awareness tokens.

Data & Statistics

Student Demographics



Were You Satisfied?

