

Bald Nation Rocks Against Cancer is a faith-based non-profit mission that provides support services to women fighting against any form of cancer in Cobb, Douglas, Bartow, Paulding, and areas of Fulton county.



BNRAC

Monthly Email Newsletter
Representing All Colors of Cancer

Celebrates 5 years!



MONTH OF MARCH COLORECTAL CANCER



Colon cancer is a type of cancer that begins in the cells lining the large intestine; some researchers include the rectum and prefer the term colorectal cancer. There are over 100,00 new cases annually and the 3rd leading cause of death in the U.S for men and women. Early warning signs of colon cancer are narrow or pencil-thin stools, rectal bleeding, unexplained weight loss, and fatigue or weakness. However, unlike some diseases, colon cancer typically does not produce symptoms or signs in its early stages. This is why following screening recommendations is important. The earlier a colon cancer is detected, the greater the likelihood of successful treatment.

Source: CDC.gov/colorectal



Vernitta Rose Love
CEO & Founder
BNRAC

Words from Our Founder:
These days are challenging for many of us, and many wonder if we will get through this difficult season. It's important to recognize that this is just a phase and it will eventually pass. A shift in our mindset, focusing on positivity one day at a time, can also be beneficial. Soon enough, you may realize that things aren't as bad as they seem.

Philippians 4:8



Got Sleep?

March is



National Sleep Month

Who could use a bit more sleep? We all could! Did you know that, 33-50% of adults worldwide experience some form of insomnia, including difficulty falling asleep, staying asleep, or achieving restorative sleep. This is a silent epidemic that affects physical and mental health.

In the United States, insufficient sleep is unevenly distributed across counties. In 2009, researchers identified "hotspots" of sleep deprivation across the country through sleep studies.

So it's okay! Go take that much needed nap or just say "GOOD NIGHT!"

<https://www.sleepawarenessmonth.org/>



"Sisters-n-Faith"

30-min Prayer Call

Wednesday @ 7:00am EST

425-436-6319

Code: 301717#

**"YOU ARE MAGNIFICENT BEYOND MEASURE,
PERFECT IN YOUR IMPERFECTIONS,
AND WONDERFULLY MADE."
—ABIOLA ABRAMS**

**GOLDEN
RECIPIENT
FEATURE!**

**ZENIVA
"ZEE"
BROWN**



Zeniva "Zee" Brown, a survivor and thriver, defied expectations about her abilities. She has learned to read aloud, write, and play the piano again, showcasing her resilience. Despite others losing hope, she finds strength in her faith and celebrates her independence, including monthly hair appointments and eating without assistance. Zee expresses her joy, declaring today a wonderful day and affirming her greatness.

BNRAC Events:

**BNRAC Celebrates 5 yrs April 1
Comfort Tea Party - May 18th
Cancer Warriors 5-Yr Gala Event - Sept 20**

JOIN our TEAM!

**BALD NATION
ROCKS AGAINST
CANCER**



contact@bnrac.org



**MARCH WELLNESS:
Good Food is Good Fuel!**

The path toward eating well during cancer may be difficult, but it is important.

Eating a healthy diet can be hard. You may be nauseated or not feel hungry. You may notice changes in the way some foods taste, especially if you're taking certain medicines. You may also have to avoid certain foods.

Here are some steps you can take to overcome challenges. Try the ones that make sense for you, and don't feel you need to do them all at once! It's all about baby steps.

- Keep track of what you eat. Use a notebook or an app to write down what and how much you eat.***
- Ask your doctor what you can't eat with medicines you take or allergies you have.***
- Try to eat meals at the same time every day. When your body gets used to eating at the same time, you'll be able to manage how much you eat better.***
- If you're having trouble regaining your appetite, start with small meals of your favorite foods.***
- Try healthier versions of your favorite recipes. Many healthy and easy-to-follow recipes are available online.***
- When you're able to eat more foods, try to fill half your plate with fruit and vegetables. The other half of your plate can be a mix of lean proteins and whole grains.***
- Think of sugar-sweetened food and drinks and alcohol as treats for special occasions.***

Source: <https://www.cdc.gov/cancer-survivors/healthy-living-guides/eating-healthy.html>