Yes, I Can Make a Difference!

Common Questions about Food and Breast Cancer

A Home for Healing

Translate Your Actions into Powerful Help

A World of Cultural Differences
Breast Cancer Wellness Magazine

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Fall 2008

ON OUR COVER
Amy Abernethy, MD
Director of the Duke Cancer Care Research Program and Faculty Member of Duke Clinical Research Institute

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Losing my breast, my hair and my husband all within months was enough to knock me to my knees. Literally. I spent hours in my prayer closet sometimes just sitting there quietly meditating. My first trip there after the diagnosis involved a prayer where I reminded the Lord that He said in the Bible, He had peace that surpassed understanding. I wanted to be free of the fear and quaking I felt inside and if I could find that peace, I knew I could deal with the next step. The experience I had that afternoon shall never leave my mind.

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Breast Cancer Wellness Magazine

www.breastcancerwellness.org
Dear Friends,

As I write this today from the scenic hills of the Ozarks, our ever changing weather has brought us a beauty-filled day with gentle breezes, the warmth of the sun, and attitudes that reflect that everyone here is enjoying a nearly perfect day. Yet at this same time, our friends on the East and the Gulf coasts are continually being threatened with ravaging hurricanes. They are evacuating their homes with the hopes and prayers of moving to safety and yet not knowing when they return how the storms of change may lead them in new directions.

This sounds and feels similar to the experiences of breast cancer, doesn’t it? The threats of breast cancer makes us leave the comfort and safety of who we think we are, only eventually to return to something much greater than ourselves. It seems no one escapes trauma, life threatening experiences, and high drama in one form or another. Sometimes our life’s most challenging experiences come from marriages or divorce, Mother Nature, work, accidents, and from the threats of disease. But for sure, these experiences make us question our strengths, our life and our priorities.

We learn we are not our homes, not our material wealth, and not the job title we bear. We learn we are more than our hair, and more than our breasts; we learn that our darkest times show us the light of who we are. We learn as a nation and as a pink sisterhood to see beyond our struggles and to connect with our core strengths. History continually bears this revelation that the extraordinary human spirit emerges through ordinary people and moves us toward the light of day. It is in that spirit, human and Divine, that we move into our next greater experience with less struggle and more conviction. It is in this spirit that we find stillness and peace, in spite of the storms, and we can be renewed. We can even appreciate more deeply the people and the experiences that have touched and changed our lives.

My prayer and invitation is for each of us to experience healing and wellness to the fullest.

Wellness Blessings,

Beverly Vote
Publisher/Editor
16 year breast cancer survivor

P.S. It’s not too late to sign up for the 3rd annual Breast Cancer Survivors Cruise. The cruise is a great opportunity to share these stormy experiences in our lives and to reflect how we are stronger because of these unexpected courses. Your deposit guarantees the cruise is a great opportunity to share those stormy experiences in our lives and to reflect how we are stronger because of these unexpected courses. Your deposit guarantees the cost of your cabin before prices increase again.

P.S. Empowering our legislative representatives to best serve us is a minimum of a two step process: We must express exactly what we need and WE MUST VOTE.

Please join us…on the 3rd Annual Breast Cancer Survivors Cruise!
April 16-20, 2009
Call Shelly Williams at Great Southern Travel Agency
1-800-810-8510

Show Me the Way Out
Over the past few decades, America has evolved from being a nation that barely whispered the words “breast cancer” to becoming the world’s leading force for the mission of ending breast cancer. Today, there is less whispering going on yet there are still serious life-defining decisions to be made about differences all over the world, including within the United States. New research is showing that within every corner of the world, when it comes to “breast cancer awareness”, one size does not fit all.

As the worldwide mission continues to move toward ending breast cancer, the cultural differences continue to beckon attention and compassion for the needs of all women and all men wanting to survive from a diagnosis of breast cancer. As they each face the individual healing journeys before them, they want to know that their cultural backgrounds, religious preferences, color of their skin, or political viewpoints do not stand in the way of obtaining the finest care in the world. For many women, just to receive a minimum of care, the differences in the world divide some from others. There are many cultural differences in the world, here is a glimpse of just a few.

"Breast cancer awareness", one size does not fit all.

“Cultural competency among physicians is important. Barriers to care spring up when Spanish-speaking patients who are not like them. Non-Latino doctors may not be familiar with cultural issues facing Latinos, and linguistic appropriateness becomes an issue, too. Another issue is that Hispanics/Latinos sometimes rely on alternative medicine or folk remedies, and may be afraid to tell their doctor. And there aren’t enough Latino doctors and researchers either. Just as cancer disparities exist for Latinos/Hispánicos, they also exist in The demographics of the researchers and clinicians who work to reduce or eliminate cancer disparities. Specifically, there are even fewer doctoral-level Latino students in the health sciences than master’s-level...”

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In your last issue Patty Bateson wrote a poem about the chemotherapy nurses. If it wasn’t for the wonderful nurses I had to take chemotherapy, I don’t know how I could have faced those months of terror and nausea during my six months of therapy. The only way I can think of those days is to replace the thoughts of how my nurses made all the difference for me. May all the nurses in the world know that without them we patients could not get through this.

The poem Caring Hearts was right on. The chemo nurses are special angels with gentle and strong hearts. It has been over a year since I had my last chemotherapy treatment, but just the thought of those chemo treatments makes me feel sick all over again. Knowing that my chemo nurse Susan was going to be there for all of my treatments was more precious to me than I can ever put into words.

I was very relieved to read that the doctor from Duke Cancer Center believes in whole body healing. This article made me realize something about myself that I didn’t want to acknowledge and that is how afraid I was to go back to work after being diagnosed with breast cancer.

Dr. Christine Horner’s article on Dangerous Cooking got my attention. It shook me up enough to get some of my legal affairs “in order.” I was shocked that I could get a will, my health directive, a durable power of attorney, and a revocable trust for both me and my husband for $13.50. It was so easy to do, and I loved the tutorial video that walked me through the process. I guess I was afraid to get my affairs in order because it would be too difficult, too expensive and that the legal system is so overwhelming. I am glad I finally did what I just needed to do. I also bought Suze Orman’s book! Every woman should read her last chapter, “Say Your Name”. As for the second copy of The Breast Cancer Wellness Magazine, I gave it to a young woman at my church that was recently diagnosed with breast cancer.

My friend Georgia brought me a copy of my magazine and a few days later my sister in law brought me another copy. The magazine certainly got my attention. It shook me up enough to get some of my legal affairs “in order.” I was shocked that I could get a will, my health directive, a durable power of attorney, and a revocable trust for both me and my husband for $13.50. It was so easy to do, and I loved the tutorial video that walked me through the process. I guess I was afraid to get my affairs in order because it would be too difficult, too expensive and that the legal system is so overwhelming. I am glad I finally did what I just needed to do. I also bought Suze Orman’s book! Every woman should read her

I love the article on Dr. Amy Abernethy. I love how she understands the difference between treating a patient and treating a disease. This sounds like a doctor who loves her work. Wish all of us could be so fortunate to have someone like her on our medical team.

Thank you for the piece on Duke Cancer and of all the breast cancer stories that would understand that we are more than our physical body.

Carla Reynolds
Conway, AR

Tell It To The Editor by Beverly Vote

Tell It To The Editor

The Breast Cancer Wellness Magazine is here to serve the needs of breast cancer survivors.

These are some of the letters we have received from survivors that have told us what they think and what they need from the magazine.

TellItToTheEditor@breastcancerwellness.org

We will print all letters that we can.

The Breast Cancer Wellness Magazine

PO Box 2640
Lebanon, ME 04056

A World of Breast Health Cultural Differences

(contin’d from p. 7)

of all the breast cancers diagnosed among African American women, 53% are diagnosed at a localized stage, compared with 64% among White women.

“This disparities reflect shortcomings of cancer control for African American women” reported Dr. Simon.

“Therapies that utilize other African Americans, especially ones known to African Americans are working. Other programs that are faith based and provided through religious organizations are working. Other programs include that are working are those that utilize community leaders as health advisors, those that utilize African American breast cancer advisors as witnesses and those that are culturally relevant,” reported Dr. Simon.

Dr. Sore Park Tanjasiri, Member of the Susan G. Komen for the Cure Advisory Board and Asian American and Pacific Islander Advisory Council reports that Asian American and Pacific Islander women experience a range of language and cultural differences when it comes to their breast health. It is rare to have health care providers that speak their language and it is uncommon for women to be provided interpreters or translators for the examinations. As a result, Asian American and Pacific Islander women it is rare to have a doctor speak their individual language or to understand their cultural differences.

If an Asian American or Pacific Islander woman comes from a rural area, the exam process may be even less understood in that the woman may not know what the exam is about, so when she is told to take off her blouse so that her breasts can be examined, the experience can be viewed as shameful, and it makes it unlikely they will see a doctor again. In addition, many Asian American and Pacific Islander women do not drive and may have lower incomes and are dependant upon their husbands for transportation for routine examinations or cancer therapy treatments. This is many times coupled with a cultural concern from husbands that may not understand the need for a doctor to have their hands on their wives’ breasts or that their wife may have breast cancer.

Asian and Pacific Islander women may times have as much concern for the loss of their hair as they have for the loss of their breasts as many cultural regions identify their femininity more with their hair than their breasts.

“It is difficult to generalize cultural groups because census studies show more than 67 ethnic groups within the categories of Asians. Yet, is important that each has support where they can feel safe, where they feel they can feel a connection, even if it means they are connecting with only a few breast cancer survivors from their cultural environment,” reported Dr. Sore Park Tanjasiri.

Because we are a world of cultural differences filled with women and men that contrast with their own individualities, races, ethnicities, colors, nationalities, and religions, we are never divided from the need to be empowered by sharing our healing experiences and our healing differences.”
The Perils of Eating Red Meat

by Christine Horner, MD

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.” —Albert Einstein

Research has shown beyond a scientific doubt that eating red meat is a serious risk factor for breast cancer. Many studies have shown that women who eat the most red meat have an 88 to 330 percent increased risk of this deadly disease. The numbers were even higher in premenopausal women. There are four major sources of health dangers that have been identified in red meat:

1: ANIMAL PROTEIN

The meat of animals is composed primarily of muscle protein, which is made up of smaller subunits known as “amino acids.” It also contains creatine, an important substance that muscles use for energy. As you know, protein and amino acids are essential to health, and so is creatine. However, when animal protein is cooked, especially at high heat, structural changes occur in the protein, amino acids, and creatine—changes that create dangerous new carcinogens. A study from Uruguay found animal fat is converted into a carcinogenic substance by the bacteria in your colon. Second, oxygen free radicals have a tendency to attack and damage these types of fats, changing them into powerful stimulators of inflammation, and inflammation fuels the growth of breast cancer. Worse yet, inflammation and oxygen free radicals engage in a deadly dance with each other, each one increasing the numbers and power of the other. Inflammation produces more oxygen free radicals, and oxygen free radicals, in turn, spark the fires of inflammation.

2: SATURATED ANIMAL FATS

Saturated animal fats (a type of lipid) from red meat and dairy products are poisonous to your body. These lipids make the cells in your body more resistant to insulin. As a result, your insulin levels go up. High insulin levels are lethal. In fact, they are one of the biggest risk factors for breast cancer. Research shows that women with the highest insulin levels have a 283 percent greater risk of breast cancer. As well, saturated animal fat can raise your risk of breast cancer, as well. First, saturated animal fat is converted into a carcinogenic substance by the bacteria in your colon. Second, oxygen free radicals have a tendency to attack and damage these types of fats, changing them into powerful stimulators of inflammation, and inflammation fuels the growth of breast cancer. Worse yet, inflammation and oxygen free radicals engage in a deadly dance with each other, each one increasing the numbers and power of the other. Inflammation produces more oxygen free radicals, and oxygen free radicals, in turn, spark the fires of inflammation.

3: CONCENTRATED TOXINS IN RED MEAT

Red meat is a storehouse of concentrated toxins including pesticides, antibiotics, hormones, and growth stimulators. In the United States, livestock are regularly fed and injected with growth hormones and stimulators to make them grow bigger and faster and to increase their production of milk. When a cow is injected with rBGH, its body produces large amounts of insulin-like growth factor-1 (IGF-1). At higher concentrations, IGF-1 is extremely dangerous because it becomes an extraordinarily potent stimulator of breast cancer. In fact, scientists believe it may be the most potent stimulator of breast cancer known. Women with the highest levels of IGF-1 in their bodies have a 700% increased risk of breast cancer! Eating conventionally raised beef and dairy products is the principal way that excessive amounts of IGF-1 get into your body. Environmental toxins, such as pesticides, herbicides, chemical fertilizers, and industrial chemicals, accumulate, concentrate and store in animal fat. Many of these toxins have estrogenic effects. In other words, they act like estrogen in the body and accelerate cell division. Many studies have shown that these pesticides can trigger breast cancer and that those women who have high levels of these pesticides in their bodies have a much higher risk of breast cancer.

4: DEATH BY GRILLING

When red meats are cooked at high temperatures, additional carcinogens known as “heterocyclic amines” are formed. These sinister molecules attack DNA, destroying its vital code in a way that seriously increases the risk of cancer. Frying and grilling are the methods of cooking that do raise the highest temperatures to cook meat, and they are associated with the highest risk of breast cancer. The higher the cooking temperature, the more carcinogenic heterocyclic amines form. How long you cook your meat makes a difference, too. The more well done your meat is, the more heterocyclic amines it will have, and the more carcinogenic it will be. Research shows that of the women who eat red meat, those who eat both the most grilled and the most well-done red meat have the highest risk of breast cancer. A study from Vanderbilt University published in 2002 found that women who consumed large amounts of red meat, especially cooked well-
done, had a significantly higher risk of breast cancer. If the women were also overweight, their risk was even greater. Another study, done at the Medical College of Ohio and published in the journal Carcinogenesis in 1999, found that an enzyme in breast tissue called “N-acetyltransferase” activates the carcinogens in well-done red meat and in cigarette smoke. The study also identified several different subtypes of the N-acetyltransferase enzyme. The risk of breast cancer in women who had one particular subtype of this enzyme was extremely high. The women who had this dangerous subtype and who also smoked, ate a lot of red meat, or ate well-done red meat were found to have a 400 percent higher risk of breast cancer.

In short, eating well-done red meat is very risky for certain women. In the N-acetyltransferase enzyme. The carcinogens in well-done red meat were found to have an extremely high risk of breast cancer. If the women were also overweight, their risk was even greater. Another study, done at the Medical College of Ohio and published in the journal Carcinogenesis in 1999, found that an enzyme in breast tissue called “N-acetyltransferase” activates the carcinogens in well-done red meat and in cigarette smoke. The study also identified several different subtypes of the N-acetyltransferase enzyme. The risk of breast cancer in women who had one particular subtype of this enzyme was extremely high. The women who had this dangerous subtype and who also smoked, ate a lot of red meat, or ate well-done red meat were found to have a 400 percent higher risk of breast cancer.

If you do like the taste of meat, however, there are delicious substitutes for your old meaty favorites. Instead of turkey, try To-furkey. Instead of hot dogs, try Yves Veggie Style Nuggets. Instead of hamburgers, try Boca Burgers or Morningstar Farms Grillers Prime. Instead of bacon, try Lightlife Smart Bacon. Instead of chicken, try Garden Style Chik’n Grill or Nate’s Chicken Nuggets. Instead of hamburgers, try Boca Burgers or Morningstar Farms Grillers Prime. Instead of turkey, try Tu-turkey.

YOUR BEST CHOICE FOR HEALTH

Research shows that the types of foods that support your health the most are fresh whole organic plants—fruits, vegetables, and whole grains. So try to favor these foods. If you love the taste and texture of red meat, don’t think you have to give it up. The ever-growing and surprisingly delicious vegetable-based meat substitutes has come a long way. Even committed carnivores will find many of the meat mimickers to be a culinary delight. For instance, my rebellious teenager couldn’t tell the difference between a Boca Burger (made with soy protein) and an actual hamburger! Also, some vegetarians (I, for one) think some meat substitutes taste too much like the real thing!

The list below shows some good substitutes for your old meaty favorites.

- Instead of bacon, try Lightlife Smart Bacon
- Instead of chicken, try Garden Style Chik’n Grill or Nate’s Chicken Nuggets
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SAFE ALTERNATIVES—MEAT MIMICKERS

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If you do like the taste of meat, however, there are delicious substitutes for your old meaty favorites. Instead of turkey, try To-furkey. Instead of hot dogs, try Yves Veggie Style Nuggets. Instead of hamburgers, try Boca Burgers or Morningstar Farms Grillers Prime. Instead of bacon, try Lightlife Smart Bacon. Instead of chicken, try Garden Style Chik’n Grill or Nate’s Chicken Nuggets. Instead of hamburgers, try Boca Burgers or Morningstar Farms Grillers Prime. Instead of turkey, try Tu-turkey

YOUR BEST CHOICE FOR HEALTH

Research shows that the types of foods that support your health the most are fresh whole organic plants—fruits, vegetables, and whole grains. So try to favor these foods. If you love the taste and texture of red meat, don’t think you have to give it up. The ever-growing and surprisingly delicious vegetable-based meat substitutes has come a long way. Even committed carnivores will find many of the meat mimickers to be a culinary delight. For instance, my rebellious teenager couldn’t tell the difference between a Boca Burger (made with soy protein) and an actual hamburger! Also, some vegetarians (I, for one) think some meat substitutes taste too much like the real thing!
Low-Carb for Cancer Patients?

by Kim Dalzell, PhD, RD, LD

Potatoes are poison and carbs will kill you. These ominous sound bites have millions of Americans convinced that eating carbohydrates will make them fat, tired and sick. Cancer patients are among the carb crazed, snacking on low-carb crackers and dining on bunless burgers, in the quest for Wellness. As Shirley Johnson, a 65-year old Non-Hodgkin’s Lymphoma patient from New Berlin, Wisconsin explains, “I ate a low-carb grilled steak salad just the other day—not because I wanted to lose weight, but because it was made with spinach, red onions and black olives and it didn’t come with bread. Hard white rolls are my weakness, so why tempt myself?”

Some cancer patients, believing in the basic tenet that carbohydrates are toxic, feel they need to avoid every kind of carbohydrate, including fruits and cereals. This can be especially detrimental if undergoing chemotherapy or radiation. Losing weight too quickly by restricting food groups may impair immunity and elevate the risk for malnutrition—increasing the likelihood that cancer treatment may need to be delayed while the patient takes time to “rebuild.” Limiting carbohydrate intake can also make it difficult to obtain the National Cancer Institute’s recommended 25 to 30 grams of dietary fiber per day. Without adequate fiber from whole grains and fresh fruit and vegetables, bowel function may be compromised leading to constipation and a build-up of cancer-causing bile acids in the colon. Individuals who choose to eat low-carb products may also experience more digestive disturbances. Most low-carb products contain sugar alcohols like sorbitol, mannitol and xylitol. If consumed in large amounts, these alcohols may cause diarrhea. And although a new study found that low-carb diets lost more weight than traditional diets, the researchers pointed out that low-carb diets have high drop out rates. (7) If you don’t stick to a diet, chances are you will revert back to your old eating patterns. Rather than blame carbs, consider that life-long unbalanced dietary and lifestyle practices just might be to blame for packing on the pounds and weakening the body’s resistance to illness.

Ultimately, we just don’t know if low-carb diets are safe in the long-term. We certainly have enough evidence to suggest that diets high in saturated fat and animal protein may raise the risk of many cancers and contribute to an unhealthy, inflammation state in the body—clogging arteries, impairing immunity and contributing to the onset of cancer. Despite the理論 of many vitamins, fruits and vegetables and whole grains are lacking in health-promoting vitamins, minerals, fiber and phytochemicals—cancer-protective compounds that may protect healthy cells, help the body to detoxify and inhibit enzymes responsible for cancer growth. Given this information, it makes sense to re-think the carbohydrate connection to health.

The American Dietetic Association, whose mission is to educate the public about good nutrition practices, defines a healthy eating plan as one based on complex carbohydrates such as whole grains, fruits and vegetables, moderate in protein and relatively low in fat, coupled with daily physical activity. The National Academy of Science recommends that about half of your calories come from carbohydrates, and the World Health Organization suggests no more than 10 percent of total calories come from refined sugars. That’s about 12 teaspoons of sugar for individuals who eat 2,000 calories per day. The reality is, however, that most Americans consume an average of 31 teaspoons of added sugars per day—or about 20% of total calorie intake! (6) Breaking bread at your next meal doesn’t have to wreak havoc on your body. You can control your weight, maintain healthy blood sugar levels and enjoy a healthy, balanced diet.
To maintain energy, stabilize blood sugar levels, and support immunity by following these no-fail strategies for a healthy balanced diet:

- Always combine carbohydrates with protein. Add lean animal proteins or soy foods to colorful fruits and vegetables, and hearty whole grains. Eating a "mixed" meal keeps you satisfied and you'll be less likely to need a pick-me-up snack between meals.

- Focus on fiber. Dietary fiber can help maintain normal blood sugar levels and allows the body to rid itself of toxic compounds. You can easily obtain 25 grams of fiber per day by eating a high fiber cereal topped with fresh fruit for breakfast, homemade bean soup with whole wheat crackers, a side salad and a piece of fruit for lunch and stir-fried veggies and tofu over brown rice for dinner. Don't forget to drink more water when you increase your fiber intake.

- Have regular meals. This can be difficult given our hectic lifestyles, but if you skip meals or eat too quickly, you may find yourself reaching for something sweet in order to satisfy your hunger.

- Limit sweets in your diet, such as candy, ice cream and bakery items to special occasions. Remember that special occasions are not defined as days that end in the word “day”.

- Watch portion sizes. Read nutrition facts labels. You might be surprised to learn that your usual plate of pasta! It is possible, and the time is now. It is an exciting time to be part of The Power of Ten.

- Take a look at the last ten years of your life. Think about your daughter’s life, or your mom’s. Now think about the next ten. What are your hopes? Your dreams? What would it feel like to be part of some- thing bigger than yourself that would affect the next decade of your life and the lives of others facing breast cancer?

- You may know my story by now. Ten years ago I was told that I had stage IV breast cancer. In fact, at the age of 26 I was also told to get my “act in order” by my first doctor that I met. Fortunately I found Dr. Merajver and The University of Michigan the very next day. It is with her help that I am here ten years later. Happy, healthy, and ready to give back. You see, in those ten years I have experienced more depths of life than I ever imagined. I have been sick and bald. I have been healthy and fit. I have learned to appreciate each day and what it has to offer. In ten years time I have survived terminal breast cancer, written a book, adopted a son, built a new house, and found my passion in speaking and writing. So what is that worth? Life is not something to put a price tag on. But in a world where people will pay for a trip to the moon or to experience a day at a dude ranch, I believe that most would agree that ten years of life is worth at least a million dollars.

Kim Dalzell, PhD, RD, LD

Dr. Kim Dalzell is a doctor of holistic nutrition and registered dietitian who has helped thousands of cancer patients with her "shrink their tumor" diet. Her healing approach to cancer control. She is a sought after author, speaker of Challenge Cancer and Win! NutriQuest Press, 2002)

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to the power of ten. It is exciting and refreshing to me to think that 100% of the money raised could go to Dr. Merajver’s lab, there will be no costs off the top. If you would like to get even more involved with this project I would love to work with you. You can reach me at heather@GoBeyondTreatment.com. If you would like to be even more involved with this project I would love to work with you. You can reach me at heather@GoBeyondTreatment.com.
Ask Amy and Jane:

Common Questions About Food and Breast Cancer

by Amy Abernethy, MD and Jane Wheeler, MSPH

In our last issue of Breast Cancer Wellness, we introduced Dr. Amy Abernethy, Director of the Duke Cancer Care Research Program and a leading national figure in the development of whole-person, patient-centered, cancer care. We are delighted to announce a new regular column contributed by Dr. Abernethy and Ms. Jane Wheeler, a close colleague working with Dr. Abernethy whose background in public health, spirituality, and holistic health approaches complements Dr. Abernethy’s clinical expertise.

Dear Readers,

As contributors to Breast Cancer Wellness, we wish to address issues that have true importance to you, as breast cancer patients, survivors, and women interested in optimizing your health and wellness. This first column uses a conversational question-and-answer format to introduce you to the way we think, our basic philosophy and approach. Subsequent columns will delve more deeply into particular areas of interest or concern. We invite you, the Reader, to send us suggestions for future columns by using the email addresses listed at the bottom of this article. Your recommendations and feedback will be most appreciated, and will help us serve you better. After all, this column is for you!

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I’ve heard that sugar fuels the growth and division of cancer cells. Is this true? Should I try to avoid all sugar now that I have breast cancer? And what about after my treatment ends?

Amy: This is a hot question at the present time. We do know that diets high in simple sugars (most snack foods and baked goods, for instance) cause insulin levels in the blood to rise sharply. Some data seem to suggest that continued high insulin levels may contribute to cancer. People who eat foods and baked goods high in simple carbohydrates and sweets may want to take better care of yourself by moderating your sugar intake.

Jane: A cancer diagnosis and treatment takes you on quite a journey! Hopefully your ride has been relatively smooth, but for virtually all cancer patients, the journey involves many searing inquiries into one’s life, achievements, purpose, and meaning.

At this time, many women also review their behavior, often very critically. Please be kind to yourself. This is not the time for self-criticism. Consuming sugar has not created your cancer, nor can you blame yourself for making your cancer progress further by eating sugar.

However, this does not mean that sugar will not play any role in stimulating growth of the cancer. Because the data in this area are far from perfect, your concern is certainly legitimate.

Please discuss the issue with your doctor, who will probably suggest avoiding all soy foods until more definitive research provides solid answers about the effects of soy on cancer recurrence.

For other breast cancer patients, I advise including only a modest amount of soy foods as part of a healthy diet. Enjoy no more than one serving per day of foods such as tofu, tempeh, or

I used to think that soy was a healthy addition to my diet, but now I’ve heard that it might aggravate my breast cancer. What’s the real story with soy?

Amy: For a while, soy-based foods were promoted as a health panacea for women. Soy is an excellent source of protein, fiber, and various nutrients, and it may have a protective effect against cancer in women. A 2006 analysis of data from 18 published studies concluded that among women without cancer, soy consumption was associated with a 14% reduction in breast cancer risk – a small, but statistically significant difference.

Now it seems that the tables have turned, and soy is being vilified for several reasons. Without getting into the fray, I want to point out that the soy issue is different for breast cancer patients than for other women. Soybeans contain isoflavones, which are substances similar in structure to estrogen. In our bodies, isoflavones can interfere with our own estrogen production and function by binding to the same cell surface receptors as does estrogen. If you have hormone-dependent breast cancer, even if you have completed treatment and are enjoying long-term survivorship, you might be wise to limit yourself to a few servings of soy per week. If you are taking tamoxifen or aromatase-inhibitor medications, please discuss the issue with your doctor, who will probably suggest avoiding all soy foods until more definitive research provides solid answers about the effects of soy on cancer recurrence.

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My breast cancer is hormonedependent. Am I really supposed to eat no soy products?

Amy: Yes, soy is prohibited during treatment with tamoxifen, which is a common hormone therapy. Of course, this includes soy products, such as tofu, tempeh, and soy milk. Certain soy products, such as miso paste, can be a source of soy isoflavones and will need to be avoided as well. Your doctor can provide you with additional details and a list of safe and healthy alternatives that satisfy a craving for sweets. Fruit is a good option. Some energy bars are fortified with protein, fiber, and various nutrients, and they may have a protective effect against cancer in women. A 2006 analysis of data from 18 published studies concluded that among women without cancer, soy consumption was associated with a 14% reduction in breast cancer risk – a small, but statistically significant difference.

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Jane Wheeler, MSPH

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soy milk, soy ice cream, soy sauce, and edamame. Please avoid concentrated sources of soy such as soy-containing pills or powders, or supplements containing high amounts of isoflavones. The health benefit of these highly processed forms of soy is controversial, and some nutritionists warn that the vital components may be damaged or rendered indigestible in the processing. The high quantities of phytoestrogens in these products interfere with endocrine function in ways that, though poorly understood, are likely not in your best interest.

Jane: The soy question is an especially important one for breast cancer survivors who are vegetarian or who eat limited amounts of animal protein. As a breast cancer survivor, you will need to ensure that you consume an adequate amount of protein to meet your body’s needs, and to maintain your energy level. Insufficient protein intake can further deplete already scarce energy resources. Many vegetarians rely on soy foods for protein. If you are one of these, and especially if your cancer is hormone-dependent, please review your diet and switch to other protein sources such as eggs, yogurt, and cheese, if you are not a vegan, or nuts, seeds, quinoa, lentils, and black beans if you follow a vegan diet.

Amy: I agree – protein is so important. Good nutrition is one of the best ways to complement your medical treatment with good self-care. By nourishing your body well, you can make it better prepared to respond to treatment, heal, and stay well post-treatment. So, if you are relying heavily on soy, make sure to replace it with other high-quality proteins rather than to simply eliminate the food group from your diet.

Will green tea help prevent any cancer from returning once I’ve finished treatment?

Amy: Green tea contains anti-oxidants which may provide various health benefits. Among these, experts are excited to report a growing body of evidence that green tea has preventive effects against cancer. Cell culture, animal, and epidemiologic studies form the basis of these preliminary claims, and clinical trials are currently under way to explore the impact of green tea in humans.

Jane: One cautionary consideration is that the “dose” required to reap the benefits of green tea may be unrealistically large. Epidemiologic studies indicate that you would need to drink eight to ten cups of green tea per day to benefit. Remember that green tea contains caffeine, although in lesser quantity than coffee or black tea. A 6-8 ounce cup of green tea contains from 30 to 60 mg of caffeine, depending on how fresh and young the leaves are and on how you brew it. If you are feeling fatigued, the caffeine boost from a cup of green tea may help improve your energy level. This is fine in moderation, but eight cups per day will deliver as much as 480 mg of caffeine – equivalent to 4 cups of strong coffee or 14 Cokes. One strategy for minimizing the caffeine in your green tea is to throw away the first infusion. Caffeine dissolves in hot water more quickly than do the other compounds in tea; up to 70% of the caffeine is released in the first five minutes. If you brew your green tea for a few minutes, throw away that cup and use the same leaves or tea bag for a second cup, you will take in considerably less caffeine. This will allow you to drink green tea – and hopefully benefit from any potential anti-cancer properties – without suffering the yo-yo’ing energy swings associated with heavy caffeine consumption.

Amy: I’d suggest drinking one or two cups of green tea per day if you enjoy it. We simply don’t have enough research data at present to know whether this practice will actually help prevent cancer recurrence, but it seems likely that you may derive some benefit from the antioxidants in the tea, as well as pleasure from the warmth and comfort.

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Many cancer patients manage other medical conditions in addition to their cancer, and may be taking one or more medications. Without knowing the specifics of your case, I would advise that you stay away from grapefruit until your doctor can evaluate your full medical picture and determine if grapefruit would present any risk to you.

Jane: Grapefruit has numerous strong points: It’s high in vitamin C, beta carotene, potassium, and folic acid, iron, calcium, and other minerals. It is low in calories. And it contains various plant chemicals that may play a role in protecting against cancer.

Amy: Multiple studies have explored the association between lycopene, which is found in pink and red grapefruit as well as tomatoes, and a lower risk of prostate cancer. Unfortunately, studies have reported differing results. Other potentially protective plant chemicals found in grapefruit include phloridzin, which may inhibit the formation of carcinogenic nitrosamines; limonoids, terpenes, and monoterpene, which induce the production of enzymes that may help prevent cancer; and bioflavonoids, which inhibit the action of hormones that promote tumor growth. This sort of research is still in its infancy or early childhood, and we simply don’t yet have good answers to questions about what herbal and plant-based products are truly effective in preventing or treating cancer.

Jane: Your concern about grapefruit-drug interaction is real. By all means, check with your doctor if you are a grapefruit lover or even if you like to carry yourself a glass of grapefruit juice every now and then. Although you can go online to find lists of dangerous drug/grapefruit combinations, it is still best to ask a medical professional; internet sources are not necessarily a source of reliable medical information.

Amy: Thanks for mentioning the issue of online medical advice. The web can be a wonderful resource for patients seeking to educate themselves about various health issues— but it can also be overwhelming, and worse, misleading. I’m all for internet searches, but try to use reputable sources such as www.cancer.gov, PubMed or WebMD, and remember that this information is not substitute for discussion with your doctor who, unlike the web, knows you as an individual, your history, and unique considerations in your case.

Jane: Many breast cancer patients are afraid of gaining weight, especially when receiving hormone-based treatments. And it’s true, many women do gain weight on these treatments. However, irrespective of your weight, it is still critically important to nourish your body well during the course of your cancer and, truly, for the rest of your life. Even if cancer, your energy level will flag if you do not eat appropriately. But now, as your body works hard to become well again, it has very valid needs for energy—and this energy is primarily derived through food.

Amy: At Duke, we have been studying a psychosocial support program called PaliCinfunders. We’ve been piloting the program among breast cancer patients, and one of the very interesting findings was that, when a social worker asked many of the participants in this study what they were eating, the women reported consuming very few calories—some as little as 350 calories per day. These same women were reporting high levels of fatigue, as well as other distressing symptoms. When the social worker convinced them to increase their calorie intake to a more healthy 1,500 to 2,000 calories per day, with a good balance of nutrients, the fatigue improved considerably.

Jane: We can all empathize with these women. They were trying so hard to do what they thought was best—to stay trim or even lose weight—but their efforts were largely misguided. It’s more important, at this juncture, to treat your body compassionately by providing it with a healthy amount of wholesome, nourishing food. And be kind to yourself by focusing on good, wellness-focused nutrition, rather than on your weight, during this time.

Amy: Unfortunately, cancer-related fatigue is an inescapable part of the picture for many of our patients. There are certain strategies, however, that help to manage it. Avoid highly processed foods or empty calories, as these can take the place of nourishing foods and deplete your energy. Spread your food intake across multiple balanced meals across the day, so that your body receives a steady supply of energy. Pace your activities across the day, that is, plan for downtime between energy-demanding activities. Decide which tasks are not essential, and forego them. Allow neighbors and friends to help with necessary activities that can be "delegated" to others.

Jane: And remember that this fatigue will vary. In most cases, your energy level will steadily improve after completion of active treatment. So if you can’t seem to get the better of it, simply take it easier on yourself—you deserve to rest and to nurture yourself!

If you have a health-related question which you believe may be of interest to other readers as well, please feel free to send your question to us at the following email addresses: amy.abernethy@duke.edu, jane.wheeler@duke.edu. We look forward to your feedback and suggestions!  

Dr. Amy Abernethy obtained her medical degree and postgraduate training in Internal Medicine, Hematology, and Medical Oncology at Duke University and trained in Palliative Medicine and Cancer Pain Clinical Trials at Fearrington Village in Durham, NC. She is Director of the Duke Cancer Care Research Program, faculty member of Duke Clinical Research Institute and Duke Comprehensive Cancer Care Control Program, and Senior Fellow of the Duke Center for Clinical Health Policy Research. Her research focuses on evidence-based solutions for improving the cancer care experience. She currently serves as Research Associate in the Duke Cancer Care Research Program and Medical Instructor at Duke University School of Medicine. She can be reached by email at amy.abernethy@duke.edu.

Jane Wheeler received her undergraduate degree from Princeton University and her master of science in public health from Harvard University. She has studied complementary and alternative medicine in various venues, including the California Institute for Professional Bodywork (Oakland, CA). She formerly served as a certified massage therapist, and has maintained an active yoga practice for 20 years in the Iyengar, Astanga, and Anusara traditions. She currently serves as Research Associate in the Duke Cancer Care Research Program and Medical Instructor at Duke University School of Medicine. She can be reached by email at jane.wheeler@duke.edu.
**Karen Conroy**

The news that my sister had breast cancer motivated me to get involved by participating in the Susan G Komen 3-Day walk. After seeing how much money was struggling to raise their $2,300, I knew I had to do something to help. I started my own business and started a fundraising group to help with the money. My goal is to help people raise money for breast cancer. Fundraising is for a Cause. Inc (www.fundraisingfora-cause.com) offers breast cancer fundraising merchandise. I offer wholesale prices that can be raised to raise money. The best part is interacting with the hundreds of people throughout the country who have come to raise money to help women who have experienced hardships and family for cash donations. I can help you with that. I am the leader of the Susan G Komen walk this year is raise their $2,300. I have helped raise over $100,000 for breast cancer.

www.fundraisingforacause.com

**Mary Sullivan**

My name is Mary T Sullivan and I’m almost a five-year survivor of breast cancer. Cancer changed my life forever and I am determined that my sister’s struggle will not be in vain. One thing that I had to hold onto was that my sister was going to get well, and that I would do what I could to help her. I started doing cancer in my home with the profile going to the Susan G Komen foundation. Support group has also participated in the Susan Komen Race for the Cure where we raised over $500 in donations and entry fees. Earlier this year, my friend and I attended a rally at the state capitol in Salt Lake City where we stood in support of legislation aimed at protecting patients’ rights to access adequate and accessible health care, including breast cancer care.

**Allison Stanley**

My 10 minutes of fame came through a really cool show called “Starting Over”. Diagnosed with inflammatory breast cancer at 37, I was so determined to start a new life and focus all about the cancer that followed my every move. Even when I found out I have the BRCA1 gene and I decided to have all my breasts removed, I was still determined to be present and being present as a survivor and speaking to those who are going through the same thing. I connected with a woman’s breast cancer support group, and together we’re helping them to regain their ‘external look’, which then in turn support their internal healing.

**Lauren Zimmer**

Patients at St. John’s-Lebanon Cancer Center find more than medical treatments they find a sister. Lauren Zimmer, coordinator of the Patient Education and Referral Center (PERC). “We provide patients with resources, including Look Good Feel Better, fashion advice, post-reconstruction, breast cancer support groups, and more.”

**Laura Pachterrez**

In small ways and large, my mother and daughter have proved the power of doing good things forward. I never said this was an easy journey for my daughter. I spent many hours talking to my daughter to help her understand the importance of giving back. I am so proud of my daughter, and I am looking forward to seeing how she will contribute to the world.

**Mary Sullivan**

In order to keep going, I have to stay inspired. I keep myself inspired by surrounding myself with positive people. I also keep myself inspired by reading about other people who have overcome their challenges. I stay motivated by thinking about how much I have accomplished and how much more I can accomplish. I am proud of myself for staying strong and continuing to fight.

**Hannah Craig**

Seven years of my Hanah Craig may be one of cancer's biggest champions. When her grandmother re- crossed the Jordan in 2004, Hannah was spurred into action. In her native India, women have no paper bags for handling and a roadside stand. This isn’t a new idea; this has grown to be a problem of handcrafted items and a linen. A small, stand-up stall at the end of the street became her workaround. Selling her products, she saw the joy on her customer’s face. “We can help the world,” she thought, “and we can help the people who cannot help themselves.”

**Sheryl Hertain**

In October 2002, I was diagnosed with breast cancer. It was a shock. I had no idea I was at risk for breast cancer. I was 36 years old and had no family history of breast cancer. I was doing everything right. I ate a healthy diet, exercised regularly, and didn’t smoke. I had no idea I was at risk.

**Linda Plowman Fikes**

God has made it very clear to me that the only way I can truly help others by being an encouragement to others is by being a positive example. That is why I have made it my mission to support breast cancer survivors and give them hope and encouragement. I have been blessed with the privilege of being able to share my story with others and help them feel less alone. I have been able to use my experience with breast cancer to help others who are going through it.

**Janet Cockburn**

In 1995, a routine breast self-examination led to the discovery of a lump in my breast. The lump turned out to be breast cancer. I had surgery, radiation, and chemotherapy. I have been cancer-free for over 20 years. I have been a breast cancer survivor for over 20 years.

**Donna Creighton**

As a two-time breast cancer survi- vor, I have seen a number of changes in the lives of others survivors. I believe in the power of hope and the ability to change lives. I have been a breast cancer survivor for over 20 years.

**Judith Morrison**

Surviving breast cancer was such a relief. Even with one breast missing, it felt amazing to be a complete person. I could not contain this zest for life and I kept on going. I decided to find a way to pass on some of this joy. In every city there is at least one cancer support group – where do you start? After cancer, I am more involved with the Vancouver Food Bank. I’ve made a difference in the lives of so many people. My story is a testament to the power of hope and the ability to change lives.

**Laura Pachterrez**

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**Gettysburg**

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Surviving breast cancer was such a relief. Even with one breast missing, it felt amazing to be a complete person. I could not contain this zest for life and I kept on going. I decided to find a way to pass on some of this joy. In every city there is at least one cancer support group – where do you start? After cancer, I am more involved with the Vancouver Food Bank. I’ve made a difference in the lives of so many people. My story is a testament to the power of hope and the ability to change lives.
Mary Kay Rogers

Breast cancer changed my perspective on what really matters, and in turn they have greatly helped me. Through Breast cancer and in particular time. Camp Bluebird has truly been a blessing in my life and gave me a new, more positive outlook on my future. It has given me the opportunity to belong to a new community that shares a unique bond, as well as, building many new friendships.

I followed Mom’s suggestion. Camp Bluebird is a 3-day, 26-mile Breast Cancer 3-Day® event. We are free, thanks to a grant from the Baton Rouge Area Susan G. Komen Foundation. www.brgeneral.org

I love the opportunity we have to create and to lessen their stress and improve their healing progress by providing resource referrals, non-medical advice and emergency financial assistance during their treatment period. The money raised is used to support breast cancer patients with over 900 million stamps sold. Dr. Ernie Bodai, born in Budapest, Hungary, has dreamed of being a doctor since he was eleven years old. He was fascinated by his Mother’s stamp collecting and decided he would follow in her footsteps. A stamp has raised over $63 million for breast cancer research. ‘In 2000, I introduced the first House Bill, and Senator Diane Feinstein introduced the Senate Bill. As this was an elective year, all Bills introduced but not discussed on the floor were null. A plan was made to pete Congress and signatories were gathered from numerous and prestigious organizations. Fin- ally, on May 6, the bill passed the House. The next day the Senate followed suit.’ The USPTO undertook the task of stamping each one, and it was revised at the Reinvent Your Bra for Breast Cancer/General’s Pennington for Breast can- cer. This would only add to my depression.” Mom felt like this would not change your life. ‘For my family, my two long-time friends, we formed a non-profit called All Shades of Pink, a line of soft, comfortable, stylish and fashionable sisters to create The stronger than ever. We are now an active part of a great movement through a friend and have been part of the snowmobile ride, find someone going through a similar experience, and even connect directly through email.

Spirited Sisters

The amazing bond between sisters Peg Fluinn, Claire Goodhue and Penny (of the sisters, who was dealt the du- ckers, who was dealt the di-agnosis online for a year, the site called “Bald Wendy” ing my story on a web-
Dear Friends,

Discussions about cancer generally tend to evolve into discussions about numbers: this many diagnosed, this many survivors, this many genes, genomes, doses and clinical trials. What tends to get left by the wayside in the sea of statistics is that this disease affects people—what we should always hold in the forefront of these discussions is you. Twenty-six years ago, what is now the global Susan G. Komen for the Cure® movement was, believe it or not, just one person—Ambassador Nancy G. Brinker—bent on fulfilling a promise to her dying sister to do everything in her power to end this disease.

Using a shoebox full of names and an idea dreamed up in her living room, Ambassador Brinker organized the first marathon race to raise money for what would become the Susan G. Komen for the Cure worldwide breast cancer movement. This one promise by one woman has grown over the years to hundreds of thousands of women and men doing everything they can to wipe out this disease forever. Whether they’ve run a race or bought pink socks, individuals have help translate their actions into powerful help for the breast cancer movement.

Since we began, Susan G. Komen for the Cure has invested more than $1 billion in research. We’ve committed another $2 billion for research, community health and education programs during the next 10 years. And thanks to your steadfast support along the way, we can proudly say that every major advance in breast cancer treatment in the past two decades has been touched by a Komen for the Cure grant.

Together we’ve brought breast cancer out of the shadows and into the public discussion. Did you know that at one time, newspapers wouldn’t print the words, “breast cancer?” Today, women are educated about breast health and empowered to do something about it. As a result, early screenings for breast cancer this year. For many of them—without knowledge, insurance, or access to a health system—that diagnosis will come too late.

You may not be able to start your own breast cancer movement, but there’s a lot you can do to keep the movement going. There are lots of ideas on our web site (www.komen.org). Let me touch on just a few here:

Translate Your Actions Into Powerful Help by Hala Moddelmog

I Vote for the Cure®

Great cancer programs start with strong public policy. That’s why the Susan G. Komen for the Cure Advocacy Alliance has launched “I Vote for the Cure,” to educate voters and challenge the presidential candidates to make breast cancer a priority—in their platforms, and for our country. We are doing this by challenging candidates to support three achievable goals that will save lives and help end breast cancer forever:

q increase investment in translational research (that is, research that translates into treatments for breast cancer patients). This is essential to ensuring that scientific discoveries made in the laboratory reach cancer patients as quickly as possible,

q provide every low-income, uninsured, and underinsured woman in America access to early detection by fully funding the National Breast and Cervical Cancer Early Detection program by 2012, and

q ensure that all women diagnosed with breast cancer have access to high quality treatment.

Women of Color -- Circle of Promise

Breast cancer affects people of all backgrounds, but there are significant differences in mortality rates among racial groups. From 2000-2003, for example, African American women had the highest death rate and poorest survival rate of any other racial or ethnic group for breast cancer.

We have pledged to do our part with Komen for the Cure’s Circle of Promise, to ensure that African American women have the information and tools they need to take charge of their own health and serve as ambassadors in their local communities.

So what are your action steps?

q Register today and make your promise to take care of yourself first and then become an ambassador to your community. (Susan G. Komen for the Cure will provide you with all of the resources and tools you need to make changes in your own life and to share lifesaving messages with others.)

Visit us by supporting public policy efforts, helping us to raise funds for research, and by making sure that the Circle of Promise is alive in your community.

Passionately Pink for the Cure®

Many people I meet as president and CEO of Susan G. Komen for the Cure show me they are passionate about this cause. But the question is, are you Passionately Pink for the Cure? This program allows you and your co-workers to have some fun, let your passion (and creativity) for the cause shine and make a difference.

Here’s how:

q form a group with friends and family,

q pick any day in October (National Breast Cancer Awareness Month) to wear pink—the more pink the better, and

q make a $5 (or more) personal donation to Susan G. Komen for the Cure.

This is a great way to inspire and educate others about breast health and breast cancer and help us reach our 2008 program goal of raising $4.5 million. Ready to get started? Register Today.

At Susan G. Komen for the Cure, we are literally making a life or death difference for millions of people around the globe. With your help, we can have a world without breast cancer. Imagine life without breast cancer.

Sincerest Regards,
Hala Moddelmog
President and CEO,
Susan G. Komen for the Cure
What To Do When the Jellyfish Invade

by Ann Leach

Being a water lover, I was quick to notice the article on Yahoo! Yesterday. It seems that large numbers of jellyfish are making their way on to popular beaches up and down the eastern coast and even appearing in countries that haven’t normally had so many in the past. The article attributed the increase in these creatures to global warming, pollution and the run off from chemicals we use on a regular basis to preserve our lawns. The reporter also mentioned the overall declining health of our waterways.

This news both depressed and inspired me. I personally don’t like the state of the earth right now and am constantly seeking ways to do my part to preserve it. But I was inspired to think of these poisonous creatures as a part of our everyday lives, whether we live by water or not. What if these invading jellyfish were the negative thoughts we allow to ‘sting’ us on a regular basis? You know what I mean; thoughts like “I am so tired of worrying about her, I don’t know what I am going to do” or “Everybody’s always thinking about her that I get ignored but this cancer stuff is tough on me,” or even “I think the doctor is purposely making her sick with all these drugs she has to take.” Ouch! So how do we protect the beaches of our mind and send the jellyfish of doubt, fear and anger back in to the water, never to sting us again?

First, ask yourself “does this thought support my life and health?” Do you really want to believe that a doctor would purposely harm a patient or that you don’t have the support you need to move through your caregiving experience with ease? Of course not. So what do you want to believe about this experience?

Second, create a mantra for yourself that you can repeat when those slimey fish start to swim in to your mind. The recently-deceased Randy Pausch’s wife did this: whenever she would get overwhelmed with caring or hear information that upset her, she would tell herself “not helpful” and re-focus her energy and attention on her ill husband. What message can you create for yourself that will help you avoid the sting of a negative thought?

Third, create a realistic picture of what you do want. You’re not in denial that your loved one is ill, but you can create the experience to be the most optimal one possible. You might want to see your loved one resting comfortably or living without pain for one hour or imagine the two of you having an enjoyable and peaceful visit about something other than cancer. Whatever it is, picture it in detail, add how you feel about it and focus on that when a negative thought comes to call.

We all have a choice in how we respond to the thoughts we think. Just like the water lovers, we decide if we just want to float along or if we’re ready to swim laps or surf through the waves of stress and negativity. By making a decision to release negative thoughts, you’ll create a life worth loving. And that’s something to care about.
3rd Annual

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Join Chris Hubbard, cruise coordinator and breast cancer survivor and Heather Jose, author of Letters to Sydney, Every Day I am Killing Cancer on the 3rd annual Breast Cancer Survivors Cruise.

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amoena

TheBreastCareSite.com

www.breastcancerwellness.org
The Nigerian Butterfly

by Donna St. Jean Conti

Lucy McCarthy is a human butterfly. By this, I am referring to the effect she has had directly and indirectly on hundreds, potentially even thousands of people: you know, the Butterfly Effect. Without a doubt, Lucy embodies the “Yes, I can make a difference!” ideal. She does it without even trying. It is simply the way she lives her life.

The term, Butterfly Effect, refers to the theory that the flapping of a butterfly’s wings lead to major change. The flapping wings create small changes in the immediate weather system, which causes a chain of events leading to large-scale alterations of larger weather systems. The concept of the Butterfly Effect is frequently referred to in popular culture as a way of explaining how a minor change in circumstances can cause large-scale chains of events.

In living her life, Lucy creates changes in circumstances that cause large-scale changes for good in peoples’ lives, even on other continents.

“It is true. I have touched many lives and I have known so many people. God has blessed me richly,” says Lucy.

Lucy’s impact on the lives of breast cancer survivors can never be measured. She is the owner of The Natural Woman shop in Geneva, Ill. Lucy opened the store in 1981 to provide helpful products and caring service to cancer patients live life more comfortably. She does it with sensitivity. However, the two saleswomen were engaged in their own conversation at the back of the store. They were not interested in helping me; they wouldn’t even come in the dressing rooms with me.”

Lucy describes how she was virtually ignored, having to call out, “hello, to get some help. One saleswoman asked gruffly what Lucy wanted. Then, when Lucy explained that she’d had a mastectomy and needed to see bras and prostheses, Lucy was directed to another corner of the shop—by herself.

“I picked out some bras but wasn’t sure how to fit myself, so I asked for help. The woman grudgingly came to the dressing room and fastened the bra I was trying without saying a word. I finally said to her, ‘I did take a bath this morning, and while standing in the doorway!’ says Lucy. ‘I’m not even sure how she reached that far. I finally said to her, ‘Hey, why don’t you try the dressing room with me?’”

Lucy was so disappointed at her treatment that she left. Later, thinking that maybe she had just been oversensitive to start, she went back with two of her friends, and they were treated the same way.

“That was when I decided to start my own business,” Lucy says. “People shouldn’t be treated that way.”

It took some time before Lucy opened The Natural Woman, but the boutique now has been open for 27 years. Because she’s certain her cancer was brought on by exposure to pesticides as a child and other harmful ingredients in products that make up our daily lives, Lucy insists on offering only all-natural products to her customers.

Lucy made it a point to receive training in how to properly fit her customers for bras and prostheses. You can be sure she does it with sensitivity.

Natural Woman has done well, helping many women in need of comfort, but Lucy’s efforts don’t stop at selling products and giving good service. She donates products and time to her community, especially women in need, and she’s an outspoken breast cancer awareness advocate. She has been nominated four times as a Hometown Hero for the Fox Valley Chapter of the American Red Cross.

Lucy’s generosity and selfless support of others started long before she opened The Natural Woman. During the 40 years of her marriage to her late husband, Jack, he and Lucy raised or helped raise many young people.

“I have 51 children who either call me Mother or Aunt Lucy,” she says, though she’s never had children of her own. “Jack was a Lutheran pastor. There were children in our congregation who got in trouble. Not long after my husband became pastor, we stepped in. We had 51 children to take care of and I’ve never had a child.”

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Lucy McCarthy. Left to Right: Bobbie Cherry and Lucy McCarthy. Diane Stacy, Rick Stacy, Bobbie Cherry, Lucy McCarthy.

Kadangs, came to the store as Dee had said she would. Lucy assisted her, helping Beatrice choose some bras, prostheti(c)s and natural supplements. Lucy is a friendly, outgoing woman, and she and Beatrice began sharing their experiences with each other. Beatrice shared that Nigerian breast cancer survivors often committed suicide, because there was no support and much rejection. They often were and were abandoned by their husbands, shunned by their families and provided little-to-no assistance by their governments. Lucy was appalled.

Thankfully, Beatrice, who lived in Illinois and was studying for a doctorate in biblical medical studies at the time, has a loving and supportive husband. He is now a professor at a local seminary.

Lucy and Beatrice stayed in touch, and a year later, Beatrice told Lucy that she was going back to Nigeria on a mission to help the people there. Lucy, recalling the plight of many Nigerian breast cancer survivors, got an idea.

Lucy gave Beatrice two big suitcases full of items, one with prostheses and the other one full of mastectomy bras, with instructions to distribute them however she might. Beatrice agreed but was stopped at the airport due to having too much luggage. She had to call Lucy and tell her that she would have to leave the mastectomy supplies at the airport. Not ready to give up, Lucy called the man at the airport who stopped Beatrice and explained what she and Lucy were trying to do. Lucy asked what would be the least expensive way to ship the items. The man replied that it would take $167 to ship the items and promised to personally ensure they got through.

Beatrice made her way to an audience with the first lady of the province of Kaduna in Nigeria, whose brother, a doctor, also was present. The doctor told Beatrice, her story and the idea of helping breast cancer patients and other orphans and widows in the region (HIV/AIDS also ravaged the area) that he offered to have the man who stopped him away. My husband and I took him in and later his seven-year-old brother. We eventually adopted them.

In 2004, Lucy received a call at the store from a woman named Dee Rapinchuk, who was calling after seeing a Natural Woman advertisement. The woman said she was sending over a young Nigerian breast cancer survivor. Dee instructed Lucy to provide the Nigerian woman with whatever she needed. Dee added that she would pay for everything and instructed Lucy to ensure they got through.

Lucy McCarthy.

Today, Beatrice Kadangs is best known for her involvement with the Gwaimen Center located in Kwoi, Nigeria, established to empower widows and orphans through holistic sustainable development. However, now there also are 30 different cancer support groups throughout Nigeria and Africa, many of them named for Lucy. Recently, the decision was made and funding provided to build a women’s care facility there. Lucy and Beatrice designed it together. It is under construction.

“I will have to get over there one day to see it,” says Lucy.

One need not subscribe to the theory of the Butterfly Effect. But, it is plain to see that Lucy McCarthy impacts her world in very positive ways. She spreads sunshine and hope.

Women in Nigeria, should they learn how their women’s center came to be, just might think of Lucy McCarthy as their very special butterfly.

www.naturalwomangeneva.com
Making a Nourishing Difference

by Donna St. Jean Conti

When Paula Eakins, vice president of Health Seminars Unlimited, Inc. and co-host of the Abundant Living cooking show on the international Three Angels Broadcasting Network was diagnosed with breast cancer, this long-time vegetarian and healthful living advocate opted to pursue alternative cancer treatments rather than accept conventional ones. Still monitored closely by her medical oncologist for any signs of change, Paula is cancer-free and reaching out to share her story and her dietetic expertise with fellow breast cancer patients. Paula, also known as “The Tofu Lady,” holds a Master of Science degree in food and nutrition from Alabama Agricultural and Mechanical University. She volunteers her time speaking to many community groups, including the American Cancer Society and the Clearview Cancer Institute and Chrisitian Cancer Support Group.

Paula has published two cookbooks entitled: Vegetarian Cooking Made EZ and Global Vegetarian Cooking Made EZ. Here are a few of Paula’s favorite recipes chosen for their cancer-fighting qualities, according to American Cancer Society guidelines. They will add fruits and vegetables to one’s diet without adding refined sugars:

SUGAR-LESS APPLE PIE

6 cups apples, tart, peeled and sliced
1 (12-ounce) can frozen apple juice*
2 tbsp. cornstarch
1 ½ cups whole wheat flour
1 medium peach, sliced (or ½ cup frozen peaches)
1 medium banana, frozen
1 cup unsweetened pineapple juice
1 cup unsweetened apple juice
1 medium carrot, peeled and sliced
1 medium onion, chopped
2 cups celery, chopped
2 cups corn, sliced
1 tsp. sea salt
1 tsp. garlic powder
1 tsp. basil leaves
1 tbsp. chicken-style seasoning*
½ tsp. sea salt
1 tsp. onion powder
1 tsp. cornstarch
1 tsp. basil leaves
3 tbsp. smoked soy baco bits
1 (8 ounce) can tomato sauce
1 tsp. tomato sauce
1/4 tsp. cayenne pepper

In a blender, add pineapple juice and sliced peaches, blend until smooth. Continue blending, and add the medium frozen banana. Once the mixture is smooth, pour it into 2 tall glasses and serve. Serves 2.

HEARTY LENTIL STEW

2 cups dry lentils
2 quarts water
2 medium potatoes, chopped
3 carrots, sliced
2 cups celery, chopped
2 medium onion, chopped
2 cloves garlic, chopped
1 tsp. smoked soy baco bits
1 tsp. sea salt
1 tsp. onion powder
1 tsp. cornstarch
1 cup unsweetened pineapple juice
1 cup unsweetened apple juice
1 cup chicken-style seasoning*
½ cup unsweetened apple juice
½ tsp. sea salt

Supports Surrounds You

“Comprehensive Care”

The meaning of that simple phrase is reflected in our vision of every patient’s journey from the diagnosis of breast cancer to becoming a breast cancer survivor.

At the Arizona Cancer Center, you and your family are surrounded by excellence in care by nationally renowned physicians and nurses. Your treatment is based on the latest research and proven therapies.

Our new state-of-the-art facility is designed to offer you a peaceful setting and special resources to strengthen you in mind and spirit. Support that encompasses social services, nutritional and wellness counseling, salon services, specialty retail products and therapeutic massage.

Designated as the only Comprehensive Care Center in Arizona by the National Cancer Institute, we uphold the ideal. Yet to us, “comprehensive care” means our complete vision of you, your family and your future.

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Supports Surrounds You
“I Love Clubbing with My Kids”  

by Donna St. Jean Conti

Before her breast cancer diagnosis, Jane Sussman was a happy woman with a great marriage to her college sweetheart and two great kids. So, imagine her pride when her teenage daughters, in response to her having breast cancer, helped lift Jane’s heart and spirit beyond all expectations. Her girls was the silver lining of my cancer diagnosis.

That fall, our kitchen was a buzz with extended family. My husband, Mallory, reached out to their peers to show her a new life and to live every day and enjoy every experience.”

Jane shares this story:

“When I was diagnosed with Stage IIIB invasive breast cancer in April 2002, my daughters were then a sophomore in high school and an 8th-grader, not a good time for their worlds to be turned upside down. That summer, while I was still undergoing treatment, the girls made their annual trip from our Southern California home to Ohio for a visit with extended family. My husband, Scott, and I were consumed with my treatments, so it was good for Megan and Mallory to have fun and have loving family support. While there, Megan and Mallory looked for ways they could make a difference in the fight against breast cancer, but their research turned up few resources that targeted the teen community. They wanted to involve and educate their peers about this disease that had so quickly and dramatically impacted their lives, so they came up with a new idea. When they returned from Ohio, I was bald from chemotherapy treatments and was definitely suffering from chemo brain. I was so overwhelmed with all the treatments, so they could see firsthand what radiation was like. The students were anxious for information, resources, and a meaningful way to be involved and learn about breast cancer. Having involvement in the Club totally energized me. It gave me strength. I was so proud of my daughters for taking action and turning something negative into a positive that impacted so many.

The following year, one Club memer moved to another school district where she started a new Pink Ribbon Club, expanding our outreach to another community and over 100 new members.

Several students were already active in the Pink Ribbon Club when their own mothers were diagnosed with breast cancer. I was glad that we could provide these students with an immediate connection to resources, friends with knowledge about breast cancer, and a place to take action.

In 2005, we established the Pink Ribbon Club Foundation, a non-profit organization, to mentor and guide the clubs, provide resources and imagination, and establish new clubs. Before long, the network of members grew to include students at 20 different schools in three states.

This experience has been a family affair. My husband helps with organizing finances and accounting, strategic planning, and board activities. Megan now serves on Susan G. Komen for the Cure’s Young Women’s Advisory Council. Mallory is on the Pink Ribbon Club Foundation Board of Directors and is starting our new college Pink Ribbon Club program at the University of Southern California.

I am employed full time as a resource deployment manager for a large technology company. My nights and weekends are busy with Club...
work, but that fills my time now that our daughters have gone out on their own. My days are filled, yet I continue to walk daily, and I do small things for myself (a nice bath, reading for a few minutes, gardening, communicating with my daughters and my sisters, etc). It is amazing how much energy you feel when you have the right motivation, and when you are passionate about something. I have learned to appreciate life more and have more empathy toward others. I continue to grow and change daily even as the Pink Ribbon Clubs grow and flourish. I am happier overall as I have some kind to myself while you are in treatment. Embrace every moment and every challenge with the attitude that you will overcome it. Rest, and allow others to help. Also, connect with other women going through breast cancer. I have met the most amazing women through my breast cancer experience. Many of them would never have crossed my path had it not been for our common diagnosis. Several are now my best friends. My life is so much richer for having known them. Then, after you are well, and you have your strength and energy back, find a passion and follow it. You never know where it will take you.

Jane likes a quote by Angela Schwindt that goes, “While we try to teach our children all about life, our children teach us what life is about.” Many of us who have children can attest to this statement. In Jane’s case, the truth of it is tied up in pink ribbons.

To learn how to find or form a Pink Ribbon Club in your area, please go to the Pink Ribbon Foundation link on the Breast Cancer Wellness magazine website. The Pink Ribbon Foundation website is at www.prc-foundation.org. If you have a Pink Ribbon Club in your area, please go to the website, then contact the national office, and let them know you are interested in forming a Pink Ribbon Club. If you are interested in forming a Pink Ribbon Club, please go to the Pink Ribbon Foundation website and contact them. The Pink Ribbon Foundation website is at www.prc-foundation.org.
Gracious, Delightful, Beautiful

by Beth Hohl

Amoena philosophy! And Amoena has developed products for each stage of a woman’s healing process—from post surgery to regaining her lifestyle. I envision a world where every newly diagnosed woman has all available options in front of her to support her in making the appropriate decision for her, and then be able to live her life fully.

Amoena has a mission to provide a better quality of life for a woman whose philosophy in action every day. From our compassionately understanding a woman’s needs throughout her healing journey to being passionate about supplying the best and most innovative products, Amoena adds grace, delight, and beauty to breast cancer survivors globally.

To find Amoena products close to you, visit the Store Locator at www.amoena.com/us.

Beth Hohl

Product Manager, Amoena USA

Beth holds the Breast Forms Product Manager at Amoena USA with over 10 years of experience in developing personal products for consumers. She is the liaison between conveying what women want for their breast care needs to the corporate managers and designers of Amoena. Beth enjoys being part of the creation and development of the new products that breast cancer survivors wear. Her job is to ensure value, quality, and a beautiful selection of products for the women that Amoena serves. Beth has been part of the Amoena family for 2 years.
A Home for Healing
by JoAnne Lenart-Weary

“Is it so much more than decorating.”

Hi, my name is JoAnne Lenart-Weary and I am Addicted to Decorating. For over 30 years, I have had the pleasure of helping people create a “Home.” Many may regard my career as “fluff” but the desire to have a place to call home is powerful. It is our private place where we can let down our guard and just be! It is where we go to relax, unwind, celebrate personal joys and yes, sadness. Many of my clients have “important” jobs and hired me because they thought it would be fun or they simply didn’t have time. I would come into a space and add color to the room, do some shopping, or perhaps make whatever they already have. The best it could be. These same clients were amazed to find that the decorating process actually was. Clients have told me that after years of living in a house, they finally felt they were home. When you watch HGTV and see the client cry, it isn’t just good TV, it happens on a quite regular basis. The vase from Grandma that has been in the cupboard and now has a place of honor on the coffee table, or maybe it is the family photo that reminds them of a great vacation, all can bring a tear to their eyes. A good decorator knows this isn’t just about the aesthetics, but the emotions. Transforming a home into a healing haven doesn’t require a lot of money or even time. It is about adding new purpose and life direction.

Surround yourself with things you love -

Create a healing atmosphere by surrounding yourself with things that bring you moments of joy. Use your favorite colors in accessories. Display family photos where you can see and enjoy on a daily basis, not that old archaic decorating rule that they should be relegated to private spaces. Add unscented candles to give you visual warmth without the odors that may bother you. Bring out special heirlooms that you are saving and enjoy them everyday. Eat your meal, no matter how simple, on dishes that make you happy. Music is another element that can add ambiance to your home and your day. A good movie generally has a great soundtrack. Create the soundtrack of your life. The music will change with your mood of the day; it may be happy, mellow, or peaceful or rocking!

Declutter and Eliminate -

Our homes tend to evolve over time and are an accumulation of where life has taken us. Magazines and books that you will never touch again, dried floral arrangements that no longer catch the eye, but only catch dust, the junk mail on the counter you have been meaning to sort, and so on. Begin today and take five things out of your home that no longer speak to you. Tomorrow, remove 5 more, and continue until you start to see the beauty of the room again. You will not believe how great you are going to feel once you begin the process of purging. Perhaps you are not feeling quite up to it yet? Remember all those friends who have said, “Please call me for anything.” Call them and ask if they could help you to get started on reclaiming your life and your home. Only keep the things that make you happy and are meaningful.

Color - My dear friend, Nancy, lived with white walls for years. I kept encouraging her to add some color to highlight the high ceilings and beautiful moldings, but she was comfortable with the ways things were. She became ill and had to stay home more and suddenly realized that her home seemed stark. We selected a warm golden tan that enhanced everything in the room, including Nancy! After the room was done, she couldn’t believe that she had lived so long without color. It also helped her to gain a new appreciation for her home while she was recuperating. This may be the time to do that daring color you never had the courage to use before. The Tuscan Green from Sherwin Williams gave this room a whole new personality. Perhaps you are not feeling up to painting or the odor that even so called “odorless” paints may have. Add color in other ways such as wall graphics that are available everywhere. The powder room shown here was created by talented decorator, JoSinderhill of Decors by Josi, in Oregon. She wanted to kick it up a notch and added great poppy graphics from IKBC to her client’s room. A little color, a lot of pizzazz! The wall graphics could also be a motivational message or a Bible verse that provides comfort. Place it on the wall or in a frame and hang it where you can enjoy it often.

Declutter and Eliminate -

Rearrange a room to take advantage of the view or any other focal point that makes you happy to look at. Right now, you may be watching more TV or spending more time on your sofa recuperating, which makes it even more important for you to arrange things in a way that “feel” good. Bring your furniture a bit closer to create a conversation area that only spans 8-10’ to encourage conversation and interaction. While you are at, find a private corner for you to retreat to when you need or want to be alone. Comfortable pillows, high thread count sheets, soft duvets that are lightweight yet warm, are just a few things to envelop yourself.

5 Live in your House -

Don’t wait until your room is perfect before you have guests. Your home should be a place of fellowship and joy. Are you feeling up to company today? It doesn’t matter if you don’t have enough matching dishes; invite company for dinner, and share that wonderful custard that someone dropped off. It is the experience of being together that matters. We have all been in the house that is simply a showplace and you hope you don’t break anything, that my friend in a HOUSE. You deserve a HOME, a place to heal and be good to yourself.

But most of all have a joyful day, surrounded by comfort and beauty.

JoAnne Lenart-Weary

JoAnne Lenart-Weary has been creating beautiful homes and teaching others to do the same for over 30 years. She is the Founder of One Day Decorating www.onedaydecorating.com and The Decorating Academy, www.thedecoratingacademy.com JoAnne has been seen on HGTV’s, “Decorating Cents” as well as a weekly TV segment for an ABC Affiliate. She is a co-founder of The SDP, www.TheSDP.com and an ongoing instructor for DIY Academy, www.DIYacademy.com The things that make her the happiest however is spending time with her family, which includes a supportive husband, Tom and 3 beautiful grandchildren.

Whispers from the Heart
Messages from Mother

Laurie Seligman
WELLNESS COACH
www.transformationconsultinginc.com

In this inspiring memoir of spiritual transformation, Laurie learns to take control of her destiny, rising from a series of physical challenges and loss; three surgeries in three years, death of her mother to cancer, and the sudden end to her lifestyle, finances, health care and pension as a result of disablement. She experiences a complete life makeover, and with the assistance of free swimming dolphins, overcomes her perception of diminished self worth as a woman and a human being, and emerges with new purpose and life direction.

Laurie serves as Wellness Coach for The Women Three on Their Healing Journey. To contact Laurie for her professional wellness services for your healing journey, phone 323-762-1001.
I am Evelyn Stafford-Daniels, a survivor of Breast Cancer, nine years out. I was diagnosed with Inflammatory breast cancer in June of 1999. I had never heard about this type of breast cancer but knew I was in trouble when an Internet search described it as a very aggressive type of cancer with a five-year survival rate of only 36 percent.

Annual mammograms had been taken since I was 40 and although it had not been taken for that year yet, no lump showed up when it was tested. With inflammatory breast cancer there is no lump; it can show as a rash with the skin taking on the appearance of an orange peel.

My life seemed to be spiraling out of control, not knowing from day to day what new test I would be need-

ing or what I would need to depend on someone else to do for me next. Fiercely independent all my life, to have to start relying on others at 54 years of age, was one of the biggest challenges I faced. Losing my breast, my hair and my new appreciation of who I had become. I embraced the new me. The one with no hair, and a very badly burned radi- ized chest. Society would not see the beauty that I saw that day, but I knew right then that I had to share with other women the beauty that can be found in us when we look inside and love the person we find there. How we strive to make others happy and push ourselves aside. How we sacrifice to see that we give of ourselves to everyone else. How little time we take to even know who we are or what we really want. How often we allow others to treat us in dishon- orious ways and continue to hold on to relationships that are already dead.

For thirty-three years I held on to such a relationship, quietly suffering the humiliation and lack of love I deserved. Having married my childhood sweet-

heart at twenty-one, I held on through his countless affairs out of which were born a number of outside children. I would have a two-parent home for our two beautiful children at all cost. When illness came and death seemed imma-

nent, my spouse found it impossible to be there in prayer for some time, I felt a warmth starting at the top of my head and a quaking I felt inside and if I could find that peace, I knew I could deal with the next step. The experience I had that afternoon shall never leave my mind. After being there in prayer for some time, I felt a calmness rested upon me and out through my toes. As it moved down a calmness rested upon me and quaking ceased to be. I could then think rationally and digest what the doctor had said to me. Only after this place of peace I had experienced, I believe that holding all the pain and suffering within me was not true after all. If it is not spoken maybe it will be heard. People need to talk about personal issues relating to relationships is a sign of weakness and how we sacrifice to see that we allow others to treat us in dishon-

oring ways and continue to hold on to relationships that are already dead.

Standing one morning in front of the mirror naked and looking full into my eyes until I could see beyond the eyes staring at me, I saw a strength and beauty that had never before known. A love started to flicker for the broken, scarred and tattered being I was. God had made me beautiful from the inside out and although the outside no longer had the trappings of what society calls beauty, I could see a beauty that was more than skin-deep. The soul and spirit were alive and well and flourishing just beneath the surface, and waiting for me to notice. When I came back to myself that morning, tears were streaming down my face. Not for sadness, but for the

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WAKING THE WARRIOR GODDESS

Dr. Christine Horner’s Program to Protect Against & Fight Breast Cancer

Breast cancer has reached epidemic proportions in the United States. Once a relatively rare disease, it now affects 2 to 3 million women, and the incidence is going up at an alarming rate. What can we do about it? Christine Horner, M.D., has the answer.

A pioneer who pushed through federal and state legislation ensuring that breast reconstruction after a mastectomy would be paid for by insurance companies, Dr. Horner lost her own mother to breast cancer. She decided then that her mother’s death would not be in vain. Something good would come from it. This legislation was her first gift to her mother’s memory, and this book is another.

Dr. Horner says, “We each have a Warrior Goddess in us, and it’s time to set her free.” Using the metaphor of the Warrior Goddess, this book explains something that the ancient healing tradition Ayurveda describes as our “inner healing intelligence.” It also explores the various foods and supplements that can enable women to successfully fight breast cancer and claim the healthy body that should be theirs.

The final part of Waking the Warrior Goddess presents Dr. Christine Horner’s program for reclaiming health and defeating breast cancer. These guidelines can serve many other health-promoting purposes, too. Dr. Horner’s program focuses on nutrients and activities that bring health, vitality, and longevity to women. In addition, this book includes an extensive resource section for obtaining the particular nutrients and products that our bodies need to become and stay strong and healthy.

Harness the power of nature and natural medicines to achieve extraordinary health.

Dr. Christine Horner’s Program to Protect Against & Fight Breast Cancer

Christine Horner, M.D., F.A.C.S.

I am Evelyn Stafford-Daniels, a survivor of Breast Cancer, nine years out. I was diagnosed with Inflammatory breast cancer in June of 1999. I had never heard about this type of breast cancer but knew I was in trouble when an Internet search described it as a very aggressive type of cancer with a five-year survival rate of only 36 percent.

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Losing my breast, my hair and my...
Dear Reader,

Two years ago, The Breast Cancer Wellness Magazine was launched as a free subscription for breast cancer patients and survivors. Its subscription base has grown more than we expected, and we appreciate the compliments and words of gratitude that we have received about the magazine.

It is a great honor to work for this cause and to meet breast cancer survivors and to share their amazing survivor stories. Our mission is to continue to bring you more breast cancer survivor stories, and ideas that empower mind, body, and spirit for healing. At this time we are asking for your help to defray some of the costs to mail the magazine. As you know, postal costs have recently went up, and the requests to receive the magazine continues to grow as well. That is why we are asking readers to help us out through a voluntary donation. This contribution is only for those who choose to, at whatever amount is comfortable. By using this ‘pay it forward’ principle, this helps provide the magazine to other breast cancer patients and survivors.

Thank you very much in advance for helping to publish and deliver the magazine, so that we can continue to bring you inspirational messages for healing.

Kindest regards,

Beverly Vote
Publisher

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Yes! Send me a FREE subscription!

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EMAIL: ______________________________

Please make your tax deductible contribution payable to:
The Breast Cancer Wellness Magazine
P.O. Box 2040
Lebanon, MO 65536

THANK YOU!

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Evelyn Stafford-Daniels
Biblical Illustrator; Florida in 1945
Graduated from Florida A&M University
Retired 2005 from Pasco County School System - Bay
Front Middle School in St. Petersburg, FL
Served 33 1/2 years as Librarian/Library Media Specialist
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Youth Worker - Regional Bible Quiz Director
President - Conifer Christian School Board
Member - Osteen Gideons/Women's Group
Member - Women's Ministry of First Baptist Church
Member - Women's Ministry of First Baptist Church
Member - Women's Ministry of First Baptist Church

I am making a difference one hurt
and frightened woman at a time. I
find great joy in accompanying
the new lady through each step and
for those who will some
day come along. When my troubles
seemed to be stacking up on top of each
other, I wondered if I could keep stand-
ing. What, with the cancer recurrence,
the severe radiation burns, the hurtful
words and disrespectful treatment from
my spouse, and subsequent divorce all
in a year’s span, I knew there must be a
cause for which I was spared.

I find great joy in accompanying
newly made friends to the hospital
when they check-in for their surgeries.
Walking them through each step and
being there to support them through the
journey has given me as much satisfac-
tion as they say it has been a blessing
to them.

I am 63 years of age now, and for
the past eight years I have shared with
counterless women starting the journey I
am blessed to have made. Breast cancer
and the path I traveled because of it,
equipped me with all I need to be who I
am and to do what I know I was left here
to do. At the time of my diagnosis, only
sixteen percent survived for five years.
I not only have survived for nine years,
I am thriving and growing each day as
I share and give back what God has so
graciously given to me.

---

Coming Soon... The Breast Cancer Wellness Magazine presents the newest Fall feature...

Our Gratitude Journal

For details on how to be included, go to www.breastcancerwellness.org
This is the most revolutionary swim/active/sport breast form to hit the industry.

The form is translucent with a ribbed backing for air circulation & water drainage. It will not collapse in the swim suit pocket. Sizes are 0-12 (AA-DD).
COMING SOON...
Contact Bonnie to be the Exclusive Sponsor of our newest feature “Our Grateful Journal”

www.breastcancerwellness.org

There comes a point in your life when you realize: Who matters, Who never did, Who won’t anymore... And who always will. So, don’t worry about people from your past. There’s a reason why they didn’t make it to your future.

Be kinder than necessary because everyone you meet is fighting some kind of battle.

—author unknown

Young Survival Coalition (YSC) is the premier international, non-profit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women and breast cancer.

YSC strives to improve the quality and quantity of life of all young women affected by breast cancer.

If you are a young woman affected by breast cancer, Young Survival Coalition is here for you!

For more information about Young Survival Coalition, please visit: www.youngsurvival.org or call 877-YSC-1011

Young women CAN and DO get breast cancer.

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Actually, we toss in two kinds of inspiration. The kind that comes from knowing that you can help lower your risk of breast cancer by exercising and maintaining a healthy weight. Plus the kind that comes from knowing that your ribbon gear purchase helps support our promise to end breast cancer forever. Two good reasons to browse the whole collection at Komen.org/PromiseShop.