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Breast Cancer Wellness

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Dr. Curcio:
Whole
Person
Care

INSIDE



**Lights!
Camera! Action!**

2015 Thrivers Cruise
Special Documentary



Celebrating
20 Years
with Sisters



**AMOENA
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Grace Under
Pressure
p. 39-54

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Bloom Anew.

Women who've had a mastectomy now have the option to regain breast shape and fullness without artificial implants or loss of muscle.

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is fully dedicated to these breakthrough, life-enhancing procedures.

Known as "microsurgical breast reconstruction with perforator flaps," this advanced procedure requires a surgical team with expert training and skills. The Center for Natural Breast Reconstruction board certified plastic surgeons, Dr. James Craigie and Dr. Richard Kline have dedicated their careers to providing women with the finest possible breast reconstruction results. Our center also has the distinction of being among the small number of centers in the country who routinely perform bilateral GAP flap breast reconstruction within **one** surgical session and lymph node transfer to ease lymphedema symptoms.

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To learn more about these exciting procedures or to schedule surgical or consultation appointments please contact us at 843-388-0660 or toll free at 1-866-374-2627.

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COVER THRIVER

Lisa Curcio, M.D. p. 56

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**Amoena
 fashions —
 perfect
 fit for on
 the go or
 staying in**

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CONNECT WITH US!

BreastCancerWellness.org



Openings

more than a magazine, we're a mission



DEAR FRIENDS,



Win a personal facial makeover with Emmy award-winning makeup artist Jan Ping during the 2015 BCW Thrivers Cruise.



Learn more about Karen Jackson and the Sisters Network — see page 25 or visit them online at www.SistersNetworkinc.org.

ANNOUNCEMENT: Accepting nominations for the BCW 2014 Leaders and Advocates Awards. For more information, see page 26 or visit www.BreastCancerWellness.org/BCWAwards.

Exciting news for the 9th Annual Thrivers Cruise! Leading associates and specialists from Breastlink will co-host and sponsor our sailing in January 2015 out of Los Angeles. Join Dr. Lisa Curcio, Dr. Nimmi Kapoor, Dr. Tchaiko Parris, Dr. Amy Brenner, Dr. Justin West, Dr. Wade Smith, Karen Morad and Paul Colacchio.



Special guest and breast care yoga expert Rhonda Smith will also be on board the Thrivers Cruise to empower the mindbody connection in all of us.

Stay tuned for upcoming announcements about The BCW MAKEOVER PROJECT with Emmy award-winning makeup artist Jan Ping. You will get to personally meet Jan on the 2015 Thrivers Cruise and be eligible to win a personal facial makeover.

LIGHTS! CAMERA! ACTION! A very special documentary about the Thrivers Cruise will be filmed during our January sailing. This is a special cruise — we hope you will join us.

Twenty years ago Karen Eubanks Jackson founded the Sisters Network Inc as a way to support African-American women facing breast cancer. Her new book, *In the Company of My Sisters*, is the memoir of the life experiences that led Karen to realize that she must do something to change the disparity and discrimination for her African-American sisters. BCW salutes Karen Eubanks Jackson and Sisters Network for continuing to lead this mission.

In what seemed to be an endless search for my life purpose after breast cancer, I finally attended a workshop several years ago that helped me to write a personal life mission statement that aligned with what I wanted to do... to help change the culture and consciousness about breast cancer. If you are interested to join BCW on this mission and become a part of the BCW Team, email me at beverly@breastcancerwellness.org to learn the latest news.

Be a Thriver on your terms, in your style!

Beverly Veste

Publisher and 22 Year Breast Cancer Thriver

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YOU ARE THE MOST INTEGRAL MEMBER

The foundation of any diagnosis derives from information found in your breast cancer pathology report. Breastlink offers patients transparent and unlimited access to their personal health information, including their pathology reports.

Although a pathology report may seem technical and confusing at first, it is important for you to understand your health information to make appropriate choices for your treatment — because you are the most integral member of your treatment team.

WHAT IS A BREAST CANCER PATHOLOGY REPORT?

A pathology report is a document written by a medical professional, a pathologist, which contains a diagnosis and description of the disease based on examination with a microscope of affected body tissue. Generally, women diagnosed with breast cancer will have at least two separate pathology

reports, one completed after biopsy and one completed after surgery.

PATHOLOGY REPORT: NEEDLE BIOPSY

Approximately 90 percent of women with breast cancer are diagnosed based on a needle biopsy, which removes breast tissue for the purpose of testing in a laboratory. A pathologist at the laboratory examines the tissue under a microscope and performs tests on the tissue to produce a detailed diagnosis.

The pathology report will contain information regarding tumor location, tumor size, tumor grade, whether cancer is confined to breast ducts and the presence of hormone receptors. Pathology reports are often

subjected to a second independent review because they are so critically important to treatment planning. Used in combination with clinical exams and imaging studies, pathology reports form the framework for treatment planning.

PATHOLOGY REPORT: SURGICAL

Following surgery to remove cancerous tissue from the breast, a second pathology report is produced. When possible, modern breast cancer treatments generally attempt to preserve as much healthy breast tissue as possible and only cancerous tissue, as well as a small amount of surrounding healthy tissue, is removed during surgery.

Tissue specimens removed from the breast during surgery are sent to a laboratory for additional testing by a pathologist. The resulting pathology report will contain information regarding whether cancer is confined to breast ducts, potential lymph node involvement, cancer staging and grading, and tumor size, as well as hormonal and HER2/neu status.

ACCURATE BREAST CANCER PATHOLOGY REPORTS CRITICAL TO APPROPRIATE CARE

Developments in breast cancer treatments have resulted in pathology reports that are vastly more informative than ones produced in the past. It is of utmost importance that the pathology of your breast cancer is thoroughly and accurately reported in a format you can understand. At Breastlink, we have worked closely with pathologists to develop breast cancer pathology reports that you will find easier to understand and helpful in your fight against breast cancer. ■

www.breastlink.com

CONTENT PROVIDED BY:

breastlink 
One Center. One Focus. One Team.





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Breast Surgeon*



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Plastic & Reconstructive Surgeon*



*Nimmi Kapoor, MD
Breast Surgeon*



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a breast cancer diagnosis
you want the best care available
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- *Experienced, dedicated breast specialists*



*Samantha Kubaska, MD
Breast Radiologist*



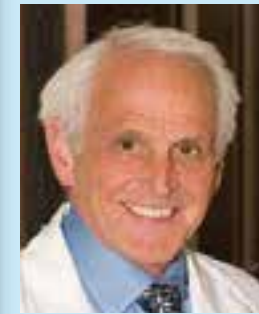
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A SECOND **OPINION**

In medical oncology, a second opinion includes a review of systemic treatment recommendations – both chemotherapy and/or hormonal therapies as well as the plan for the initial and follow up imaging – essential to post treatment surveillance. Consideration of eligibility for any appropriate clinical research trials is a part of the care plan considerations.

Vital to any opinion in medical oncology is to consider the potential side effects of all recommended treatments and “survivorship” issues. This includes monitoring of bone density and vitamin D levels, cardiac health, gynecologic and sexual recovery and energy balance. The medical oncologist provides a road map for treatment and recovery as well as post treatment surveillance and recurrence risk reduction strategies.

When your oncology breast cancer second opinion is complete, you should feel

that you have heard not only about your life in treatment but the ways in which your medical team will facilitate your recovery and well-being long after treatment ends.

For patients experiencing a recurrence of disease, the medical oncologist will explore the available treatment options — mindful of the treatment which has already been undertaken. Anticipating areas of tumor resistance and utilizing molecular profiling of recurrent tumor, the medical oncologist — in concert with specialty laboratories and other experts — will map

out a plan of approach to recurrent tumor using the very latest science to optimize tumor response.

The second opinion process provides a unique opportunity for patients to hear a wide variety of approaches to recurrent tumor and to decide which approaches make the most sense to them. Clinical research trials and novel therapies are a critical part of the dialogue regarding recurrent disease management. ■

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Erin Noel wrote 'One Less Worry' in tribute to her mother's breast cancer journey and the thousands of individuals helped by The Pink Fund.

One Less Worry by Erin Noel

Music & Lyrics by Erin Noel MacDonald & Michael Getches of Research Music and Sound

Third and Broadway when you got the call
April 1st supposed to be for foolish jokes
and all that
You were crushed under the weight
of the news

Oh my my oh my my
You don't know what to do
Oh my my oh my my
I'll be there for you

One less one less worry
Let me ease your mind
One less one less worry
We could find the time
Now that I've got you and you've got me
We can sit back and enjoy the breeze
I've got you and you've got me
And we've got one less worry

Constant worries your mind's spinning again
Seems these days your bed is your only friend
And I will try to do all that I can
It's a lonely climb it's a lonely climb
You'll find the strength to shine again

Oh my my Oh my my
There's hope to hold onto
Oh my my Oh my my
Cause I'll be there for you

One less one less worry
Let me ease your mind
One less one less worry
We could find the time
Now that I've got you and you've got me
We can sit back and enjoy the breeze
I've got you and you've got me
And we've got one less worry

I know sometimes life can be hard
Don't give up now you've come so far

One less one less worry
Let me ease your mind
One less one less worry
We could find the time
Now that I've got you and you've got me
We can sit back and enjoy the breeze
I've got you and you've got me
And we've got one less worry

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100% of the proceeds from the sale of 'One Less Worry' will be donated to The Pink Fund through December 31, 2014, with a maximum donation of \$150,000.

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LOWER YOUR RISK WITH B VITAMINS

BY CHRISTINE HORNER, M.D.

FOLIC ACID

Folic acid (also known as folate), is a type of B vitamin that is involved in the process of making proteins. It is necessary for the successful construction and repair of DNA and for normal cell division. Without it, cells can't divide properly and can turn cancerous. During cell division—the process our body uses to grow and renew its organs and tissues—the DNA contained in the center of each cell must replicate itself. In other words, it must make an exact copy of itself.

Mistakes can, and do, happen all the time during this replication process. Certain chance mistakes can turn the messages in DNA traitorous. Instead of dispatching communications for health, it may accidentally spawn messages for cancer. Folic acid helps to protect your DNA from making the mistakes that can lead to cancer. Think of it as an automated editor. This may explain why low levels of folic acid in the body are associated with a significantly increased risk of breast cancer.

In a 1992 study from the University of Vermont, researchers found that DNA mistakes, or mutations, increase with age and cigarette smoking. They also discovered that folate helps to prevent those mutations, including mutations that increase the risk of

breast cancer.

Alcohol causes folate levels to drop. Women who drink alcohol and have low folate levels seem to have a particularly high risk for developing breast cancer. Harvard University conducted a very large prospective study, called the Nurses' Health Study, which followed 88,818 women from 1980 to 1996. A prospective study is one that follows the subjects into the future; it

is considered one of the best study designs for obtaining significant and reliable information. This study found that the women, who had the highest risk of developing breast cancer, drank at least 15 grams of alcohol a day and had low folate levels.



GOOD SOURCES OF FOLATE

Folic acid is found in high concentrations in eggs, asparagus, whole wheat, deep-green leafy vegetables, and brewer's yeast. It's also found in certain meats and fish. But eating large amounts of meat and fish is a double-edged sword, since they considerably increase your risk of breast cancer due to the environmental toxins that they absorb, concentrate, and store.

You can also take folic acid as a supplement. About 400 milligrams (mg) a day is all you need. As with all good things,

don't take too much folate. The Physicians' Desk Reference for Nutritional Supplements reports no incidences of folate overdosing in the medical literature, but taking too much folic acid can be a problem for people who have a vitamin B12 deficiency. When vitamin B12 levels are very low and supplemental folate is given, the neurological problems and damage associated with low B12 can worsen.

Birth control pills, alcohol, and nonsteroidal anti-inflammatories (such as aspirin and ibuprofen) lower folate levels. So, if you take any of these medications or drink alcohol regularly, make sure you take supplemental folic acid.

VITAMIN B12 (Cobalamin)

The other B vitamin that has been shown to protect against breast cancer is vitamin B12. Vitamin B12 is known as "Nature's most beautiful cofactor," because its crystalline structure is a stunning dark red, like that of a rare ruby. Vitamin B12 works with folic acid, so it's also a fundamental part of the DNA construction and repair team. Without it, the quality of DNA would never pass inspection. B12 is vitally important for keeping your DNA messages correct and free from cancer-inducing mistakes. Research shows that women with the lowest B12 levels in their bodies have the highest rates of breast cancer.

Vitamin B12 may also be very valuable



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for women who already have breast cancer. In the laboratory, scientists found that when B12 was applied directly to breast cancer cells, it stopped them from growing.

B12 has several other essential health benefits; for instance, it is necessary for a healthy nervous system and the production of energy.

Vitamin B12 is primarily made by bacteria in animals, so, not surprisingly, the richest sources of vitamin B12 are certain animals—especially specific organs such as the liver, brain, and kidney. Clams, oysters, sardines, and salmon also have significant amounts of B12. But eating meat and fish may actually increase your risk of breast cancer due to the environmental toxins they contain, so getting B12 another way is probably a better idea. For example, B12 is also found in egg yolks and fermented soy products, such as tempeh.

Since B12 is generally found in low amounts in plant foods, it's not uncommon



for vegetarians to be deficient in it. Therefore, if you follow a vegetarian diet—which I recommend because research shows it is the healthiest diet and the one associated with the lowest risk of breast cancer—taking B12 as a supplement is important. About 3–30 micrograms (mcg) a day—about the weight of a tenth of a drop of water—is all you need for B12 to perform its miracles.

To be absorbed into your body, vitamin B12 requires something called “intrinsic factor,” which is secreted by cells in your stomach. As you age, you make less intrinsic factor and, therefore, absorb less B12. So, you must consume more B12 as you age to absorb amounts similar to what you got when you were younger. For this reason, supplemental B12 is a great idea for everyone who is age 50 or older. If you have certain conditions, such as the autoimmune disorder called “pernicious anemia,” or if you have had partial or total

surgical removal of your stomach, the amount of intrinsic factor you make will be low. Pancreatic insufficiency, disorders of the small bowel, certain drugs, and a variety of other conditions can also interfere with B12 absorption. In all these situations, it's very important to take supplemental vitamin B12.

In summery, significantly lowering your risk of breast cancer isn't difficult. It can be as simple as eating delicious food rich in folic acid, or taking supplemental folic acid and vitamin B12. Both of these vitamins help to protect your DNA from making mistakes that can lead to cancer. ■



Christine Horner, M.D.

Christine Horner, M.D. is a board certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and a relentless champion for women's health. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for Best Book in

Health, Medicine, and Nutrition. www.drchristinehorner.com.

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30 Tips to Lower Your Risk of Breast Cancer

BY CHRISTINE HORNER, M.D.

As a plastic surgeon, I witnessed the horrors of breast cancer almost everyday while taking care of my breast reconstruction patients. Then, this disease became too personal — it claimed the life of my own mother in 1994. At that moment, I vowed to go after her killer. My goal was to see if this disease could be stopped before it ever started. What caused it to start growing and threw fuel on its flames?

So, I searched through the collection of medical research and found the answers. There, I discovered thousands of studies that point out exactly why we have a breast cancer epidemic — what we are doing and not doing that contributes this devastating and deadly disease. My book, *Waking the Warrior Goddess: Dr Christine Horner's Program to Protect Against and Fight Breast Cancer*, winner of the IPPY award for Best Book in Health, Medicine and Nutrition 2006 describes all the natural approaches that science shows significantly lower the risk of developing this disease. For those who have breast cancer, these same approaches increase the likelihood that they will survive and go on to live a long healthy life.



1 Eat fresh, organically grown fruits and vegetables, especially cruciferous vegetables — every day.

These plants — particularly those in the cruciferous family, for example, broccoli, cauliflower, cabbage, and kale are filled with a variety nutrients, vitamins, and plant chemicals that act as powerful natural medicines against breast cancer.

2 Nix red meat

Woman who eat the most red meat have up to a 400 percent higher risk of breast cancer.

3 Avoid all health-destroying fats. Consume health-promoting fats every day.

Saturated animal fats, trans fats, partially hydrogenated fats, and hydrogenated fats fuel breast cancer, whereas healthy fats—especially omega-3 fatty acids—offer protection. Supplemental flax seed or fish oils are crucial for good health. I recommend Barlean's Organic oils—their Omega Swirl products are delicious!

4 Eat 2–3 tablespoons of ground organic flaxseeds every day.

Flaxseeds are the richest plant source of omega-3 fatty, are high fiber, and contain one hundred times more cancer-fighting lignans than any other known edible plant.

5 Eat soy-based whole-food products several times a week.

Women who eat the most whole soy foods such as tofu, tempeh and miso have a 30 to 50 percent lower risk of breast cancer.

6 Take AHCC mushroom formula for a healthy immune system.

AHCC (Active Hexose Correlated Compound), made from the roots of Japanese medicinal mushrooms, strengthens the immune system, helps to lower the risk of several types of cancers, improves survival in those diagnosed with cancer (including stage IV breast cancer patients) and reduces the side-effects of chemotherapy — please read the Holistic Primary Care's Immune Enhancement, Avoidance of Interactions Are Keys to Chemotherapy Support article for more info: http://ahccresearch.com/pdf/HPC_Chemo_v3.pdf

7 Drink green tea every day or take it as a supplement.

Women who drink green tea have a much lower risk of breast cancer — and if they get breast cancer, their chances of surviving are much greater.

8 Consume turmeric every day.

Over 4,000 studies have documented turmeric's potent anticancer properties, including anti-inflammatory and anti-

oxidant. Inhibiting the growth of over 17 different kinds of cancer, turmeric is considered the “#1 Anticancer Spice.”

9 Eat at least one clove of garlic several times a week.

Garlic is extremely high in antioxidants and selenium, boosts the immune system, lessens the formation of carcinogens in the breast, prevents toxins from damaging our DNA, and stops breast tumors from growing and dividing.

10 Include Wakame or Mekabu seaweed in your diet.

Wakame and Mekabu seaweeds are high in the mineral iodine, which research shows is more effective at killing breast cancer cells than many common chemotherapeutic drugs.

11 Take a vitamin supplement every day.

Certain vitamins — especially vitamin B12, folate, vitamin D, and vitamin E — help to crush the growth of breast cancer.

12 Get adequate amounts of selenium every day.

As little as 200 micrograms (mcg) a day of this antioxidant lowers your risk of breast cancer — and most other types of cancer — by 50 percent.

13 If you are over age thirty-five, take supplemental coenzyme Q10 (CoQ10) every day.

CoQ10 is a natural vitamin-like substance and powerful antioxidant that is essential for the production of energy in our cells. It also stops the growth of breast cancer and dramatically shrinks tumors.

14 Take an herbal anti-inflammatory several times a week.

Research shows that women who take an anti-inflammatory an average of three times a week, especially one that inhibits the COX-2 enzyme, have a 50 percent lower risk of breast cancer. Turmeric, holy basil, and ginger are three great herbal anti-inflammatories.

15 Avoid refined sugar — use a natural sweetener such as Stevia instead.

Sugar is cancer's favorite food. The more of it you eat, the faster cancer will grow.

16 Keep your body-fat low.

Fat cells manufacture estrogen, notably after menopause. That's why obesity is thought to be responsible for 20 to 30 percent of all post-menopausal breast cancers.

17 Rarely, if ever, drink alcohol.

Even half a glass of alcohol a day increases your risk of breast cancer, so it's best to avoid this dangerous beverage completely. Folic acid supplements diminish many of the ill effects, so if you have a glass of wine now and again, take 200-400mcg of folic acid.

18 Never smoke tobacco products.

Research shows that women who smoke or inhale passive smoke; have as much as a 60 percent increased risk of breast cancer.

19 Don't take birth control pills or hormone replacement therapy (HRT), except in rare circumstances determined by your doctor and only for a brief time.

Long-term use of birth control pills has been shown to increase the risk of breast cancer. HRT increases the risk of heart disease, strokes, blood clots, gallbladder disease, endometrial cancer, ovarian cancer and invasive breast cancer.

20 Use only nontoxic cleaning products in your home and office.

Cleaning supplies are almost always filled with health-damaging chemicals, so use nontoxic cleaning instead.

21 Keep your home as toxin-free as possible.

Toxins are everywhere — in your water, clothing, furnishings, construction materials, dry cleaning, personal-care products, lawn and garden products, insect repellent, flea collars, paints, wallpaper, carpet, tile, particleboard. Assume that everything is toxic unless it is labeled otherwise and choose its nontoxic solution instead.

22 Take a week or two, once or twice a year, to purify your body.

Detoxing works! Just one five-day series of the Ayurvedic purification procedures known as panchakarma has been shown to cut your load of toxins in half.

23 Go to bed by 10:00 p.m. and get up before 6:00 a.m.

Melatonin, the sleep hormone, is a

powerful antioxidant that arrests and deters breast cancer in many ways. Staying up past 10 p.m. significantly decreases melatonin.

24 Minimize your exposure to electromagnetic fields (EMFs).

All electrical appliances and wires produce breast cancer-promoting EMFs—all you have to do is stand just a few feet away from them to avoid them. Hair dryers produce more EMFs than any other household appliance—use a low EMF dryer instead.

25 Embrace thirty minutes of aerobic activity every day.

Just thirty minutes of aerobic activity three to five times a week can lower your risk of breast cancer by 30 to 50 percent.

26 Practice a stress-reducing technique every day.

Stress has been found to contribute to about 90 percent of all illnesses, including breast cancer. Research shows that the daily practice of a type of meditation, called Transcendental Meditation or TM, can lower your risk of all diseases by as much as 50 percent. Tai Chi, Qi Gong, and yoga are great stress-busters too.

27 Practice stress-reducing breathing techniques every day.

The regular practice of special breathing exercises called pranayama improves stress-hormone balance, blood pressure, and heart rate, and lowers cholesterol.

28 Take an herbal adaptogen every day to lower your body's response to stress.

Certain herbs called adaptogens, for example ginseng, ashwagandha and holy basil lower your bodies' response to stress

29 Take care of your needs.

Research shows that women with breast cancer tend to give too much at the expense of their own needs. So take of your needs first, stay healthy and then you'll have more to offer others.

30 Nurture your relationships.

According to numerous studies, our relationships have more of an effect on us than our diet, smoking, and even our genetics. Loving supportive relationships are the best medicine. If you have people in your life who are toxic, bid them adieu!

Each tip can have a big impact on your risk. I recommend starting with one — the easiest for you to do — and then add another every week. The more

you do, the lower your risk will be and the healthier you will become and feel. Finding a partner or buddy to help support you to incorporate these tips into your daily life will add greatly to your success. Breast cancer is a largely preventable disease, as are most other chronic diseases. By following many of these simple tips, you can easily tip the odds in your favor of living a long healthy life. ■

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Inspire!

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with Barbara Musser

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BARBARA MUSSER

Founder of the *You are So Beautiful* series and author of *Sexy After Cancer*

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PINK RIBBON COOKING



Chili Con Carne Sweet Potatoes with Chili Honey Yogurt

*Simple, healthy and delicious! Serves 4
anytime of year.*

4 medium sweet potatoes

1 cup onion, finely chopped

1 teaspoon olive oil

2 teaspoons garlic, minced

1 lb. grass fed ground beef

1 tablespoon chili powder

¼ teaspoon ground cumin

¼ teaspoon oregano

¼ teaspoon dried hot red pepper flakes

1 bay leaf

1 ½ cups crushed tomatoes

1 ½ cups red chili beans, canned, rinsed

dash kosher salt

dash black pepper

1 cup greek yogurt

2 tbsp. honey

1 tbsp. chili powder

1 dash kosher salt

1 dash black pepper

1 cup cilantro leaves, rinsed and spun dry



1. Heat oven to 400 degrees.
2. Prick potatoes all over with a fork and arrange on a baking sheet. Bake potatoes until tender, about 45 minutes.

3. While the sweet potatoes are cooking begin to make the chili. In a large pot set over medium high heat add the olive oil and the onions, cook until golden brown. Add garlic and cook another minute.

4. Add the grass fed ground beef and cook, being sure to break up any large clumps of beef. Cook until the meat is fully cooked. Add chili powder, cumin, oregano, hot red pepper flakes and bay leaf. Stir to blend.

5. Add tomatoes, beans, salt and pepper and bring to a boil. Cover slightly and simmer 30 to 40 minutes, stirring occasionally. Remove bay leaf and serve.

6. In a small bowl combine the yogurt, honey and chili powder. Mix well to combine and season with a dash each of kosher salt and black pepper.

7. When the sweet potatoes are cooked remove them from the oven and allow them to cool slightly, about 5 minutes. Cut each potato in half, placing each one in the center of a plate. Spoon one quarter of the chili over each of the sweet potatoes. Top with a dollop of the yogurt mixture and 1/4 of fresh cilantro leaves.

NUTRITION FACTS

Amount Per Serving — Calories: 553, Total Fat: 20.93g, Cholesterol: 72mg, Sodium: 425mg, Total Carbs: 63.67g, Dietary Fiber: 9.64g, Sugars: 20.62g, Protein: 33.52g





Baked Sweet Potato with Almond Maple Crunch

Serves 4.

4 sweet potatoes
 ½ cup old-fashioned rolled oats
 ¼ cup raw almonds, chopped
 2 tablespoons Vermont maple syrup
 1 tablespoon extra-virgin olive oil
 Pinch coarse salt

1 tbsp 0% fat Greek yogurt (optional)

1. Heat oven to 400 degrees. Arrange the potatoes on a baking sheet. Bake potatoes until tender, about 45 minutes. Remove from oven and let cool slightly.

2. Meanwhile, combine oats, almonds, syrup, oil, and salt and transfer mixture to a baking sheet, spreading out flat. Bake crumble, stirring occasionally, until golden brown, about 12 minutes.

3. Split sweet potatoes with a knife and top with crumble.

NUTRITION FACTS

Amount Per Serving — Calories: 347, Total Fat: 7.77g, Sodium: 14mg, Total Carbs: 62.91g, Dietary Fiber: 9.04g, Sugars: 7.06g, Protein: 7.02g
 (The optional Geek yogurt is not figured into above nutrition data)

Baking the sweet potatoes brings forward the natural sweetness. By baking the potatoes in their own skin we do not need to add any excess liquids, fats or other ingredients. The almond maple crunch provides just the right amount and type of texture to make these stand apart from normal sweet potatoes.

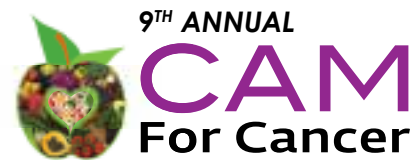
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Chef Curtiss Hemm

Chef Curtiss Hemm is the Founder and Executive Director of Pink Ribbon Cooking LLC. His mission is to educate cancer survivors and those looking to prevent the disease in subjects related to how food, nutrition and diet can improve the quality of life before, during and after a cancer diagnosis, sharing simple and healthy recipes, techniques and approaches to cooking food the entire family will enjoy. www.pinkribboncooking.com

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the thriving CAREGIVER



BY **WENDY DOHERTY**

In this issue we reached out to caregivers. We wanted to know what helps them thrive in this capacity. While recruiting submissions for this issue, I was surprised to find there are many individuals who do not have a caregiver. Wow. What an eye opener.

A breast cancer diagnosis and treatment plan can be daunting, but to have to go it alone with no assistance or support? One survivor told me that is why her on-line support groups were so important to her. They were the closest thing she had to a caregiver.

No one plans on having breast cancer. It is not something we signed up for. If support is scarce, that is all the more reason we need to strengthen our resolve and rid ourselves of this disease.

To caregivers - we applaud and salute you. It is not easy to care for someone day in and day out. Caregiver stress is real. There are schedules to keep, medicines to give, children to raise, jobs to go to, houses to clean, lawns to mow, groceries to shop for, meals to prepare, laundry to wash, bills to be paid, and lives to live.

Kudos to the thriving caregiver, for you managed to take care of yourself and others.

“Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.” — Marcel Proust



I CARE, SO I GIVE

BY **CYNTHIA HASKINS**

I never thought of myself a caregiver. I care, so I give. It is just that simple. What was not so simple was my understanding how to give. I had to learn how to give selflessly when I very much wanted to be selfish.

When my sister was diagnosed with breast cancer, I wanted to spend as much time as I could with her. I never knew if

our moment together would be our last. Her family and friends were also feeling the same. We all wanted more time with her.

I had to be willing to be awkward in my care giving. I had never been a caregiver before and I did not know how to act. It dawned on me this was not about acting but about being authentic. My sister needed a space of truth and honesty to heal and she needed me to be selfless in providing that for her.



LIFE IS SWEETER AFTER CANCER

BY **DAN MCKEE**

Fear... that was my overwhelming emotion when my wife was diagnosed with breast cancer. There were days in our normal life that I could barely keep my head above water. How could I possibly manage our entire family without drowning? How could I stay positive for

her when deep down, my biggest fear was losing her?

It felt insurmountable at times, but “take one day at a time” became my motto. We accepted help from friends and family and did our best to keep our boys in a routine. Every day got easier and we found a “new normal”. It has been two years since my wife was diagnosed and she is cancer free today. Being a caregiver during those difficult days taught me a very valuable lesson. I have learned to be grateful for everything and have embraced the simple fact that life is much sweeter after cancer.



THE REASON I THRIVE AS CAREGIVER IS...

BY **KEITH A. COLLINS**

If I could have gone through the breast cancer treatments for my wife, Dorothy, I surely would have. Unfortunately, I was not the one diagnosed, so I had to be strong for her. Being positive and being around positive people is the key to beating this disease. This disease will also test your

faith in whatever religion you belong to. My wife rededicated herself to God and the rest is history. The first blessing we received was the breast cancer was caught in Stage II and after my wife's biopsy, they removed 90% of her cancer. I wanted her to focus on her chemotherapy and radiation treatments. I took care of researching what medicines she was taking and their possible side-effects. I was blessed to attend every single appointment my wife had. I also started a support group for her. That support group is now a non-profit!



THE THRIVING CAREGIVER

BY **MARY WU**

My sister, Amy Wu, was diagnosed with early stage breast cancer when I underwent my left hip replacement surgery. How could I possibly thrive as a caregiver when I was also a patient?

Phone calls, care/love packages, research of resources and just being there in whatever way I could were my bedrock to support my sister. I thrived and keep on

thriving as a caregiver using life's major tools: a positive and proactive attitude, hope, knowledge, emphasizing the "we" and "together" and a deeper awareness and that these were just health hiccups in the journey of life that would make us stronger. Eventually, we would understand why this was happening.

I do not believe in coincidences in life. I do believe just about everything in life is timing.

The timing of what my sister and I went through strengthened our sisterhood. Nothing can ever stop us! We thrive together!



BEVERLY AND ME

BY **VALERIE A. BROOKS**

I have known Beverly Anderson all my life. I graduated with a Bachelor in Nursing and worked at Grady Hospital. Imagine my surprise when I discovered Beverly also worked there. Eventually life took us in different directions and Beverly became a mother.

I frequently stopped to visit Beverly. One particular time her eyes were red, her

face was swollen and she looked horrible. I thought something happened to the baby. She said the baby was fine, it was her. At one of her OB/GYN follow-up visits they found a lump in her breast and it was cancerous. She would have to have a mastectomy, chemo and radiation. I told Beverly I would be there for her every step of the way. After her surgery, I stopped daily to check and change her bandages, bullied her to move when she was in pain and told her we were going to make it. I also prayed for her daily. She never had any complications or infections from her surgery.



HOW I THRIVE AS A CAREGIVER

BY **LARRY DOHERTY**

It has been two years since we received THE phone call. To this day, I still see it as having a beneficial side — THRIVING.

How is that possible? It is possible because this radical health change created a radical lifestyle change for the better.

Little things in our marriage have become cherished moments to enjoy together.

Whether the care I give involves physical assistance, emotional support, or "leave me alone" — I find myself stronger and able to do what is needed.

I have also taken the advice of my pharmacist. He told me that I needed to embrace my own health. By taking care of me, I am able to provide better care for her. Thus, I have become healthier at a time when I was ready to accept older age as the norm.

I hate breast cancer. I love what we have done with it.



BECOMING A THRIVING CAREGIVER

BY **TIM SULLIVAN**

When I first found out that Laura was diagnosed with breast cancer, I felt sad and confused. I was also heartbroken because Laura told me she wanted to break-up and face it by herself. I assured Laura that I would always be there for her and that I would be with her during her

cancer journey no matter what.

There were times as Laura's caregiver, when I had to not only battle the breast cancer but other variables as well. There were confrontations with family members to establish boundaries and difficult conversations with her doctors and nurses.

My one true responsibility was to always comfort Laura. That is how I *thrived* during her journey. No task was too big or too small, whether it was getting Laura's prescriptions filled, picking up her favorite foods, or just laying in bed together watching a marathon of comedies to help us both take our mind off of everything for a little while.

Presently Laura has no evidence of cancer, but still suffers emotionally and physically and as her husband and friend, I will always be there for her.



CARING FOR KARI

BY **VICKIE JENKINS**

In 1977, our first child was born. We named her Kari. Little did we know that God would use Kari to touch others' lives.

At age 29, Kari was diagnosed with Stage 3 breast cancer. Her happy life as wife and mother of two little girls (ages 3 and 4 months) was turned upside-down. Friends and family rallied around her and brought in meals, cleaned her home

and helped with childcare. Due to needing special care, Kari moved back home with my husband and me for two months. Giving her a shower for the first time after the cancer, I felt as though she was my delicate little girl again. Through the whole ordeal, Kari never gave up but instead became stronger. She was a courageous fighter and she won the battle!

Today Kari is a strong, happy woman with a shining personality. Her body has healed. She has long blonde hair, adding a few braids every now and then.



YOUNG THRIVERS!™

BY HEATHER JOSE

My Healing Team



My initial reaction in the doctor's office was shock. I had been hearing him talking out in the hall. He came in and said 'get your affairs in order' and the rest was, 'blah, blah, blah.' My mind went blank. I am sure a lot of things were going through my mind, but it all boiled down to: Holy crap, what am I going to do? I am not qualified for this!"

When we first heard the diagnosis, it wasn't real. We went to church and told some people but it still wasn't real. But every day the reality began to sink in.

Excerpt from 'Larry's Snapshots,' taken from *Every Day We Are Killing Cancer* by Heather Jose:

As Heather shifted into I'm-going-to-kick-it's-butt-mode, I found myself shifting into coach mode. I knew how to be a coach. This was familiar ground when nothing else made sense. I had found my job. I was there to make her laugh, reassure, coach her on, reaffirm her when I wasn't so sure myself, encourage her, fix what was wrong. I used my ability to detach myself so I could make the next play in the game while trying to make everything as easy as it could be.

The situation was not a natural thing for me at first. My initial reaction was not to ask for help. My attitude was this is my problem and I should be able to handle it on my own. I think I learned a lot from this. People offered to help and I learned to say yes. I learned how great people are. We accepted help and asked for help.

- We passed a sign up sheet among the pews at church to ask for volunteers to drive Heather to her radiation treatments which was a three hour round trip.
- We accepted gift certificates for local restaurants and movies.
- When Heather's friends or her mom stayed with her, it gave me a chance to be at work or with friends which helped me to maintain a routine and a sense of normalcy which helped me to keep my sanity so I could be strong for Heather.
- We had only one priority, one goal, one mission in mind and anything else was a distraction.

Cancer did not happen to me, it happened to Heather. But now I know that if something bad did happen, I think I could handle it. We were pretty young when all of this happened. It was one heck of a lesson to learn. We had to grow up faster and learn some real life stuff.

Cancer changed Heather — it changed me — it changed our marriage. I hear about couples who are torn apart by cancer. I don't understand this. This challenge proved we were on the same team.

The good that came of this was that Heather had to become a much more confident person. Her decision to fight in spite of the awful odds was amazing. Our faith never felt as strong and as close as during all of this. This changed my faith forever.

— Larry Jose

There is nothing that helps me more than to surround myself with people that work together as a team. I love the energy of it, sharing the highs and lows, and, of course, reaping the benefits of such teamwork. When I was diagnosed I was 26 years old. I knew nothing about cancer. However, I did know about working as a team. Next issue, I want you to meet the rest of my team of caregivers. It is my hope that by hearing their perspective you will gain insight that will help you along your cancer journey.

I chose to begin with my husband Larry. As one of three primary caregivers he had a huge impact on my state of mind. He embodied the thriving caregiver as he helped me take on cancer and embraced the changes along the way.

Heather Jose

Author, Speaker, Breast Cancer Wellness Advocate
Heather@BreastCancerWellness.org | www.gobeyondtreatment.com

About Heather

Heather Jose is a 15 year thriver of stage IV breast cancer, diagnosed at age 26, with a prognosis of six months to live. A national speaker and advocate, Heather's message is to go Beyond Treatment. Visit her online at www.heatherjose.com.



facebook

Visit Young Thrivers™ on Facebook <https://www.facebook.com/groups/264032713653598/>

BCW SALUTES

Karen E. Jackson and the Sisters Network

A 20-year mission began when Karen Eubanks Jackson was diagnosed with breast cancer and quickly realized there was a noticeable lack of “sisterhood” in traditional breast cancer organizations despite the fact there was a staggering high mortality rate for African-American women with breast cancer. What Karen witnessed and personally experienced as a patient and as a survivor resulted in committing her life to increasing the local and national attention to the devastating impact the disease has on the African-American community.

Convinced that it was unacceptable for any woman to go through breast cancer treatment alone, Karen began her new life journey to support, educate and inform African-American women around the United States that breast cancer is not a death sentence and they are not alone. Addressing the despair and changing the narrative and discrimination that African-American woman often encountered was no easy task, but Karen's commitment to make a difference was unwavering.

Sisters Network Inc. Breast Cancer Assistance Program (BCAP), Young Sisters Initiative, Gift for Life Block Walk, the Breast Cancer Social Network, and the Annual National African-American Breast Cancer Conference 10 City Tour are just some of the organizations' national outreach events and campaigns.

Recognizing the importance knowing your family history and starting the breast health dialogue with the young teen girls, Karen created *Sisters Network* latest program, *Teens4Pink*. The educational program teaches proactive breast care, educates young woman about their family health history and provides youth the power to be the change in their communities.

In Karen's newly released book, *In the Company of My Sisters*, she shares the path that brought her to stand up and make a difference. She openly discusses the discrimination and despair that still exists today, and how she remains inspired by the beauty and strength of the human spirit.



“Knowledge is power.”

—Karen Eubanks Jackson

In the beginning, many who learned of her mission discouraged her, but 20 years later, Karen proved the naysayers wrong.

In 1994, Karen founded *Sisters Network Inc.*, the only national African-American breast cancer survivorship organization. Today, under her leadership, *Sisters Network Inc.* has grown to over 43 affiliate chapters across the country. *Sisters Network's Stop the Silence national breast health awareness campaign* has opened up a long overdue dialogue about shame, despair and discrimination that many African-American women face.



Readers, please join the Breast Cancer Wellness Magazine Team in saluting and honoring **Karen Eubanks Jackson** and **Sisters Network Inc.** members across the country for their inspirational life-changing work as they continue to celebrate women's lives through increased advocacy.

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NOW ACCEPTING NOMINATIONS

The **Breast Cancer Wellness Magazine** is excited to announce the 2014 Breast Cancer Leaders and Advocates Awards.

The recipients will be announced and presented their award at the **BCW Awards Dinner** on December 12, 2014 in San Antonio, TX. We look forward to meeting each of you at the San Antonio Breast Cancer Symposium.

Breast Cancer Wellness Magazine will be accepting nominations until November 15, 2014. To nominate your organization, an individual or yourself, go to www.BreastCancerWellness.org/BCWawards.

Nominations are now being accepted for the following categories:

- 🏆 National Breast Cancer Nonprofit of the Year
- 🏆 Community Breast Cancer Nonprofit of the Year
- 🏆 Breast Cancer Lifetime Achievement Award
- 🏆 Breast Cancer National Leader of the Year
- 🏆 Breast Cancer Community Leader of the Year
- 🏆 Breast Cancer Advocate of the Year
- 🏆 Thriving Caregiver of the Year
- 🏆 Oncology Nurse Navigator of the Year
- 🏆 Mastectomy Fitter of the Year
- 🏆 Breast Cancer Blogger of the Year
- 🏆 BCW Ambassador of the Year
- 🏆 BCW Thriver of the Year



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Regrowing your hair after chemotherapy and/or radiation therapy can be painfully slow. Often the hair grows back thinner and a different color and texture from your original hair. After surviving breast cancer, women are often prescribed medications that have the unfortunate side effect of hair loss, causing these women to continue to lose their hair or even lose what they grew after chemo. What's worse, they have to continue these medications for years. Medications like Tamoxifen®, Arimidex® and Femara®, can cause hormonal hair loss in women. Additional hair loss and thinning occurs, and women who have already had thinning hair due to genetics (female pattern balding), experience accelerated hair loss. Fortunately, with Dr. Lewenberg's Formula, you can easily regrow and maintain all of your hair. If you had pre-existing hair loss or thinning, you can even have better hair than you did before the cancer treatment.

Dr. Lewenberg's Formula works in 5 ways to regrow hair after cancer treatments:

1. Regrows hair all over the scalp, including the frontal hair line
2. Increases circulation to existing hairs and hair follicles, helping them to grow hair faster.
3. Increases the duration of the growth cycle of the hair follicle, thereby increasing length and thickness of your existing hair and new hair
4. Reduces the effects of DHT and stops it from reaching your hair follicles, preventing additional damage and the progression of female pattern baldness.
5. Most importantly, it repairs damaged, dying hair follicles and can even create new hair follicles by stimulating stem cells in the hair follicle and the living layers of the scalp.

At this time in your life, your hair should be the last thing you have to worry about. If you have lost your hair, have patchy hair growth, or are worried that you will lose your hair, Lewenberg's Formula will help. You heal your cancer; we will heal your hair.



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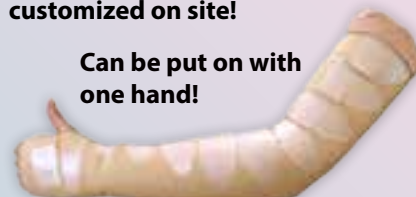
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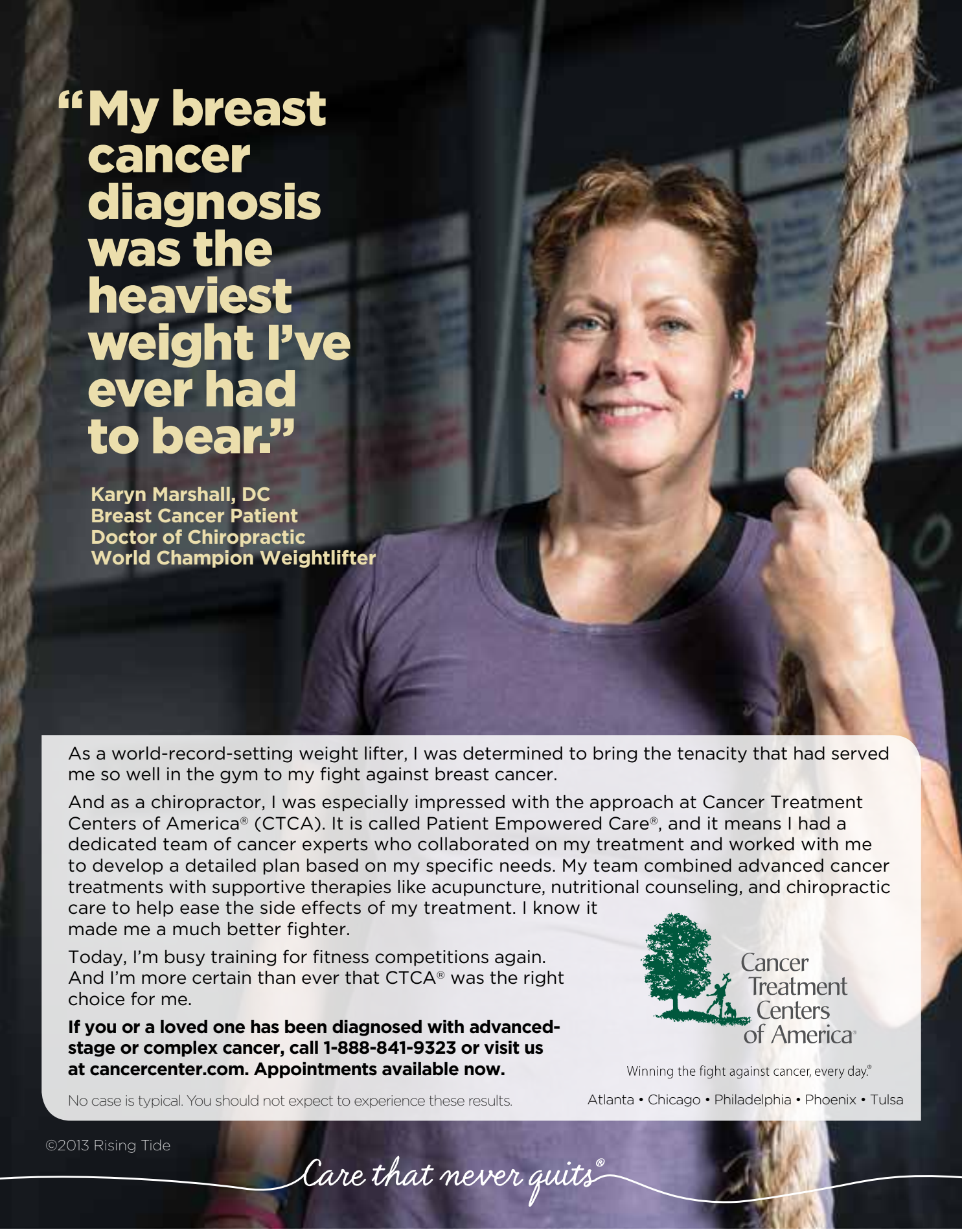
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IMMUNOTHERAPY FOR BREAST CANCER

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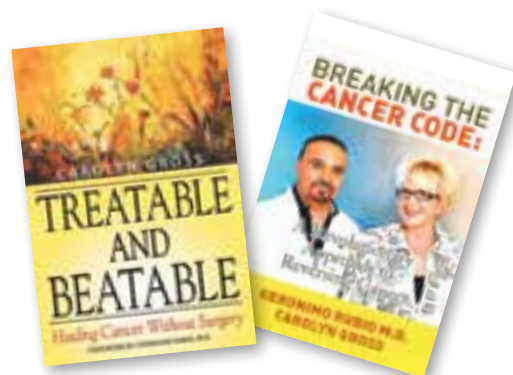
This successful treatment protocol combines RNA and DNA transference

to the immune system with biogenetic medicine, allopathic treatments, detoxification rituals, herbs and non-toxic medicines.

This comprehensive approach to reversing advanced stage cancer has been documented by health experts and journalists who call Dr. Rubio the Tijuana Tumor Terminator.

In 2003, Carolyn Gross was diagnosed with Stage 3 Infiltrating Ductal Carcinoma Breast Cancer. She knew she had some tough choices to make, but wanted to see if there was a way out of her cancer predicament other than mastectomy. In her research she learned about Geronimo Rubio MD. When they first met, he told her he could likely reverse her cancer with low dose chemotherapy and radiation, combined with his customized cancer vaccines. After Carolyn's successful healing she dedicated her career to working as a patient advocate and educator of Immunotherapy.

The reason we are so passionate about sharing the message of Immunotherapy is that breast cancer patients are interested in this new treatment that can direct their immune system to kill cancer cells, wherever they are. We've personally seen several breast cancer healings where after surgery (or without surgery) there was complete remission.



The newly released book: *Breaking the Cancer Code* by Geronimo Rubio and Carolyn Gross details all the protocols Dr. Rubio developed over twenty five years. The book *Treatable and Beatable: Healing Cancer without Surgery*, documents Carolyn Gross's story of healing breast cancer with Immunotherapy, along with the mental, emotional and spiritual lessons she learned from working with other patients.

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¹ Smith, Charles J. Non-Hormonal Control of Vaso-Motor Flushing in Menopausal Patients. *Chicago Medicine* 1964;67:193-195

² Constellation Newsletter, Spring – 2002, Volume 2, Issue 1. www.nsabp.pitt.edu/Constellation_Newsletter_Spring2002.pdf

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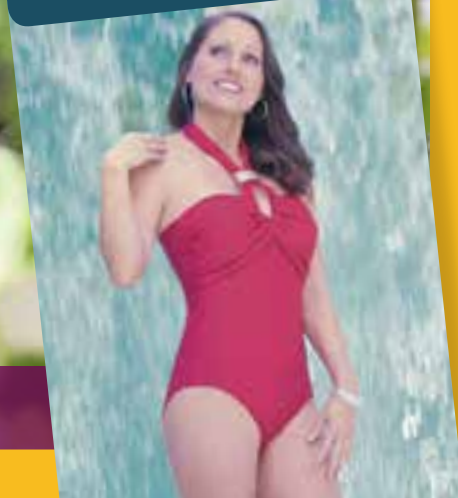
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Shining and Bright Giving Back

Amoena's Mission Strength Ambassadors in the spotlight



Global Marketing Director Malissa Magyar greets Amoena Ambassadors Eden Lackey, Carletta Cunningham, and Ginger Johnson in April 2014. Inset: The girls enjoy some steam in the sauna, and a spa lunch afterwards.



Three donations of \$10,000 have been made to YSC on behalf of each of our Ambassadors.

It started with a wish to do more.

To go big. To do it up right. Amoena's Mission Strength essay contest and ambassador search was an opportunity for us to share *your* strength. With Young Survival Coalition's support in getting the word out, we launched a webpage, crossed our fingers, and hoped we would get adequate response.

Well.

We were delightfully overwhelmed. Nearly 100 entries from standout women all over the nation flooded our inbox. We are honored to have "met" each and every one of them.

Our three winners have introduced you to some new Amoena fashions in the previous pages. Ginger, Eden and Carletta joined us at our U.S. headquarters in Atlanta for 3 days of quickly-formed friendship, luxurious pampering at Spa Sydell, and some hard work modeling.



What is an Amoena photo shoot like?

Picture this: We're on location at a modern home in the most elegant part of Atlanta, on a slightly-too-cool spring day. Background music by favorites like Katy Perry and Rihanna keep the mood upbeat (Rihanna's "Diamonds" feels particularly appropriate and reminds us to "shine bright"). We start at 8:00 a.m., and while our ambassadors get prepped in hair and makeup, the photography team sets up the first shot: lighting, angle, props and color balance.

"You know girls just want to have fun, right?" remarks Eden. "This has been so much fun!" But, she adds, "It is hard work! We don't give models enough credit." As she goes to get fitted in an elegant red swimsuit and high heels, we ask Carletta what her favorite part has been.

"Other than the spa day?" she replies with a grin. "Truly, just meeting

everybody, and learning what goes on behind the scenes. From photographers, makeup people... surprisingly, for me it's just feeling normal. Even though this [opportunity] is related to having breast cancer, it doesn't feel like it."

Several scenes later, we break for lunch. It's the first time many of the crew sit down in four hours. We chat about the products: All three women agree the fabrics are super comfortable, particularly in the Active wear and Leisure wear lines. They agree the weather needs to warm up a bit more before we take the next Swimwear shot!

And they agree with Ginger, that what they'll take home with them includes: "Lots of good memories, and the feeling that I was able to participate in something that will help other women feel beautiful." |



Who? What? Why?

How many people does it take?

- Photographer
- Photographer's assistants (2)
- Digital photography manager
- Location coordinator
- Stylist
- Stylist's assistant
- Hair & makeup (2)
- Props stylist
- Marketing Director
- Models (3)

Giving Back in Style

This October, to celebrate survivorship and promote awareness, Amoena chose two of your favorite styles, the **Valletta** and the **Power Sports bra**, and turned them passionate pink! Get them early—these are limited edition and won't last long! Ask your local retailer or find a store at www.amoena.us/stores.

ALL4ONE ALLIANCE

For each **Passionate Pink Valletta** purchase, Amoena will donate \$1 to the **All4One Alliance** which is committed to helping all underserved women recover from breast cancer with dignity. All4One provides

post-mastectomy breast forms, bras, recovery garments, lymphedema compression sleeves, meals and meal delivery, wigs and professional support for anyone coping with breast cancer.

Learn more at www.all4onealliance.org



Amoena is proud to sponsor the Young Survival Coalition, particularly during the month of October. For every **Power bra in Passionate Pink/Grey** sold, \$1 will go to YSC to continue its work of providing

resources, connections and outreach so young women with breast cancer feel supported, empowered and hopeful.

Visit www.youngsurvival.org



You, On the

Fashion for **every** moment

How do you go about your day? Like a honeybee, hovering one minute, zooming the next — everyday in action? Maybe you move like water, going with the flow. Or, maybe you're most like a jetliner — you can go anywhere, defying gravity! Amoena fashions support every moment of this go-go-go life that is yours.



Carletta, 42, is a breast cancer survivor. Amoena bras give this woman-on-the-go the support she needs and the smooth silhouette she desires.



1. Lara Satin in Blackberry soft bra: 32-42 AA, A, B, C, D; Panty: 6 – 18 **2. Lacy Karla soft bra:** 32-42 A, B; 34-42 C, D (also available in underwire) **3. Handy way to add a pop of color.** **4. Show your unique side with a one-of-a-kind bracelet.** **5. Er-go-nomic sandal?** Yes, please! **6. Back-smoothing Magdalena soft bra** in Black or Nude, 34-48 B, C, D, DD, DDD **7. Lovely Lucia convertible strap bra,** 32-40 AA, A, B, C, D; 34-38 DD
Images courtesy of A-SHU.CO.UK; Konplott; and FitFloP.

Go

Keep Going

Small space at home? No gym membership? Keep going anyway! Use your own body weight for strength (pushups, planks), a chair for balance, and a timer — they're all you need for an excellent full-body workout. Try the 7-minute workout: www.7-min.com



7 Bra included!

1. Power medium support sports bra in Passionate Pink /Grey, 32-42 AA, A, B, C, D, DD
2. Hula hoop to burn up to 420 cal/hour! | **3. Don't forget the tunes!** A hot pink armband rocks.
4. Performance medium support sports bra, 32-42 AA, A, B, C, D, DD **5. Monitor your happy heart** with a Heart Monitor watch. **6. Active pant** in Deep Blue/Lilac
7. Two-in-One: Short Sleeve Top and Sports Bra in Lilac/Deep Blue, XS, S, M, L, XL

Images courtesy of dotcomgiftshop.com; and Primark.



Ginger, 38, is a breast cancer survivor. She's working out in the High-Neck top and Contrast Seam pants from Amoena's Active collection.



Ginger's jet-setting in a Relax Carmen long sleeve shirt and Casual pants.

The Places You'll Go

You make travel look easy in wrinkle-free Amoena Leisure wear, made of modal. Have no fear about your breast form at the security checkpoints — those scanners won't harm the silicone, we promise. There's more travel information at www.amoena.us/travel-tips.



1. Valletta in Passionate Pink! 8 – 24
2. Explore the eco-friendly planet with reusable bags.
3. The world's calling: a phone case shows your adventurous side.
4. Fan fave Valletta t-shirt in Black, 8-16
5. Cozy Relax infinity scarf in dark grey mélange.
6. Lara Lace Desire in Raspberry/Dark Berry, 32-42 AA, A, B, C, D
7. Comfy ballet flats go anywhere.

Images courtesy of dotcomgiftshop.com; Accessorize; and FitFloP.

Time for a Getaway

Time in the sun, away from the hustle of your busy world, refreshes like a cool shower. Make an effort to breathe in and appreciate these moments of getaway.



1

2



Amoena Swim Cruise line available in stores this fall!



3

4



5



6



7

1. Glow anytime with a bronzer powder. 2. Sophia tankini in elegant Black, 6 – 16 3. Dazzle with a turquoise starburst pendant. 4. Sophia Tank with center crochet, 6 – 14 5. Sienna tank in Espresso/Jade, 10-22 6. Feel tropical in leaf-inspired sandals. 7. Aqua Wave Swim Form, the quality standard in post-surgery swimming. Fits into a pocketed swimsuit and safe in both salt and chlorine.

Images courtesy of Marks and Spencer; Konplott; and Accessorize.



Eden, 36, is a breast cancer survivor. Here she wears the Luxor tank in Lipstick.



Carletta's evening-wear secret is the Barbara underwire, worn strapless.

Going Out

There's simply nothing like a gorgeous dress, a strapless bra, a lingering scent and, let's face it, something sparkly, to lift your mood. With Amoena underneath, your possibilities are endless — maybe your special evening will be, too!



1. Red glamour in dangling earrings. **2. Colette Soft Cup Nuiset in Dark Grey,** 32-36 A; 32-40 B, C, D; Matching Colette Boyshort, 6 – 16 **3. Simply stunning hard ring clutch.** **4. Johanne soft bra** in Red Amber, 32-36 A; 32-40 B, C, D (also available in underwire); Matching Johanne panty, 6 – 18 **5. Dazzle your fingers** and toes in silver and gold. **6. Barbara underwire bra** in Black or Nude, 32-40 A, B, C; 32-38 D **7. New Natura Cosmetic**, a lightweight form that truly feels like you, and appears almost invisible even in the sheerest of bras.

Images courtesy of Konplott; Dunnes Stores; and Crabtree & Evelyn.

Natura Cosmetic
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like no other.

Easygoing

Ease into a delicious evening alone or a totally relaxed weekend morning. To get the most benefit for both body and mind, go deeply inward with music or meditation.

2

1



3



4



5

6



1. Cozy up with a natural throw pillow—and the one you love. 2. **Ambiance Nightdress** in Light Grey Melange, S, M, L, XL 3. A staple accessory: stacking rings. 4. **Flower Bolero** in Plum, S, M, L, XL 5. **Indulgent Body Soufflé**: The perfect way to end a busy day. 6. **Feel balanced, even when you're lying down and lounging around, in Amoena's slightly weighted Leisure Form** which fits into the pocket of our ultra-soft Home wear.

Images courtesy of www.gettingpersonal.co.uk; Accessorize; and Crabtree & Evelyn.



Eden is relaxing in the Flower Pajama set with Capri pants.

Want to see more?

View complete Amoena collections at www.amoena.us. Click on the Store Locator to find a retailer near you.

Grace under PRESSURE

Dealing with stress is a personal pursuit

by Christina Relf

Stress. Emotional Overload. Symptoms of the way we live now, the price we pay for 'having it all.' It's hardly surprising that stress is a big issue these days — in the developed world, we can do almost anything, and most of us feel we're not doing enough.

This pressure is fuelled by our 'always on' culture and the media's wall-to-wall stream of reality TV, news and opinion-as-news, and digitally manipulated images.

So many women juggle a career, marriage and children, while trying to be there for family and friends, volunteer on the side and still be slim, fashionable, perfectly groomed and youthful (oh, and financially solvent, of course). As if this were not enough — and some believe that our modern lifestyle is to an extent culpable — many are also coping with all this while fighting a life-threatening disease. Because when breast cancer strikes, everyday pressures don't go away.

GOOD STRESS, BAD STRESS

Some pressures are healthy, and even necessary. The adrenaline rush we feel at the start of a new project, or when we have a deadline approaching, helps motivate us. But when we try to do too much, all the time, stress becomes the enemy — quite literally.

Cortisol, the primary stress hormone, raises the body's metabolic rate in readiness for a 'fight or flight'

response. It increases heart rate, breathing and blood pressure. It affects background body functions too, like digestion, cell division and even our reproductive processes — putting them on hold until calm returns.

Being on constant alert and able to react to an imminent, life-threatening emergency is great when you need it, but living constantly in that state is detrimental. Stress affects our ability to think clearly and remember things; it has been shown to increase the likelihood of depression and can exacerbate health risks like stroke and heart disease. It also impacts our immune systems, which scientists now fear can impair our ability to fight cancer.

WHEN DID EVERYDAY PRESSURES BECOME 'STRESS?'

In the last 100 years women's roles and the opportunities open to them have changed almost beyond recognition. This gives rise to the inevitable stresses of running a career alongside a busy home life. And 'having it all' can very quickly turn into 'having to do it all.'

Life coach Isabel van der Ven was living with husband Peter in her native

Holland, holding down a high-powered job as a project manager for the Dutch Ministry of Agriculture, as well as being mom to her two- and six-year-old daughters. Combine this with a three-hour commute every day and you'll see her life was just about as full as it could be.

Isabel didn't feel it was too much: "I would have described my life as a fairytale existence," she says. But when she found a breast lump while showering, shortly after her 40th birthday, she could almost hear the plates crashing down around her.

Shocked to learn she would need a full mastectomy, Isabel coped with ten months of treatment and a lengthy reconstruction process. She was forced to give up her career, as the treatment exhausted her and 'chemo brain' meant she couldn't think straight.

Isabel felt the resulting stress in her life most keenly once treatment had ended. "That's when the anger, fear, confusion and the big questions like 'what next?' come out." She tried a few volunteer roles to create a regular daily routine, but couldn't find the right thing. Then Peter was offered a job in the U.K. "When we first met we agreed we'd love to travel and experience different cultures, so we decided to take the plunge and relocate."

Living in the rural south of England was wonderful but, after helping her daughters settle into school, Isabel still felt she needed some direction. Flipping through a magazine at the hairdresser's salon one day, she came across an article about a life coaching retreat in Spain. "I'd never even heard of life coaching before. But just by reading this I knew it was what I needed right now."

EQUAL BILLING

Spurred on by finding out so much about herself on the retreat, Isabel decided to study for a degree in coaching. She applied the teachings to her own life: "I now understood more about my values, the things that are necessary for me to feel truly fulfilled. These include getting in touch with nature, which is why we got our wonderful Golden Retriever, Max, who gets me out on daily walks in the countryside."

On the coaching retreat Isabel realized, "I'd always wanted to play the saxophone — although I didn't know if I'd be any good." So she started learning just four years ago. To hear her play you would think she'd been doing it all her life.

Isabel's other key value, independence, had to be matched with her need to work and be productive. She now runs workshops across the south of England, helping women get their lives back on track after breast cancer, as well as coaching clients individually.

Coaching helped Isabel realize what stress is for her, and how to deal

Otto was diagnosed with breast cancer at just 37 and commenced the gruelling treatments, she didn't want to give up something that not only gives her great pleasure but also makes her feel she's in control of at least one area of her life.

Trish was spinning lots of plates when she found a breast lump back in 2011. A subsequent mammogram, ultrasound and biopsy resulted in a positive diagnosis — a complete shock to Trish.

Galvanized into action, she called on all her medical colleagues to help decide on the best course of treatment for her — a double mastectomy. "I had

diagnosis I was forced to put my life into perspective. I now know you have to take time out and relax, but for me that doesn't mean doing nothing!"

Far from easing up since her diagnosis, besides running marathons and ultra-marathons, Trish has started climbing too. She knows many women would find this form of stress relief pretty daunting but, like Isabel, she firmly believes we all need a way to switch off and forget about everything. "You need an avenue that you can filter energy through."

FIND YOUR SAFETY-VALVE

Because most of us can't simply cut out large chunks of our lives, we need other ways to relieve stress and rebalance.

Sometimes it's escaping from the everyday and just turning down the volume for a while. That's why weekend retreats and spa breaks are so popular: they give you time to focus on yourself, sort out your thoughts or choose to think about nothing at all. You don't have to wait for holidays either — a Sunday afternoon walk or a long soak in the bath can work wonders when your schedule won't stretch to anything more.

Rebalancing is therapeutic. Australian psychologist Sue Baughman reminds us that 'therapy' is any technique or activity that promotes and assists with healing — it can be passive or active, the choice is yours. The key thing is to find your safety-valve, and then make time to practice releasing it.

Sue counsels scheduling 'me time' just like a regular meeting. "It's about making a commitment to a regular practice of self-care — even if it's only five minutes a day," she says. "This allows you to develop and cultivate one of the most important relationships in your life — the relationship with the self."

You might already have found your stress-reliever. Think about the things you love most — whether it's reading or morning walks, spending time with your children or baking. If you haven't found it, allow yourself to embark upon a gloriously self-indulgent journey of discovery. Give it all the love and energy it deserves, because this time it really is all about you! |

Feel the love

Find a better balance by nurturing your 'Inner Child,' says Sue Baughman. "Think of the Inner Child as your emotional body, your vulnerability," she explains. Try placing this list somewhere you'll see it every day.

How have I met my own needs for the following today?

- | | |
|-------------------------------|---|
| ✓ Security | ✓ Attention, stimulation and physical contact |
| ✓ Approval | ✓ Sleep and rest |
| ✓ Authenticity and acceptance | ✓ Fun |
| ✓ Hope and encouragement | ✓ Healthy, respectful boundaries |
| ✓ Love | |

(based on work by Shakti Durga, author of *Empowering Relationships*)

with it. "It's about finding a balance — giving equal billing to all the things that are really important in your life," she concludes. "For me, cancer was a gift in ugly wrapping paper. If I hadn't had cancer, I wouldn't have moved to the U.K., got a dog or be playing in a successful jazz-swing band. Once you know what changes to make, you have to think hard about how you can make them possible."

GRACE AND BALANCE

Running marathons and climbing mountains might not be everyone's idea of stress relief, but when podiatrist Trish

an aggressive form of cancer and I wanted to eliminate, as far as possible, the chance of it returning," she explains. This was followed by a difficult course of chemo, all of which took place in the middle of a move to Portland, Oregon, and the start of a new job.

"They told me I could take time off, but I said no. I think working helped me, and I ran about six miles every other day while having chemo — my doctor thought I was mad, but I know it helped keep my energy levels up."

Trish accepts that her life had been stressful before she had cancer. "As a doctor you are on call, and your schedule gets crazy. I am a workaholic and after my

Pressure Cooker

Bubbling away my toil and troubles

I used to love to cook... and then I married a chef. In no time at all, I had relinquished my kitchen privileges and turned my attention to other pursuits. Unfortunately for me, eating was at the top of that list.

Through the years, I was still able to dabble in the delights of creating something from scratch, but this was likely to involve vegetable and cheese platters for our restaurant's catering needs. Every now and then, it might include a simple cracker dip like a block of cream cheese covered in jalapeño jelly to munch on at a get-together or party. My grandmother's fried chicken recipe, my mother's scalloped potatoes and my highly praised teriyaki sauce were relegated to the land of lost memories.

With my most recent breast cancer diagnosis (let me just say, I did not find the third time the least bit charming), I discovered I was trapped by incessantly looping negative thoughts. I was exhausted by this non-stop head chatter, and moreover, I knew it served no positive purpose and might actually interfere with my healing both physically and spiritually.

I needed to fill my headspace with something better, and I had plenty of downtime on my hands. I also really wanted to discover ways to eat healthier, so it was high time to venture back into the kitchen. My husband, God bless him, has tried over the years to embrace my desire for healthier fare. Alas, as a traditionally trained chef, if it doesn't have sauce, gravy or butter he's less than enthusiastic. Since it's common for great cooks and chefs to show their love and devotion by bombarding the objects of their affection with food, I had my work cut out for me, in more ways than one!

Dianne (Browne) Armitage was born in Indianapolis, Indiana. The eldest of six children, her early aspiration was to write the great American novel. Diagnosed with breast cancer in 1996, 2005, and again in 2013, she believes humor has helped her deal with each diagnosis and just might be therapeutic to others as well. In addition to her work with Amoena, Ms. Armitage has written for Dr. Susan Love's website and is a frequent contributor to several other health-related sites.

The first thing I noticed was that after nearly 30 years on the receiving end of a completed recipe, the kitchen felt like a foreign landscape. Sure, I knew what a measuring cup was designed to do, and I recognized a spatula, but on more than one occasion, I would open a drawer or cabinet and pick something up, only to put it back and walk away.

My mantra became "baby steps" because I recognize my propensity for biting off more than I can chew (both literally and figuratively) and then quickly losing interest because the task at hand is too difficult.

I began looking for simple, healthy recipes online. I love how the Internet has streamlined our ability to find great recipes quickly, see what we need to purchase at the store, and even read what people who have tried the recipe have to say. If I'm going to invest my time, energy and money, I'm happy to know someone else feels it's worthwhile.

My first foray into feasting involved a simple lasagna recipe with a great tossed salad and garlic bread. What I noticed was: not only did I enjoy the meal, but I also felt a sense of pride in my accomplishment. Throughout the entire endeavor, I felt relaxed and renewed. My time in the kitchen kept me focused on the task at hand, not the fear and uncertainty I had been stirring around in my brain beforehand.

This I know for certain: There is muscle memory and recipe recall. The kitchen feels more familiar all the time (as does my new body). So today, when I start to feel the pressure, instead of stewing in my own juice, I start cooking!

And when my husband insists on lending a hand – I get sauced! |

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If you’re curious about adding another flow to your vinyasa, you might consider Tai Chi. Often described as “meditation in motion,” this gentle exercise keeps the body constantly moving in slow, graceful forms. Its origins are mysterious but attributed to China, and sometimes described as a fighting form used for strength, balance and flexibility training. Through time Tai Chi evolved into a globally recognized contemporary exercise that can be enjoyed at all ages.

Body Benefits

The twists and turns of Tai Chi are like an internal organ massage that enhances blood flow and strengthens the muscles. You’ll also benefit from:

- Reduced heart rate and blood pressure
- Increased cardiovascular efficiency
- Increased flexibility and energy
- Improved posture and sleep patterns
- Improved mood and feelings of well-being

How-To

Under the supervision of a qualified instructor, you’ll get the most reward. Some features of a Tai Chi class include:

- Forms – These are series of movements often based on animal actions like *Grasp Sparrow’s Tail* and *White Crane Spreads Wings*
- Stability through the legs – It’s easy to get caught up in the sometimes complicated arm movements, but power and energy flow through the legs
- Relaxation – Perhaps the most important, but one of the more challenging aspects of Tai Chi is relaxing through the practice

Learn more about Tai Chi at TheBreastCareSite.com.

For Tai Chi, Amoena’s High Neck pocketed tank and Contrast Seam pant are perfect. And Nordic Walking’s super-chic with our Long Sleeve Shirt and coordinating racer back bra. **Find Amoena Active wear near you at www.amoena.us/stores.**

Are you using yoga to de-stress? You might also enjoy the art of **Tai Chi**. Need to spice up your walking routine? Add an element of **Nordic** flair. These two workouts have grown in popularity but many women have never thought to explore them.

Same benefits, different paths



Low Impact, High Cardio

You faithfully tie up your sneakers three times a week for cardio maintenance. You've done it solo, with your neighbors, and sometimes even on the "dreadmill." Nature's exercise is easy for most everyone – and no equipment required!

Amping-up a walk to increase the benefit usually leads to running... but it doesn't have to. Nordic Walking, where specially designed poles help with balance and add upper body to the workout, might just be the next "step" for you. While running can be hard on the knees and ankles (and the breasts, if we're being honest), Nordic walking remains low-impact – yet it can burn up to 50% more calories per hour.

Body Benefits

Get a set of poles and a good pair of walking shoes. Cross-country skiers know this is a symmetric, total body workout that can reward participants with:

- Average heart rate increase of 10-15% over normal walking, but no increase in perceived exertion
- Upper body strength built by resistance to improve bone density
- Posture, balance and stability with the poles (which also increase safety and prevent falls)
- Better sleep, focus and mood

How-To

The right kind of poles, adjusted to your height, are essential. Once they're in-hand, you will learn these and other proper techniques:

- Find a comfortable rhythm — the pole on your right goes forward with your left leg
- Specific techniques for uphill and downhill walking protect the joints; poles can be used to propel the body forward, especially on uphill slopes
- Keep the shoulders down and relaxed throughout the walk, and remember to keep the hands loose as you "grip and release" the pole – the movements should feel very natural
- Advanced Nordic walkers can try other strides like jogging, skating and even jumping

The International Nordic Walking Federation (<http://inwa-nordicwalking.com>) and the American Nordic Walking Association (<http://anwa.us/>) are good places to get started.

Eden, 36, and Ginger, 38, are breast cancer survivors and winners of Amoena's 2014 Mission: Strength ambassador search.

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A Day *in the* Life *of* Lisa Curcio, M.D

BREAST ONCOLOGY SURGEON AND BREAST CANCER SURVIVOR



Most days begin at 4:30 a.m. for Lisa Curcio M.D., followed by twenty to thirty minutes of exercise before she prepares breakfast for her family. The mornings that Dr. Curcio isn't scheduled for early surgery or patient consultations, she packs both her lunch and her children's lunches. Often times she also prepares her husband Frank's lunch depending on his schedule for the day. As a mom, Dr. Curcio has found this is a convenient and time saving way to ensure her family gets whole food nutrition.

Before arriving at Breastlink's location in Laguna Hills in South Orange County, California, Dr. Curcio takes her son Niko, age 15 and daughter Mia, age 11, to school. The driving time to school helps the busy family to stay connected.

As a leading breast surgical oncologist in the country, her days begin early and are filled with individual patient care and

consultations and providing the latest and most advanced surgical procedures for her patients. She also spends time keeping informed of the best care and cutting edge technologies for breast cancer as well as collaborating with other breast care leaders around the world. Dr. Curcio is actively involved in forming lifetime team relationships with her patients, partnering with them for long term health. They work

“
Life isn't a matter
of milestones,
but of moments.”

— Rose Kennedy

together to establish more active lives and establish proactive habits for their physical and emotional health.

In 2000 at the age of 37, Dr. Curcio diagnosed her own breast cancer. At the time she was Chief of Surgical Oncology at Keesler Medical Center near Biloxi Mississippi. When she saw what looked to be blood in the breast milk in her baby son's bottle, it was the instincts of being both a mom and a doctor that prompted her to schedule a mammogram. Upon viewing her mammography screening, Dr. Curcio immediately knew she had breast cancer.

It was a very emotional, lonely and isolating time for Dr. Curcio. Her family lived on the east coast and her husband's family was on the west coast. Her husband was her strongest supporter. Renown breast surgeon and friend Dr. Beth DuPree from Philadelphia PA became her mentor from afar.

For many years, Dr. Curcio kept the breast cancer experience to herself and didn't share her personal journey except with a select few of family and close friends. She was concerned that patients would view her treatment as the preferred treatment and it may affect their decisions for treatment. In reality, each person's treatment needs to be individualized. It was through the coaxing from Dr. DuPree that Dr. Curcio began to understand the importance of sharing her journey not only with her patients but also with the global breast cancer community.

It was after reflection of her own breast cancer experience that she realized that she needed to focus her surgical practice on the care of breast cancer patients. She felt her experience gave her a unique perspective for those facing breast cancer. The loneliness and isolation that she experienced

when she was diagnosed with breast cancer taught her that patient care must include both the medical and emotional needs.

In keeping with her beliefs about the importance of self-care and reducing daily stress, her family recently had a swimming pool installed to add more quality family time together. Now her backyard and her garden have become what she calls her zen time.

Today Dr. Curcio continues her passion as a breast surgical oncologist at the Breastlink Center in Laguna Hills CA and is a sought after speaker on the topics of whole person care after breast cancer diagnosis, prevention and risk reduction through lifestyle, dietary changes and stress management, and how to best use genetic testing for risk assessment.

Dr. Curcio looks forward to personally meeting each of you on the 9th Annual Thrivers Cruise 2015. ■



Dr. Lisa Curcio is an oncoplastic breast surgeon. She is the director of surgery at Breastlink Laguna Hills. In August of 2005, she founded Advanced Breast Care Specialists of Orange County, dedicated to serving patients in all aspects of breast care and breast cancer. One of South Orange County's only female surgical oncologists, Dr. Curcio has devoted her life's work to the education, prevention and treatment of breast cancer. Dr. Curcio was a general and oncologic surgeon at Mission Hospital from 2001-2005 and was Chief of Surgical Oncology at Keesler Medical Center from 1997-2001. Dr. Curcio is on staff at Saddleback Memorial Hospitals in Laguna Hills and San Clemente, Mission Hospital in Mission Viejo and Laguna Beach, and at Hoag Hospital. She is a current member of the National Board of Medical Examiners and the American Board of Surgery. Dr. Curcio received her B.S. in Biology from the University of Scranton and an M.D. from George Washington University Medical School in Washington D.C. She completed a Surgical Oncology Fellowship at The City of Hope. She has served as a cancer liaison at both Mission Hospital and Keesler Medical Center. She was also chairperson for the tumor boards at both facilities as well as an active member of their Cancer Committees. Dr. Curcio is a member of the American College of Surgeons and the American Society of Breast Surgeons. www.Breastlink.com

Writing Heals

BY DIANA M. RAAB, PH.D

My life as a writer began at the age of ten when my mother gave me my first journal to help me cope with my grandmother's suicide. The journal was a Kahlil Gibran journal with quotes on top of each page. Since that day I have used writing as a source of healing, transformation and empowerment — its role in my cancer journey has been invaluable.

When diagnosed with DCIS (ductal carcinoma in situ), an early breast cancer, in 2001, everything was going well in my life. I was 47 years old with three wonderful children, aged 12, 16 and 18. Happily married, my husband and I had just celebrated our 24th wedding anniversary.

After being given my options and seeking numerous medical opinions, I opted for a mastectomy and reconstruction. The surgery and immediate recovery were basically uneventful except for the emotional upheaval and occasional panic attacks. Despite the wisdom shared by my loved ones, the trauma of losing a breast, a vital maternal female marker, the experience touched a deep part of my psyche.

From diagnosis to post-op recovery, my journal became my best friend and confidant. Essentially, my journal helped me navigate through my breast cancer journey as I recorded my insights, fears and dreams. Sometimes I would write poems such as this one:

Robbed Twice

The day after the doctor
cut off my breast
I got on the phone
to my therapist
who told me to give
myself some time
to figure out who I am
after being slashed
by the knife.



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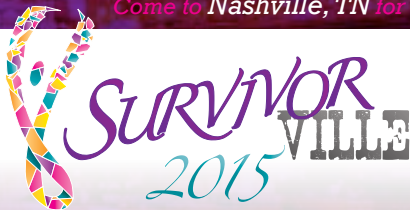


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— Catie Curtis



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Zenana Rose
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Kerry is a breast cancer survivor. She is wearing a SOFTEE® ROO with breast forms.



I was glad my surgeon recommended the reconstructive surgery at the time of the mastectomy so that I would, as he said, “wake up with a breast.” But, as a very sensual person, the nature of my surgery profoundly affected my view of myself as a woman. In addition to the loss of sensation on the mastectomy side, every morning and night when dressing and undressing, I was reminded of the deformity to my anatomy. My surgeon assured me that most women were asymmetrical and that nobody would notice. It was also a blessing to have a supportive husband who helped me believe that I was still a beautiful person. During my healing, my surgeon also encouraged me to wear revealing and provocative clothing—first at home and then out in public. I journaled my feelings on the subject and my entire breast cancer experience.

My surgeon’s input was also instrumental for my healing. I will never forget how he suggested for me to keep a diary of my post-operative period. Knowing I was a writer, he suspected that I would take the assignment seriously. To inspire me even further, he asked me to mail him sections of the diary. Journal writing should be done in a stream-of-consciousness manner, or writing without lifting the pen off the page, crossing out or erasing. Grammar and spelling errors are irrelevant, as they often dampen creativity and the ability to really express honest sentiments.

I am the type of person who prefers to move on from negative experiences and so, when I was ready, I tucked those journals away in my office closet. Friends and colleagues began to encourage me to write a book to help other women with their breast cancer experiences. About nine years after my diagnosis, I published a self-help memoir, *Healing With Words: A Writer’s Cancer Journey* which incorporates my journals, poems and story. At the end of each chapter, I offer writing prompts for my readers to share their own experiences.

In addition to the healing I experienced through journaling, shortly after my diagnosis, in a password-protected section of my computer, I began to write sensual poems merging my sentiments about lust with the landscape of my new body. Earlier this year, twelve years after my diagnosis, I felt brave enough to share these poems

with the world, pulling them together in a poetry collection called *Lust*. The idea is to never cease dreaming and bringing joy into your life. I do believe that in order to see the light, we must first pass through the darkness, and while my scars have changed my perfect landscape, they are a constant reminder of my survival. My poetry serves as a reminder that sensuality can continue even after a mastectomy and reconstruction, and it is about looking for the beauty in any situation.

I have always cherished my journaling time, and this was especially true during my cancer journey—from diagnosis to recovery. Journaling is a time for deep reflection. Every morning I sat in my backyard overlooking the lake with my cup of coffee and poured my sentiments onto the pages of my journal. As a journaling instructor, I understand the huge benefits of writing to heal.

Many women have used journals to record their breast cancer experiences. Some of these journals or books have been published, such as those of Audre Lorde, May Sarton, Betty Rollin, Rose Kushner, Hilda Raz, and Elizabeth Berg, to name a few.

For me, journaling on a regular basis gave me the opportunity to get to know myself on a deeper level. A lot came forth during my journaling practice. I realized that I did not want to be identified as a cancer victim. I wanted to be the person who overcame cancer. I did not want empathy or sympathy. I just wanted to be respected. I had surmounted many obstacles in my life and this was another one to add to my list.

Through journaling, I also realized that others' needs had always trumped mine, and that it was time for me to spend more time on myself. I learned that I took on too many responsibilities and that it was time to start saying "no." I learned that for years, I had suppressed my negative emotions, mainly grief, and this can increase cortisol levels and decrease immunity. I began to put aside time daily for meditation and exercise. As much as possible, I removed all toxic people from my life and surrounded myself with positive individuals who made me feel good.

Even though my incisions healed and I have returned to my routine, the emotional and physical scars of having had breast cancer will always be present, although they have dulled somewhat over the years. I am

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less sensitive and more proud of my survival, revival and thriving.

Here's another poem I wrote in my journal and which was later published in *Healing with Words: A Writer's Cancer Journey*:

Bifurcation

Having a breast sliced off
leaves a woman with two lives—
the one before the loss
and the one after.

Journaling has taught me that emotional healing usually takes longer than physical healing. I am thankful to be living in a time when medical advances made it possible for me to have my cancer removed which led to my complete recovery.

As cancer survivors and thrivers we sometimes reflect upon our mortality and wonder what people will say about us after we are gone. I want to be remembered as a positive person who contributed to the happiness of others in whatever way possible, without jeopardizing my own well-being. I want to be remembered as someone who celebrated and focused on life's high points and navigated quickly through its turbulence. When first diagnosed with breast cancer, my father-in-law who survived a world war and the loss of his parents, called me up and said, "Have no fear, Diana. Have no fear." His words meant a lot to me and I heard them echo over and over in my mind over the years. As my father was a Holocaust survivor, I realize how much of my learning came from him. Now that he is gone for more than twenty years, I can say thank you, Dad, for your view on life and thank you, Mom for buying me my first journal. You have both changed my life forever. ■

www.DianaRaab.com



Top to bottom: Son Josh, daughters Rachel and Regine, husband Simon





“There are miracles
behind every door.
Be brave enough
to open one.”

– Trudy Smith



During the Face of Inspiration contest, I learned of a 70-year old breast cancer survivor who had cancer come back in her bone. Unable to save her leg, she had it amputated. I later learned that she was touched by my inspirational quote. This heart-warming experience was all the reward I needed. Participating in the Face of Inspiration contest opened a door for others to share their journey.

I chose this inspirational quote because it encapsulated my breast cancer journey. Thinking back on my breast cancer journey, I realized just how much this message of hope gave me the courage to move forward through fear, worry and anxiety. It is so hard to stay in the present. It was a challenge for everyone.

I needed to repeat, one minute at a time, like a mantra. We need to show up, bravely open the door of fear, go through it and see the miracle.

I remember putting cancer behind me. It was too painful to think about those women that didn't survive. Since my journey has resurfaced through the Face of Inspiration, I find myself helping others going through the same struggle. I've looked at fear in the eyes of many women given their diagnosis of breast cancer. Whether it is breast cancer, financial instability, divorce or grief counseling, my story has always seemed to give hope to others simply by saying that I have been a breast cancer survivor for over 25 years. Immediately they realize that anything is possible.

My motto is to trust, have courage and be brave enough to open that unknown door and go through it... the end result may be for the higher good, a miracle.

Trudy Smith was voted as one of American Breast Care's Faces of Inspiration.

Trudy's story is featured in the book, Faces of Inspiration, a compilation of inspirational breast cancer stories from the newly-diagnosed, survivors and caregivers.



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Searching *for* Rainbows Through *the* Storm

BY BEVERLY MCKEE, MSW, LCSW

Newly initiated into the sisterhood of breast cancer, a flood of oncology terminology overwhelmed my brain — stage III breast cancer, lymph node involvement, chemotherapy, radiation. I was in the midst of the storm of breast cancer but my many years in the mental health field had taught me that positive thinking can help manage stress levels and is linked to a longer life span. I made a conscious decision to search for the rainbows, even on the darkest days.

I started my journey by planning a party. A celebration forty years into the future, on the anniversary of my diagnosis: October 17, 2052. I spent sleepless nights planning the details...candles on white tablecloths, blowing in the ocean breeze as the sun is setting on the beach. Planning this party helped set the stage for a year of treatment as I met with my oncologist.

My family and I enjoying a sunset on a much anticipated trip to the beach. This is the last time I wore my wig... ever!

In the midst of a consultation about chemotherapy, one question kept looming in the forefront of my mind, trivial for the scope of the conversation but I had to know. "Will I be well enough to enjoy our annual trip to the beach next summer?"

My husband's eyes widened in disbelief as my oncologist spent precious moments in the stark white oncology office counting down sixteen weeks of chemotherapy, recovery time for multiple surgeries and twenty eight radiation treatments. I would finish treatment a mere two weeks before our annual trip to Sanibel Island, Florida in July. My calendar overflowed with surgery dates, oncology appointments and many months of treatment but I kept my eye on the prize... long walks on the shell covered beach.

Focusing on a positive future would become the first of many rainbows that would brighten the dark stormy days of breast cancer and I found that I wasn't alone in my



until I was recovering from a bilateral mastectomy that I learned the true value of a helping hand. The outpouring of support from family, friends, even strangers was overwhelming at times. Determined to keep a routine for my young boys, ages seven and nine at the time was made possible by the help of others. If asked today, they will tell you that my "big surgery" was the best time ever.

They enjoyed three sleepovers in a row, all on school nights! I smile every time I hear their recollection of that time in our life. Watching my boys being showered with undivided attention from my mom allowed me to take time to recover and heal. Life-long memories were formed as I learned the true gift of accepting help from others...yet another rainbow through the storm.

futuristic planning. I surrounded myself with likeminded breast cancer sisters. They too had planned special dinners out with friends, parties with old college friends and family reunions to celebrate the end of treatment. My friends with metastatic cancer worked with their doctors to take chemo breaks for mini vacations and long visits with friends and family.

Like most women, I have always been the caregiver, tending to the needs of my boys, volunteering at school, even dedicating my career to a helping profession. It wasn't

My chemical oncology team taught me perhaps the most invaluable lesson through the treatment process. I learned to "never suffer in silence". My oncology team encouraged me to share any symptoms that I was

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Heather was diagnosed with stage IV breast cancer at age 26. After being told to 'get her affairs in order', Heather chose instead to employ all available resources to take on the cancer. From conventional medicine to exercise and visualization Heather put together a comprehensive plan and.... Now she'll help you do the same!

Heather is the author of *Every Day We are Killing Cancer*. Follow her on Facebook and Twitter.

To book Heather for your event please contact Paul Hile at Paul.hile@gmail.com.

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experiencing which allowed my voice to be heard. It was incredibly empowering to become a part of my treatment team, rather than just a patient. The side effects weren't always pleasant, but I kept in touch with my nurses and monitored the way I framed the situation. I became my own advocate which is a rainbow that I will remember forever.

A great sense of humor is essential to reducing stress levels and helped me find the rainbows, especially when coping with hair loss. Enamored by the show, *Survivor*, I wore a buff just like the one worn by contestants on the show, determined to shield my boys' wandering eyes from my hairless head. Until one day, I was in my bathroom

putting on my makeup. My seven year old barged in, unannounced. His eyes widen in surprise as he stared in disbelief. My heart stopped as he ran out of the room. Seconds later, his older brother stomped into the room, his nostrils flaring in anger. "MOM! It's not fair! Alex got to see you bald...now it's my turn!" My heart softened as removed my buff. He didn't flinch as he took in my baldness, but rather ran to tell his brother that everything in the world was fair again. Laughter erupted from deep inside, replaced by an inner peace that my boys would be okay... another rainbow through the storm.

Ringling the bell in the chemotherapy room was exhilarating as I hugged my

angelic chemotherapy nurses for the last time. Their kindness and patience were a blessing in my life that I will forever cherish. I had no idea that the brightest rainbow of all was just around the corner. The call came from my oncologist as I was recovering from lymph node surgery. The pathology report showed "No Evidence of Disease" but I preferred to call it... cancer free! What a day of celebration!

I was, perhaps, the only patient in history giddy with excitement to hop on the radiation table. My trip to the beach was just on the other side of this phase of treatment and I was ready to get the party started. I reframed my twenty eight days of radiation into "28 Days of Inspiration," spending my time on the table creating a tidbit of daily inspiration to share on my Facebook page. The days passed quickly and suddenly we were off to the beach!

The sand, surf and fresh salty air were the best therapy for my exhausted but cancer free body. Long, solitary walks on the beach were spent reflecting on the last year of my life, talking to God about my hopes and fears and letting go of the emotions that had gathered behind my brave smile. The brightest rainbow lingering long after the storm had passed.

Searching for the rainbows through the storm of breast cancer was not always easy but I learned that even the hardest journey is made easier with power of positive thinking, a healthy life style, lots of laughs and a great support system. I'm a changed person because of breast cancer and plan to continue searching for those rainbows until my 40 year survivor celebration set far in the future. Until then, I strive to enjoy every moment of every day with my loved ones and my sisterhood of breast cancer survivors throughout the world. ■

Beverly McKee, MSW, LCSW is a speaker, the author of "Celebrating Life Decades after Breast Cancer" and founder of Breast Cancer Warrior, LLC. She divides her time between a canopy of trees in Missouri and the shell covered beaches of Sanibel Island, Florida with her husband, Dan and their boys, Jack and Alex. Join her on Facebook and learn more about her journey by visiting www.breastcancerwarrior.org.

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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.

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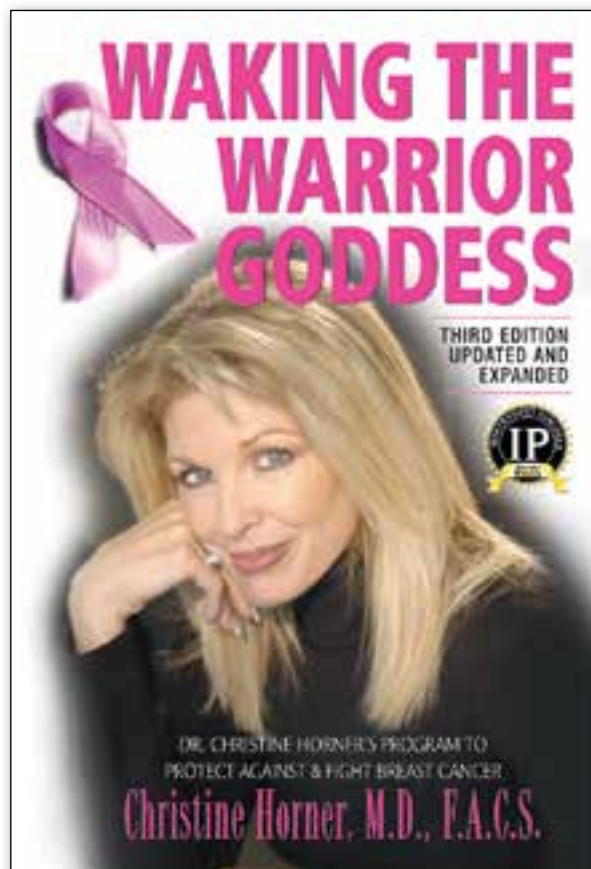
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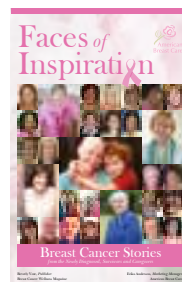
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