

# Patients cook up recipe book

A group of Mercy Medical Center, Baltimore, cancer patients banded together to develop a cookbook, "Cooking for a Cause with Karen and Friends," as a fundraiser to support The Lymphedema Assistance Fund at Mercy.

This newly created fund helps patients obtain basic components of treatment for lymphedema (a particular problem for breast cancer patients) such as short stretch bandages and compression garments. Lymphedema is the abnormal buildup of lymph fluid in the body that can cause swelling in the affected area, caused by damage to the lymphatic system that can occur during cancer treatments.

Catholic patient Karen McCarthy spearheaded the recipe-collecting efforts for the cookbook which includes appetizers, soups, salads, vegetables, side and main dishes, bread, and desserts.

To order a cookbook, call 410-659-2933 (\$15 donation, \$3 shipping) or pick up a copy at the Center for Restorative Therapies on the first floor of Mercy's main hospital.