In The Spirit of Health

THE UNIVERSITY OF TEXAS MDAnderson Cancer Center

Making Cancer History[®]

"I pray that you may enjoy good health and that all may go well with you." $\,$ - 3 John 1:2

Breast cancer survivor's perseverance through prayer

Jewel Johnson, Survivor



Jewel Johnson had never heard of triple-negative breast cancer until a biopsy of a lump in her breast confirmed a diagnosis in December 2019. After receiving the news, she recalls taking a long walk to make sense of everything. Then, she stumbled upon a class in spirituality.

"Believing in a power higher than yourself spoke to my mind and heart," Jewel says, recalling the class. Afterward, she ordered prayer and motivational books to guide her throughout her treatment at MD Anderson.

Triple-negative breast cancer is an aggressive type of breast cancer. Black women are twice as likely to be diagnosed with it than white women. Jewel's treatment included multiple rounds of chemotherapy to shrink the tumor, a lumpectomy and breast reconstruction surgery. She then received several weeks of radiation therapy. By August 2020, she learned she was in remission.

Over the last three years, Jewel has realized survivorship is a continuous journey that involves taking care of emotional health and physical health. Since remission, she's improved her nutrition, exercise and sleep.

"I thought my transition to a healthier lifestyle after cancer would be easy, but it was harder than I expected," Jewel says. "Especially with other family members in my household. If I see my kids with fast food, I want it."

But Jewel is resilient in the face of any obstacles, and credits her family as being her support system.

To people who may not have the help they need, Jewel recommends practicing spirituality and advocating for themselves by asking questions about their health. For example, all women – age 40 and older – should get a mammogram and breast clinical exam every year. Jewel says knowing this type of information and what resources were available to her erased any misunderstandings she had before treatment.

"I had faith in the process," she says. "I told myself, 'I'm beating this'."



Ask your coordinator about requesting MD Anderson's *Breaking Down Barriers: What Black Women Need to Know About Breast Cancer* presentation at your church.

If you have questions about In the Spirit of Health, e-mail **Community@MDAnderson.org** or call **713-792-3363**.









Did you know?

Up to 50% of cancers in the United States could be prevented by healthy lifestyle choices. Here are nine ways you can reduce your risk for cancer:

Get screened.

Cancer screening exams are available for breast, colorectal and cervical cancers. Find out if you are up to date with your screenings using this QR code.



Exercise.

Do at least 150 minutes of moderate exercise each week plus strength training twice a week.



Avoid tobacco.

There is no safe form of tobacco. Text QUIT to 47848.

Eat a healthy diet.

Focus on whole grains, vegetables and fruits, with lean proteins like chicken and fish. Limit red and processed meats.



Maintain a healthy weight.

If you have a high body weight, you are at increased risk for cancer. Check your BMI and get tips on weight at **MDAnderson.org/Weight**.

Be skin safe.

Find shade between 10 a.m. and 4 p.m. If you are in the sun, wear a wide-brimmed hat, sunglasses and protective clothing. Use sunscreen of SPF30 or more.



Limit alcohol.

For cancer prevention, no alcohol is best.

Get vaccinated.

The HPV vaccine prevents six types of cancer including cervical, vaginal and vulvar cancers. Everyone ages 9-26 should get it. Adults ages 27-45 should talk to their doctor about the benefits. The hepatitis B vaccine reduces your risk for liver cancer.



Know your family history.

Tell your doctor if you have relatives who have had cancer. Find out the cancer type and what age they were diagnosed.



Faith without works is dead - James 2:14

Get help making the lifestyle changes you need to reduce your risk for cancer.

Take the Healthy10 Challenge from the American Institute for Cancer Research.

This FREE 10-week interactive program is designed to help you eat better and move more. Get weekly recipes, exercise tips and more. Accept the challenge using this QR code.



Open your camera or QR code reader to scan the QR code to view

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