



Touch of Courage . . . Connection

April 2013

www.beyondpinkTEAM.org

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

IN THIS ISSUE

“Lifestyle” and Environmental Cancer Risk

By Kamyar Enshayan, Director UNI Center for Energy & Environmental Education

“Ninety percent of all forms of cancer are attributable to specific environmental factors.”

I recently had the honor of discussing a few key ideas from *Living Downstream* by biologist (and bladder cancer survivor) Sandra Steingraber with a group of young cancer survivors. We started with a 2007 investigation published by the American Cancer Society which identified 216 chemicals known to cause breast cancer in animals. Of these, 73 are found in food or consumer products; 35 are air pollutants, and 29 of them are produced in the United States in large amounts every year.

“And yet public education campaigns about cancer consistently emphasize lifestyle and downplay the environment, or subsume the latter into the former,” Steingraber points out. She compared the language of fliers about cancer (available in doctor’s waiting rooms) with a basic human genetics textbook (*Human Genetics: A Modern Synthesis*, by G. Eldin.) On the topic of causes of cancer, the flier said “In the past few years, scientists have identified many causes of cancer. Today it is known that about 80% of cancer cases are tied to the way people live their lives.” The textbook reads “As much as 90 percent of all forms of cancer are attributable to specific environmental factors.” Such the air, the water, work place, home, food.

On the topic of prevention, the cancer fliers emphasize individual choice and responsibility, “You can control many of the factors that cause cancer. This means you can help protect yourself from the possibility of getting cancer. You can decide how you are going to live your life—which habits you will keep and which ones you will change.”

The genetics text book: “Because exposure to these environmental factors can, in principle, be controlled, most cancer could be prevented... reducing or eliminating exposures to environmental carcinogens would dramatically reduce the prevalence of cancer in the United States.”

Steingraber explains how the cancer fliers “by emphasizing personal habits rather than carcinogens, they frame the cause of the disease as a problem of *behavior* rather than as a problem of *exposure* to disease-causing agents.” The focus on “lifestyle” implies it is all our choice and is dismissive of the threats that lie beyond personal choice.

In Iowa, it is not our personal choice to drink hormonally active corn weed killers in our drinking water; it is not our personal choice that are kids will be playing in schools and parks that are sprayed with war defoliants. It is not our lifestyle choice that the parks department fogged the entire neighborhood with neurotoxins, or that a manufacturer in

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My Cancer Journey –

Gail Orcutt's Story and Advocacy to Check for Radon

Last fall I was honored to share my cancer journey with some members of the Beyond Pink TEAM, BPT. I still find it hard to believe that I ever had lung cancer. I have never smoked, but none of the six physicians who knew my diagnosis suggested that radon might be the cause. My left lung was removed, and I endured twelve weeks of chemotherapy. Luckily, we caught it early, but none of my physicians ever mentioned radon, so if I hadn't found an article about radon, my one healthy lung might still be in jeopardy.

How does this happen? Millions of years ago, the glaciers deposited uranium across a large portion of the country. As uranium decays, radon – a colorless, odorless gas – is one of the by-products. Like uranium, radon is radioactive. As it continues to decay, it can do such damage to your lungs that cancer is the result just by breathing the air.

Seven out of ten homes in Iowa contain a dangerous level of radon. The good news is that a house can be fixed (mitigated) in just a day. You can buy an accurate test kit from the American Lung Association for just \$10 by calling 1-800-383-5992 or go to **HealthHouse.org**. The kit directions are easy to follow.

Everyone in Iowa needs to test their home every two years. There are no kinds of houses exempt from needing to be tested. The age or type of foundation of your house makes no difference. Even homes that already have a mitigation system should be checked every other year. If you are planning to build, you can use inexpensive radon resistant construction.

(see <http://www.epa.gov/radon/>)

Look Good...Feel Better Sessions have moved!

The sessions will now be held at the **NEW** American Cancer Society offices located at 2709 University Ave, Waterloo, in the Wayne Claassen Engineering building next to Dairy Queen.

To access parking lot, use Sylvia Street either off Downing or the frontage road. ACS main entrance is off the parking lot.

Nearly 400 Iowans die each year because they didn't know about radon. Lung cancer from radon is so preventable. I don't want you or anyone you love to get lung cancer from radon. I learned the hard way. Maybe you've been thinking, "I've been meaning to do that." Now is the time to act.

If you would like more information, **BreathingEasier.info** is a good resource. Watch the 20 minute video; check into the scientific articles linked near the bottom of the page; and share the page with your family physician.

You have a choice and a responsibility to control one factor that causes cancer. Do it!

Anne Christensen Doyle Recently Honored

Allen College Center for Engagement, Learning and Leadership (CELL) was renamed the Anne Christensen Doyle Center for Engagement, Learning and Leadership February 1st. The Center's new name recognized the important work and dedication of Anne Christiansen Doyle, who passed away on September 1 last year while serving as the College's international admissions counselor. Anne was a member of the Beyond Pink TEAM and was serving on the board to the National Breast Cancer Coalition. She was a strong advocate for the Breast Cancer Deadline.



Pictured above is Anne, on the far right, with Christine Carpenter, BPT member, Fran Visco, NBCC President and Sharon Ford Watkins, Field Director. Anne was instrumental in bringing the Deadline 2020 initiative to the Cedar Valley. She did make a difference!

"Lifestyle" continued from page 1

our community may be emitting illegal amounts of air pollutants.

Here is the conclusion of a consensus statement offered by many members of the cancer research and advocacy community to the President's Cancer Panel in 2008: "The most direct way to prevent cancer is to stop putting cancer-causing agents into our indoor and outdoor environments in the first place." We can work together to change these known and preventable environmental health threats in our community. If you are interested please contact me.

Kamyar Enshayan is director of UNI's Center for Energy & Environmental Education. He can be reached at kamyar.enshayan@uni.edu or 273-7575.



Going Green

By Cindy Harris

As our eyes are being opened more and more about the effects of the chemicals in our environment, especially in our homes, we need to continue to be more diligent about getting rid of them. The main danger in toilet bowl fresheners and cleaners is "dichlorobenzene" which hides out in most of them (not on the label of course). Studies show that this harsh solvent can cause earlier periods in girls – this we know is a breast cancer risk factor. So...for a better freshener and better way to disinfect, pour either a half bottle of white distilled vinegar or a half bottle of peroxide in the bowl, let it sit overnight. In the morning, scrub with a toilet brush and flush. Either of these kills germs as well as the chemicals – leaving a fresh smelling toilet.

Note for Spring – "Don't forget that the earlier you get your corn gluten down this spring the better the results. It's a pre-emergent so it needs to be there as the weeds germinate."

What Consumers Should Know About Health Reform

More People Now Get Health Care

✓ **Coverage for pre-existing conditions:** It used to be hard for people with medical problems or sickness to get health insurance. Now they can buy health insurance they can afford through a special plan called a **Pre-Existing Condition Insurance Plan (PCIP)**.

If a medical problem or sickness has kept you from getting health insurance for six months or more, call 1-866-717-5826 (English or Spanish) or go to www.PCIP.gov for information.

✓ **Coverage for young adults:** Parents can keep their children on their health plans until age 26. Ask your insurance company how this works.

✓ **Coverage for workers:** Some small businesses can get a tax credit to help pay the cost of health insurance for their workers.

Preventive health care services now cost less.

✓ **Preventive care:** All new group and individual health insurance plans now must cover checkups and other preventive services for free. No more copays and no deductibles. It is the same for Medicare. Examples of preventive services include vaccinations to reduce risk of diseases such as the flu and pneumonia, mammograms and screenings for cholesterol, high blood pressure and cancer.

✓ **Drug discounts for seniors:** Seniors in the Medicare Part D prescription coverage “donut hole” (i.e., those paying 100% of their prescription costs) now get a 50% discount on their prescription drugs. The “donut hole” will be completely closed by 2020.

There are now stronger protections for people.

✓ Insurance companies cannot deny insurance coverage to children and adolescents (under age 19) who are already sick or have a medical condition. They also cannot say they won't cover the sickness or medical condition.

✓ Insurance companies cannot cancel your insurance when you get sick (as long as your insurance bill is paid).

✓ Insurance companies cannot put lifetime limits on the dollar amount of your medical coverage (as long as your insurance bill is paid). The yearly limits on the dollar amount of medical coverage will go away by 2014.

And, starting in 2014...

✓ U.S. citizens and legal residents will be required by law to have health insurance. If they don't they will have to pay a fee to help pay the costs of when they do get sick. Some people will not have to pay the fee for reasons such as severe financial problems.

✓ Under Federal law more people will be able to get Medicaid* coverage if they are under age 65 with household incomes up to 138 percent of the federal poverty level (\$15,415 for a single person or \$26,344 for a family of three in 2012). This is for:

- Children and adolescents
- Pregnant women
- Parents
- Adults who do not have dependent children

NOTE: States do not have to provide Medicaid to more people if they choose not to. To find out if the Medicaid rules in your state will change, check with your local Medicaid office. They will be able to help you and your family enroll, if you are eligible.

✓ New online marketplaces (called “**insurance exchanges**”*) in each state will offer people without health insurance and employees of small businesses a place to find out about insurance plans and shop for affordable coverage. Individuals and families who earn too much money to get Medicaid may be able to get help from the Federal government to buy insurance from an insurance exchange.

***NOTE:** Medicaid and the insurance exchanges are for U.S. citizens and legal residents only. Undocumented immigrants are not able to get health insurance through these programs.

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What Consumers Should Know About Health Reform, *continued*

There will be even more protections for people starting in 2014.

- ✓ If you already have a sickness or medical condition, insurance companies will not be able to keep you from getting insurance. Also, insurance companies will not be able to charge more because you have a sickness or medical condition.
- ✓ If you are a woman, insurance companies will not be able to discriminate and charge more because you are a woman.
- ✓ All new health plans will have to offer unlimited yearly and lifetime coverage.

All new health plans will have a minimum package of "Essential Health Benefits." This will include services such as:

- Outpatient services
- Emergency services
- Hospitalization
- Maternity and newborn care
- Medical and surgical care
- Mental health and substance abuse services
- Prescription drugs
- Laboratory services
- Preventative and wellness services
- Pediatric services (including dental and vision care)

The Affordable Care Act will bring health insurance coverage to 32 million people over the next few years. It's important that you and your family have a health care team that can provide you with ongoing medical care.

Community Supports BPT with Fundraisers



The University Book and Supply in Cedar Falls promoted breast cancer awareness with a display of PINK. Offered were BPT bracelets and 2020 Deadline t-shirts. Additional bracelets and t-shirts are still available for a donation of \$10 each by emailing – mapanix@cfu.net.



Mary Kremer, BPT member is presented a check from Robyn Knapp, breast cancer survivor from the Waverly Newspapers "Paint the Gym Pink Night" held in October at the Waverly-Shell Rock vs. New Hampton volleyball games.

The Cedar Falls and Waterloo Scheels stores held their 2nd annual breast cancer awareness fundraiser in October. Marty Mullnix, BPT member, is being presented a check with two of the Scheels employees who designed and organized the event.



To learn more on how you can support the Beyond Pink TEAM through a fundraiser, visit our website www.beyondpinkTEAM.org for details.

The Beyond Pink TEAM – the Early Days

This year marks 25 years of the members of the Beyond Pink TEAM supporting breast cancer survivors in the Cedar Valley. The article below shares about the early beginnings of the group, how they started, redirected their vision and how the community has rallied with its support.

Many months of planning led up to the first meeting of the Cedar Valley Committee for Breast Cancer Awareness on August 26, 1988. The committee brought together a diverse group of community leaders and healthcare organizations. In November of 1988, Cedar Valley Committee for Breast Cancer Awareness was incorporated. The first directors were: Jan Donlea, representing Covenant Medical Center and Covenant Cancer Treatment Center, Gail Nielsen, Radiology Director Allen Hospital, Mary Ann Burk, Community Foundation of Waterloo, Cedar Falls, Northeast Iowa and Shirley Berg of the American Cancer Society.

The purpose of the committee was to promote breast cancer awareness, increase use of mammography and provide a monthly breast cancer support group. Funding for a support group facilitator came from the Metro Council of Hospitals. Each spring there was a month-long coupon campaign for low cost mammograms for women without insurance coverage.

Original directors moved on. The group continued with the breast cancer support group and in 1996 added a free quarterly newsletter. To bring awareness to the African American Community, the group sponsored the play "Sister Girl".

Laws changed that required Iowa based insurance companies to cover annual mammography screening. The implementation of the Breast and Cervical Cancer Screening Detection Program, free mammograms and Pap tests were provided to low income women. The annual spring coupon campaign was no longer necessary. With this the financial support of the Metro Council of Hospitals was lost. Funds were down for the group. Thanks to member Leona Flynn, an application for the Iowa Community Health Prize was submitted. The group won the \$5,000 prize. From that time on, donations started coming in regularly.

Around 2005 the group had a dream of having a fund to help low income women with medical expenses. The Beyond Pink Fund with the Community Foundation of Northeast Iowa was opened with a \$1000 donation from the Allen College Nursing Student Association. In 2006, the Cedar Falls Community Main Street wanted a local group to benefit from their Pink Run event. Pam Dowie spoke up, saying she had worked with the Beyond Pink TEAM and suggested the group. This continues yet today. In addition, other groups, organizations, businesses and individuals are now designating the BPT as a recipient of their fundraising events.

The next "Touch of Courage" issue will share how the Beyond Pink continues support within the Cedar Valley.

April 1, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group
2101 Kimball Ave., Waterloo
Dawn Colbert 319-415-6430

May 6, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group
2101 Kimball Ave, Waterloo
Dawn Colbert 319-415-6430

June 3, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group
2101 Kimball Ave, Waterloo
Dawn Colbert 319-415-6430

July 1, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group
2101 Kimball Ave, Waterloo
Dawn Colbert 319-415-6430

April 2, 1:30 p.m.

Care & Share Cancer Support Grp

Covenant Cancer Treatment Ctr
200 E Ridgeway, Waterloo
Jeanne 319-272-2816

May 6, 4:45-6:45 p.m.

Grundy Area Breast Cancer Support Group

Grundy County Hospital
Kristi Barnett 319-824-4129

June 4, 1:30 p.m.

Care & Share Support Group

Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne 319-272-2816

July 2, 1:30 p.m.

Care & Share Cancer Support Grp

Covenant Cancer Treatment Ctr
200 E Ridgeway, Waterloo
Jeanne 319-272-2816

April 8, 1:30-3:30p.m.

Look Good...Feel Better

Hair, Make-up, Nails, Skin
*American Cancer Society Office
2709 University Ave, Waterloo
RSVP – 319-234-0990

May 7, 1:30 p.m.

Care & Share Cancer Support Grp

Covenant Cancer Treatment Ctr
200 E Ridgeway, Waterloo
Jeanne 319-272-2816

June 10, 1:30-3:30 p.m.

Look Good...Feel Better

Hair, Make-up, Nails, Skin
*American Cancer Society Office
2709 University Ave, Waterloo
RSVP – 319-234-0990

***Note NEW location for
Look Good...Feel Better
Sessions**

April 16, 4:30-7:00 p.m.

Young Cancer Survivors – Meet, Mingle and Learn

Unitarian Universalist Church
3912 Cedar Heights Dr., Cedar Falls
Emily Hodgins 319-239-4129

May 9, 5:00-7:00 p.m.

Splash of Color – Women of Color Breast Cancer Support Grp

Waterloo Public Library
Cathy 319-493-8857

June 18, 4:30-7:00 p.m.

Young Cancer Survivors – Meet Mingle and Learn

Unitarian Universalist Church
3912 Cedar Heights Dr, Cedar Falls
Emily Hodgins 319-239-4129

CALENDAR OF EVENTS

MISSION – Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support and advocacy for comprehensive, quality care in the Cedar Valley and surrounding communities.

Resources

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

Beyond Pink TEAM is a local breast cancer organization providing a variety of services. Our website lists services we provide as well as other services available in the Cedar Valley. www.beyondpinkTEAM.org

Living Beyond Breast Cancer includes a helpline, newsletter and information. Survivors Helpline: 888-753-5222 www.LBBC.org

Young Survival Coalition connects with other young women diagnosed with breast cancer. www.youngsurvival.org

Cancer Care is a national nonprofit organization offering counseling, support, financial assistance and education to individuals with cancer and their families. www.cancercare.org

Iowa Cancer Consortium offers cancer information and links to resources in Iowa. www.canceriowa.org

American Cancer Society offers cancer information and services. www.cancer.org. Local office: 319-234-0990 – 2709 University Ave, Waterloo

National Breast Cancer Coalition The NBCC's mission is to eradicate breast cancer by focusing the government, research institutions and consumer advocates on breast cancer. It encourages advocacy for action and change. www.stopbreastcancer.org

M.D. Anderson Cancer Center, University of Texas offers patient and cancer information. www.mdanderson.org

Susan G. Komen for the Cure website offers cancer and social networking information and a newsletter on their website. www.komen.org

Iowa Breast Resource Guide is available on the Iowa Breast Cancer Edu-action website. www.iowabreastcancer.org

Touch of Courage Connection

Cedar Valley Cancer
Committee
4756 Charolais Dr
Waterloo, IA 50701
www.beyondpinkTEAM.org

Connect with us...Your support financially or through volunteering is both needed and appreciated. Please feel free to complete the following and forward to Cedar Valley Cancer Committee at address listed.

Name _____

Address _____

City State Zip

Phone _____ E-mail _____

I would like to participate with the Beyond Pink TEAM by:

- Willing to write a survivor story for the newsletter
- Volunteer: *(Check all that apply)*
 - Projects Assisting at Health Fairs
 - Attending Fundraisers Annual Luncheon
 - Committees (Education, Support, Advocacy, Fundraising, Financial)
- Willing to write letters or make phone calls to legislators for breast cancer issues, through the Iowa Breast Cancer Advocacy Network.
- Interested in making a donation. Make checks payable to: Beyond Pink TEAM
(all donations are tax deductible)
 - BPT Fund NBBC Scholarship Fund Area of Need