



Touch of Courage

. Connection

Beyond Pink TEAM

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A Mammogram May not be Enough

By Dee Hughes, R.T. (R)(M)

Many women get a negative mammogram report and think they are home-free. Unfortunately, approximately 15% of breast cancers diagnosed are not visible on the mammogram. Even so, mammography is still the gold standard for breast cancer screening, especially when combined with an annual clinical breast exam (by your healthcare professional) and monthly breast self examination.

When you have no known problems in your breasts, but have them checked annually to be sure no sign of cancer is present, this is called screening. If you have a problem area you or your healthcare provider can feel, then your tests would be considered diagnostic since you are looking for a cause of the problem or symptom.

For women at high-risk for breast cancer, many physicians are recommending additional, potentially more sensitive tests. For those women whose family background, genetics, or other factors signal a high level of concern, a growing number of physicians are suggesting magnetic resonance imaging, or MRI, which is typically the most sensitive form of screening. Unfortunately, this can be a costly exam, and not all insurance companies will pay for MRI as a screening exam. If your physician feels it is medically necessary, you need pre-approval from your insurance provider to insure your exam is covered.

Another commonly performed exam is ultrasound of the breast. Ultrasound is extremely useful when an abnormal area is felt in the breast or seen on a mammogram. It is operator-dependent and increasingly used for screening. Physicians also use ultrasound to guide them during a needle biopsy of breast tissue. It is typically covered by insurance, and is much less costly than MRI. Ultrasound should not replace mammography, but is a very useful tool in addition to mammography.

Women typically have breasts that are either primarily fatty tissue, very dense tissue, or a combination of the two. When women have primarily fatty tissue, the mammogram is generally very effective for screening for breast cancer. When women have very dense tissue, it is much more difficult for the radiologist to determine if there is an abnormal area that could turn out to be cancer.

Digital mammography is fairly new in the Cedar Valley. The mammogram is performed the same way; however the image is now acquired directly onto a computer monitor. This allows the radiologist to view the x-ray image more closely and zero in on suspicious areas. The biggest advantage of digital mammography is for women with very dense breast tissue. The computerized image can see through the dense tissue so much better. Dr. Douglas Duvon of the

Breast Care Center states, "Reviewing a digital mammogram is like the pictures you see on a high definition TV versus the old black and white TV. The clarity and sharpness of the images is incredible, allowing for a more complete review of the breast tissue."

The good news is that with better screening and treatment, there has been nearly a 25% decrease in the mortality rate for women with breast cancer since 1994. As screening exams continue to improve, this number will increase.

Living Green **by Cindy Harris**

Fall is fast approaching and some of our plants need a little winter preparation. Cut off the flower stems from your hosta now. The leaves will soon turn brown and can be cut then, or next spring. Make sure to dig up bulbs that can't winter outside and store them in a cool dry place. If you have an annual that you are fond of and want to replant next year, watch for the seed pods to ripen and begin to crack open and then collect the seeds. Keep them in a small jar or in an envelope to use in the spring.

If you want to move or start new spring bulbs, October is the time to get the beds ready and get the new bulbs in.

And, again, it is corn gluten time! In October, put it down for a great fertilizer and again early in the spring to control those weeds. This was a great year for weeds, so if your yard is like mine, they did a lot of growing.

Get everything ready to nap so that next spring your plants can burst

alive with vibrant and exciting color!

Local Advocate Completes Project LEAD **by Christine Carpenter**

Cindy Harris, a member of Iowa Breast Cancer Edu-action and the Beyond Pink TEAM recently completed Project LEAD, a science training course developed by the National Breast Cancer Coalition. Project LEAD is designed to help breast cancer activists influence research and public policy processes. The intensive six day program prepares advocates for participation in the wide range of forums where breast cancer research decisions are made.

After completing Project LEAD, Harris made a commitment to continue learning about scientific concepts, remain active with Iowa Breast Cancer Edu-action, work closely with the National Breast Cancer Coalition and other Project LEAD graduates to encourage and strengthen consumer participation in the breast cancer research and public policy processes. Commenting on her participation in the Project LEAD, Harris said, "I am more committed than ever to empower young women with breast cancer to become advocates and to work with Congress to help eradicate this deadly disease."

The National Breast Cancer Coalition (NBCC) has spearheaded the effort to increase funding for breast cancer research. But money alone will not end this epidemic. Ensuring that breast cancer advocates hold a central place in all policy and research decisions is a cornerstone of NBCC's mission. Therefore, Project LEAD was developed to prepare breast cancer

activists, like Harris, with the basic knowledge and background to be effective in every aspect of the fight to end breast cancer.

Touch of Courage Breast Cancer Support Group

The Touch of Courage Breast Cancer Support Group continues to meet on the first Monday of every month at the **Kimball Ridge Center on 2101 Kimball Avenue.** The meetings are held at 1:30 and 5:30 p.m.



For those of you who are long term survivors, please remember what a critical role you play in the journey of the newly diagnosed.

The Support Group invites any woman or man who is dealing with breast cancer to attend the support group meetings. Spouses and significant others are also welcome.

Tulip Bulb Pick Up

Don't forget to pick up the tulip bulbs you ordered. Pick up time is:

Saturday, October 11
9:00 – 11:00 a.m.
Main Entrance,
Cancer Treatment Center

Additional bulbs may be available for sale at that time. Call Dee Hughes at 319-235-3179 if you have any questions.

Vote and Make Breast Cancer History by Christine Carpenter

The road to the 2008 election is well on its way and soon we will have new leadership in office. Now is the time to find out where your candidate stands on substantive breast cancer issues.

The National Breast Cancer Coalition (NBCC) is dedicated to ending breast cancer through the power of action and advocacy. Beyond Pink Team is an NBCC member organization. NBCC and Beyond Pink TEAM have been holding policymakers accountable for how they address legislative and public policy priorities around breast cancer. Now you can help us end the breast cancer epidemic by voting for candidates supporting the priorities of the National Breast Cancer Coalition. See how the incumbents voted on these important priorities.

Senators John McCain and Barack Obama Voting Record on 2007 National Breast Cancer Coalition Priorities

MEMBER	DODBCRP FY08 Letter	Breast Cancer and Environmental Research Act (S.579/H.R.1157) Cosponsor
Sen. John McCain (R)		X
Sen. Barack Obama (D)	X	X

Iowa Legislator's Voting Record on 2007 NBCC Priorities

MEMBER	*DODBCRP FY08 Letter	**Breast Cancer and Environmental Research Act (S.579/H.R.1157) Cosponsor
Sen. Charles Grassley (R)	X	X
Sen. Thomas Harkin (D)	X	X
Rep. Leonard Boswell (D)	X	X
Rep. Bruce Braley (D)	X	X
Rep. Steve King (R)	X	
Rep. Tom Latham (R)	X	X
Rep. David Loebsack (D)	X	X

- *DODBCRP FY08 Letter: \$150 million for the Department of Defense Peer-Reviewed Breast Cancer Research Program: Launched in 1992 in response to NBCC's campaign for increased federal funding, this unique research program funds innovative grants within a structure that brings scientists and consumers together in making policy decisions at all levels.
- **Breast Cancer and Environmental Research Act (S.579/H.R.1157) Co-Sponsor: This legislation will establish a national strategy to study the role that the environment plays in the development of breast cancer through competitive peer-reviewed NIH grants.

More than 240,000 women will be diagnosed with breast cancer this year alone, and nearly 40,000 women will die from this disease. Women have a one in eight lifetime risk of being diagnosed with breast cancer. We still do not know what causes breast cancer, how to prevent it, or how to treat it effectively. We intend to change this and we will – with your help. Make breast cancer history. VOTE!

Local Participation on Scientific Peer Review Panels for the Department of Defense

Breast cancer advocate Christine Carpenter recently participated in the evaluation of research proposals submitted to the Breast Cancer Research Program (BCRP) sponsored by the Department of Defense. As a consumer reviewer she was a full voting member, along with prominent scientists, at meetings to determine how the remainder of Congress' FY08 appropriation of \$138 million will be spent on future breast cancer research.



Christine Carpenter

Consumer reviewers are asked to represent the collective view of breast cancer survivors and patients, family members and persons at risk for the disease when they prepare comments on the impact of the research on issues such as disease prevention, screening, diagnosis, treatment and quality of life after treatment. Carpenter was one of 116 consumer advocates who participated in the July/August 2008 peer review meetings. Commenting on this role, Carpenter said "The Scholar/Innovator panel I served on was the best I've served on to date! Thanks to our excellent panel and very positive scientific chair, we gave each grant proposal a fair and thorough review. I feel confident we found the best and brightest."

Consumer advocates and scientists have worked together in this unique partnership to evaluate the scientific merit of breast cancer research proposals since 1995. To date, more than 550 consumer reviewers have served on breast cancer panels alongside scientists in the review process. Captain E. Melissa Kaime, M.D., Director of the Congressionally Directed Medical Research

Programs, expressed her appreciation for the consumer advocates' perspective in the scientific review sessions. "They have provided valuable insight into funding decisions and helped the scientists understand the consumers' perspective of innovative research. Likewise, the consumer advocates have been enriched by learning more about breast cancer through discussing proposed research with scientists and seeing the future hopes of successful research." More information about the Department of Defense Breast Cancer Research Program is available at the Website: <http://cdmrp.army.mil>.

If you are interested in becoming a Consumer Reviewer for Breast Cancer Research Programs, join Iowa Breast Cancer Edu-action. Please see the last page of this newsletter for meeting times.

Relay for Life by Jill Roberts

Thank you for your support of Relay for Life of Black Hawk County. Due to the generosity and effort of our teams and sponsors, over \$200,000 dollars were raised this year. These dollars will help fund vital research programs, education, advocacy and service. It will also able the American Cancer Society to further the mission of eliminating cancer as a major health concern.



Please save this date and plan on attending next year's rally, tentatively scheduled for June 19-20, 2009 at Hawkeye Community College.

Thank you again for your support in the fight against cancer!

A Survivor's Story: by Mary Seitz

Growing up the youngest of six and having red hair (actually strawberry blonde) I was picked on A LOT. I learned to be tough and how to fight like a girl. Little did I know then that God had a plan for me.

At age 43 I was diagnosed with invasive ductal carcinoma found on a routine screening mammogram. I was surprised. Working in a Mammography department, I thought I was immune to this. What a rush of emotion. What should I do? Have a lumpectomy? Mastectomy? What is going to be the right decision for me?

Initially, I considered having a lumpectomy. After having a breast MRI, I elected to have a bilateral mastectomy. I don't feel that I have been maimed, but saved. By God's good grace, I was treated by a wonderful staff including the mammographer, ultrasonographer, surgeons and doctors who were with me along the way. My surgeries and chemotherapy treatments have gone very well. I feel very confident in my treatment.

My family has been my strength, my co-workers my rock. With all their support there is nothing I cannot handle. They have been there for me from the beginning, bringing meals to the house after my surgery, sending cards and notes, and sitting with me during my chemo treatments.

I have kept a positive attitude throughout. Not only do I feel it has helped me, but others that I encounter. I had fun wearing different hats during chemo. I

think it gave the staff something to look forward to. They wondered what I would show up in next. My last hat was my "celebration/party" hat. Candy, stickers and party horns were hot glued to a point felt hat. It was left at the Cancer Treatment Center for anyone after me who wanted to celebrate their last treatment. The hats created smiles, giggles and laughs. What better medicine is there?

There were times that I felt down. I did feel sorry for myself, but when that happened my husband would look at me with more love and compassion than anyone could imagine, or my son would bound into the room and give me bear hug with an "I love you, Mom" out of the blue. My stepchildren and grandkids would show up "just to visit" at the perfect time. Do you know how fast grandkids can lift one's sprits!?!? Wow.

I hope in the future my experience can help someone else who is going through this. It helped me to have people to talk to who had walked down this path before. While it's true that what works for one person may not work for another, it's also true that a cumulative amount of information, a shoulder to lean on, and an ear to listen can go a long way.



May God bless all of you who have walked this path before me and to all of those who will walk it after. For anyone who may need an ear, my number is 319-231-0535.

Pink Ribbon Bagels At Panera!

The Beyond Pink TEAM has been so fortunate to have the Panera Bread bakery and cafes as a corporate partner. They have shown they truly care about women with breast cancer and have been very supportive of our projects.

Once again, they will be offering Pink Ribbon Bagels during the month of October.



The Pink Ribbon Bagel is baked fresh daily and features cherry chips and real bits of Bing cherries and cranberries. The bakers form the bagels into the awareness ribbon shape before baking.

For each bagel purchased in the Waterloo and Cedar Falls stores, \$.25 will be donated to the Beyond Pink TEAM. So you can enjoy one of these yummy treats, plus help a good cause. Panera is also donating bagels to the Pink Ribbon Run in downtown Cedar Falls on October 4, as well as cookies and bagels for our breast cancer support groups.

Thanks, Panera, for your support.

Printing Donated by:



Iowa Breast Cancer Edu-Action

Iowa Breast Cancer Edu-Action includes breast cancer survivors and their supporters. We are members of the Beyond Pink TEAM. **Our mission** is to: take Action, Educate, Advocate, Make a difference (TEAM).

What We've Done

For the last ten years we have:

- ❖ Visited with Iowa congressmen to secure their commitment to breast cancer research.
- ❖ Participated in email and phone call campaigns to Congress to secure guaranteed access to quality care for all.
- ❖ Created the Iowa Breast Cancer Resource Guide, secured funding, and distributed 9000+ free copies
- ❖ Translated the ACS Guide "For Women Facing Breast Cancer" into Serbo-Croatian for the Bosnians in Iowa

We Meet:

When: 6:30 p.m. on the 4th Thursday of each month, except November when we meet the 3rd Thursday, and December when we do not meet.

Where: UNI Center for Energy and Environmental Education on the UNI Campus at the corner of Campus Street and Jennings Drive in Cedar Falls.

Need more Information?

Email or call:
Christine.carpenter@cfu.net
(319) 266-0194

Support and Rehabilitation Programs

Care and Share	Support group for anyone dealing with cancer. Meets the 1 st Tuesday of every month at 1:30 p.m.
Touch of Courage	Breast cancer support group. Meets the 1 st Monday of every month at 1:30 p.m. and 5:30 p.m.
Reach to Recovery	Provides information and support for women who are faced with breast cancer. Visits available before and after surgery.
Look Good...Feel Better	Consultation with a trained cosmetologist to help a cancer patient feel more comfortable with the physical changes that occur during treatment.

For more information call the American Cancer Society at 319-272-2880 or 888-266-2064.

Resources Available:

Information, support, counseling, and educational materials are available from the following:

Allen College of Nursing Library and Media Center 1825 Logan Avenue Waterloo, IA 50703 (319) 235-2005	American Cancer Society 2101 Kimball Avenue, Suite 130 Waterloo, IA 50702 319-272-2880 or 888-266-2064 1-800-ACS-2345 (available 24 hrs)
Breast Care Center at United Medical Park 1753 West Ridgeway Waterloo, IA 50701 319-833-6100	Covenant Cancer Treatment Center 200 E. Ridgeway Avenue Waterloo, IA 50702 319-272-2800 Include Cancer Information Library
National Cancer Institute 1-800-4CANCER	National Coalition for Cancer Survivorship 1-505-764-9956
National Lymphedema Network 1-415-923-3680	Y-Me 1-800-986-8228
Covenant Lymphedema Therapy 319-272-7894	Physical Therapy Partners Lymphedema Therapy 319-233-6995

Connect with us...

A donation for Touch of Courage is both needed and appreciated. All donations go to support the services of the Cedar Valley Cancer Committee and are tax deductible.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

\$ _____ amount of donation

General Donation Newsletter Donation NBCC Scholarship Fund

Make checks payable to the Cedar Valley Cancer Committee and send to 1607 Heath Street, Waterloo, IA 50703