



# Touch of Courage . . . Connection

## January 2013

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

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## Power Foods

By Sally Barclay, RDLD

Dietitians' mantra is "everything in moderation", "balance is what is most important", and "variety is the spice of life!" But there are some foods out there which are clear "winners." They really pack a nutritional punch! Scientists have started to identify hundreds of natural chemicals in foods that seem to have preventive powers. Taking these compounds in dietary supplements might not do any good. It may be the combination of antioxidants, phytochemicals and fiber that work together to give the health benefits. Many of the very chemicals that make foods good for us are the ones that give food color. For optimum health, eat a rainbow of colors! Your plate should look like a box of crayons!

### "MUST-HAVE" FOODS FOR HEALTHY LIVING

**WHOLE OATS** contain beta-glucan and can help lower cholesterol and fight heart disease. The soluble fiber also helps stabilize blood sugars and helps you feel full fast which may help in weight control. The oat has a hard-to-find antioxidant called tocotrienols.

**TOMATOES** Lycopene, a powerful antioxidant, is a carotenoid that fights the uncontrolled growth of cells into tumors. It fights cancer of the colon, bladder, prostate and pancreas. Processed tomato products such as tomato paste, catsup and spaghetti

sauce are actually higher in lycopene content than fresh tomatoes.

**GARLIC** is rich in allicin, which boosts immune function and reduces cancer risk. Garlic also has strong anti-viral effects and has been shown to lower blood pressure and cholesterol levels.

**SALMON** contains healthy omega-3 fats shown to turn on fat oxidation, decrease triglycerides and LDL "bad" cholesterol while raising levels of HDL "good" cholesterol and to stabilize blood sugars.

**GRAPES/RED WINE** Grape skins contain high concentrations of resveratrol, which appears to block the formation of coronary artery plaque, as well as boosting HDL "good" cholesterol levels. Resveratrol has also been correlated with reduced tumor formation and growth.

**NUTS** remain a potent source of fat, calories and sodium while offering many benefits as well. With monounsaturated fat they lower triglycerides and LDL "bad" cholesterol while raising HDL "good" cholesterol. They contain vitamin E, a powerful antioxidant as well as the phytochemical ellagic acid that may help ward off heart disease and cancer.

**CRUCIFEROUS VEGETABLES** (broccoli, cabbage, cauliflower, brussels sprouts, bok choy) are packed with vitamins and fiber, but also contain indoles, sulforaphane and

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isothiocyanates which may protect you from breast, colon and stomach cancers.

**GREEN TEA** is loaded with polyphenols including one group, catechins, which seem to be important in cancer prevention and possibly the reduction of heart disease as well (new studies show black tea may be equally effective.)

**BLUEBERRIES** contain more antioxidants than any other food. They have anthocyanins which fight off heart disease and cancer and may also boost brainpower!

**SOYBEANS** contain the powerful isoflavones which help stabilize hormone levels in women, may decrease the risk of heart disease, osteoporosis and ovarian, breast and prostate cancer.

**SPINACH** is loaded with iron folate as well as lutein and zeaxanthin that seem to ward off macular degeneration, a leading cause of blindness. Kale, Swiss chard and collard and mustard greens may offer similar benefits.

**FLAXSEED** is a unique source of lignans (fiber) which are believed to stop cells from turning cancerous. Flaxseed contains alpha-linolenic acid which offers many of the same benefits as omega 3's found in fish oil (reduces triglycerides and LDL "bad" cholesterol while raising HDL "good").

It's important to remember that there are no "magic foods" and it's your overall nutritional intake that really counts toward your health.

## Banana-Berry Smoothie



Serves: 3

Prep Time: 5 minutes

Ingredients:

- 1 ¾ cups Calcium-fortified orange juice
- 1 Ripe, peeled banana
- 1 cup frozen blueberries, blackberries, or raspberries
- ½ cup silken tofu
- 2 crushed ice cubes
- 1 tablespoon sugar (optional)

Combined orange juice banana, berries tofu and crushed ice in a blender; cover and blend until smooth and frothy. Sweeten with sugar, if desired. Serve immediately.

# My Cancer Journey

By Carol Miller

In 1996, while my husband and I were grilling out with some friends, we girls decided we were overdue for a physical. Obviously the Lord was watching over as I made an appointment with our family doctor for that physical. The doctor felt what he thought was a large ovarian cyst. He sent me to a surgeon in Waterloo and by the end of the week I had surgery and found out I had Stage 1 ovarian cancer. To say the least, my husband was scared. This "C" word was new to me but not to my husband as he had lost his first wife to cancer of the tongue just 4 years earlier. Following surgery the doctor sent me onto Iowa City. We met with doctors there and following their tumor board meeting, it was suggested they operate again. I wasn't excited about another surgery but am so glad I did as they found no more signs of cancer. Therefore this cut my chemo treatments from 6 to 3! Ovarian cancer is called the "silent killer" and I had no symptoms, so was thankful I went for that physical. Doctors since have been amazed at how my family doctor found that and how fortunate I was to have survived it.

I was feeling fine and coasting along when 10 years later I went for annual OB/GYN checkup. Following my mammogram I received a call that I should come in for an ultrasound. The doctor reading it saw a lump, but didn't think it looked cancerous, but sent me onto Dr. Duven to get a biopsy. Dr. Duven also didn't think it was anything, but after a long weekend I received the call that he wanted to talk to me. Both my husband and I knew this wasn't good. We went to see him and so in 2006 I was diagnosed with Stage 2 breast cancer. I elected to have a mastectomy, which was followed by 8 rounds of chemo treatments.

I was regularly scheduled for checkups with both Dr. Singh, my oncologist, and Dr. Duven, the breast surgeon, along with annual mammograms. I had a mammogram in October, 2010, but in March 2011 I felt something suspicious with my right breast, so went to Dr. Duven – breast cancer again (just 6 weeks after I retired), I had a mastectomy and was diagnosed with Stage 3 breast cancer. My husband and I met with Dr. Singh at Cedar Valley Cancer Center and in determining the treatments to use, a decision was made to go to Mayo Clinic for

another opinion. One doctor came in and said, "Carol, twice wasn't enough – you had to go for 3 times." I ended up taking 12 rounds of chemo treatments, followed by 33 radiation treatments in Waterloo.

I can say the Lord has been good to me as I have caught them in time, always pulled through each feeling fine. Again. I've lost my hair 3 times but it has always come back. The Lord has blessed me with great doctors and nurses. I can't thank my husband enough for all the support he's given me, always along on doctor appointments and treatments. I can almost write the book on the chemo treatments, although it brings tears when the nurses go over the side effect to me – again.

My husband and I have met so many others going through cancer, shared stories. Every cancer is different, never realizing there are so many types of breast cancer. Every treatment is different. At Mayo a doctor was scrolling through the computer screen looking for the right combination of chemo drugs for me, when he showed us the long, long list. In the last 16 years since my first cancer, and especially 20 years since my husband's first wife passed away, there have been many new chemo drugs or better ways to administer them. Everyone reacts differently to treatments.

I will greatly encourage anyone going through cancer, but I can't tell them how it will be for them. I don't know of another woman who has experienced breast or ovarian cancer the same way I did. Don't shy away from someone going through cancer. If nothing else, they appreciate a listening ear. It's never out of your mind. My husband and I have learned to enjoy life – NOW! If we want to do something, we don't wait for another day, we do it now.

I thank the Lord for seeing us through and thanks to all who supported both of us through these cancer journeys, especially prayers. "Blessing comes down when prayers go up."

# October = Community Awareness of Breast Cancer and Support of BPT



Pink Ribbon Run – sponsored by Community Main Street-Cedar Falls once again was a success! Thank you to the many runners/walkers and supporters whose efforts provide support for area breast cancer survivors.



Splash of Color Walk supports the mission of providing support for women of color in our community.



## Annual Luncheon



Black Hawk Hockey "Pink Out" sponsored by Great Clips and Black Hawk Hockey



Mac Tool "Wrenching for a Cure" Pink Tool Box winner, Dean Koontz (right) with David Larson, distributor (left).



Dee Hughes is presented a check from GMAC's annual fundraiser for BPT.



Smitty's presents a check to various Beyond Pink TEAM members from their annual fundraising event.



# 15<sup>th</sup> Annual Celebration of Beyond Pink TEAM Accomplishments

On Friday, October 19, a celebration of Beyond Pink TEAM's accomplishments was shared with sponsors, survivors, donors and members at Sunnyside Country Club.

A tribute to BPT member, Anne Doyle, who lost her battle to breast cancer, was shared by Kristin Teig Torres, a close friend-mentor and also a breast cancer survivor. Anne was a strong advocate of the 2020 Deadline, supporter of other breast cancer survivors and an inspiration to all you knew her. Tim, Anne's husband, and her parents were in attendance and applauded for their continued support of Anne's work.

Lori Seawel, the 2012 Sue Witwer Scholarship Award winner, was recognized and presented with a certificate by Sue's husband, Dean Witwer. Lori attended the May 2012 Advocacy Sessions in Washington, DC and this past summer attended a Leadership Conference thanks in part to this scholarship.

The BPT Volunteer Award recipient was Marty Mullnix. Gabbi DeWitt's nomination told of Marty's willingness to step right in, work at events and share new ideas/projects – our Colors of Cancer and Pink bracelets as examples. Marty states, "I'm not a breast cancer survivor, but it has affected many of my close friends and family. BPT is an opportunity for me to help make a difference and support these women (and men) in their cancer journey in our communities."

A special thank you to the following sponsors\*, businesses and individuals who made this event possible:

**Allen Memorial Hospital\***  
Allen Hospital Volunteers  
**Cedar Valley Breast Care Center-Cedar Valley Medical Specialists\***  
Family Christian Store  
Flowerama – Waterloo  
Hy-Vee – Crossroads (flowers)  
Janice Weilen (dessert)  
Longenberger Baskets – Jo Slilcker  
**Community Foundation of Northeast Iowa\***  
Panera Bread Bakery Café  
Village Inn – Waterloo  
**Wheaton Franciscan Healthcare\***  
Wheaton Franciscan Volunteers



Kristin Teig Torres, Tim Doyle and Anne's Parents



Lori Seawel with Dean Witwer



Marty Mullnix – 2012 BPT Volunteer Award winner and her husband, Marlin

Thank you to our Mission Leaders for their generosity to the Beyond Pink TEAM and its mission.

## Circle of Hope (\$100-\$499)

Andrew Jolly  
Bakker Construction  
Black Hawk Community Health Department – Pie Day  
Cedar Falls Police Department  
Dee Hughes  
Denver Community Schools  
DJ Corson  
Eloise Monk  
Hope from Jillian's-Clark & Associates  
Independence Federal Bank  
Jared & Seliger  
Lovina Kauffman  
Michel Herdina  
Michelle Matthias  
Neil & Barb McMahon  
North Central Air Gas  
Partners in Obstetrics & Gynecology  
Patty Esch  
Patty McClain

Peoples Community Health Clinic – Jean Day  
Pink Fire Truck  
Regions Bank – Jean Day  
Scheel's Sports – Waterloo  
Screaming Eagle American Bar & Grill  
Superior Fire Protection Equipment  
Susan Wing Lipinski, M.D.  
Sylvia Grekoff  
Teri Boleyn  
The HuB Live Music  
Tom Lauth  
Wal-Mart – Waterloo  
Waverly Health Center  
Waverly Health Center

## Circle of Support (\$500-\$999)

Bambinos Cookies – Donna O'Brien  
Cedar Valley Breast Care Center – Cedar Valley Medical Specialist  
Christine Carpenter  
Community Foundation of Northeast Iowa  
Dean Witwer  
Dickey' Printing  
Emily Parks – Pretty in Pink Horse Show  
Gamma Phi Beta  
Hauptly Construction  
Jande Clark  
Panera Bread Bakery Café  
Robert Goodrich – Fish Tourney  
Scheel's All Sports – Cedar Falls  
UNICUE – Pink Thursdays  
Veridian Credit Union – Employee Involvement Committee

## Circle of Advocacy (\$1000-\$4999)

Cedar Falls Firefighters  
Covenant Comprehensive Breast Center – Fight Like a Girl  
Don Bosco High School – Pink Softball  
Fredsville Lutheran Church  
Gail Ingeritson – Avon Fundraiser  
Guerilla Brewery - Fundraiser  
Hy-Vee – Fundraiser  
Jesup Booster Club – Volleyball Pink Out  
Michael Snipp  
Penie Aalderks - Zumba  
Shoot for a Cure  
Smitty's Bar  
Splash of Color Walk  
Vision's Hair Studio  
Waterloo Black Hawks Hockey

## Circle of Education (\$5000-\$9999)

Allen Memorial Hospital  
Cedar Falls Community Main Street  
Wheaton Franciscan Healthcare

# Lymphedema Treatment Act

Lymphedema is a medical condition which results in swelling of a body part, or parts, when the lymphatic vessels and/or lymph nodes are damaged, inadequate or nonfunctional. There are many causes, but the most common is cancer treatment. Untreated lymphedema is progressive and leads to infection, disfigurement, disability and in some cases even death.

## The Lymphedema Treatment Act

Currently in Congress, the bill would provide the medically recommended protocols used in the treatment and management of lymphedema. Specific goals of the bill are:

- provide diagnosis and treatment of individuals with and at risk for lymphedema
- educate the lymphedema patient in self-treatment procedure
- provide necessary medical supplies and encouragement for patient self-treatment at home
- To reduce total healthcare costs

We Need Your Help! There are no paid lobbyists; the cause is totally grassroots and patient driven. For more information and support the cause, please visit the website or email at:

[www.LymphedemaTreatmentAct.org](http://www.LymphedemaTreatmentAct.org)



## We Did It!

Iowa submitted 4292 Presidential petition signatures or 143% of Iowa's goal of 3003. Iowa submitted 11 organizational endorsement for Breast Cancer Deadline 2020 or 110% of our goal! National Breast Cancer Coalition (NBCC) is so pleased and proud of all Beyond Pink TEAM does to help end breast cancer.

The NBCC petitions will be presented to President Obama in January asking that he commit to a leadership role in Breast Cancer Deadline 2020® and help end breast cancer by January 1, 2020.

# Going Green

By Cindy Harris

Boy, seems like it turned cold overnight, literally! And with cold weather comes that dry skin. Almost all of the products you purchase have harmful chemicals in them. But coconut oil has nothing in it but pure coconut oil. It is so good for your skin. Not only does it work as a moisturizer but it works on wrinkles that are here and helps prevent new ones. (Not that any of us have those.) It works great as conditioner for your hair, too.

Coconut oil is solid so needs to be warmed to soften it for use. It has been studied for use inside and outside the body. It helps with weight loss, helps lower cholesterol, works with the immune system, fights bacteria and infection, too. You can use it in cooking and baking, too. I'm sure that you have seen the coconut water in stores now as a healthy drink.

Check on-line for the many benefits and uses. But that wrinkle part catches my attention. Oh, and my elbow that gets so dry is smooth as can be now. It makes me think of summer because I always get a very faint smell something like in sun tan lotions. Check out the health stores and larger grocery stores. It comes in a jar and is solid and white.

January 7, 1:30 p.m.

### Touch of Courage

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

January 8, 1:30 p.m.

### Care & Share Cancer Support Group

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

January 15, 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

February 4, 1:30 p.m.

### Touch of Courage

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

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

### Grundy Area Breast Cancer Support Group

Grundy County Hospital  
Kristi Barnet 319-824-4129

February 5, 1:30 p.m.

### Care & Share Cancer Support Group

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

February 11, 1:30 p.m.

### Look Good...Feel Better

Hair, Make-up, Nails, Skin  
Covenant Cancer Treatment Center  
200 E. Ridgeway, Waterloo  
RSVP-American Cancer Society  
At 866-460-6550

February 14, 5:00-7:00 p.m.

### Splash of Color – Women of Color Breast Cancer Support Group

Waterloo Public Library  
Cathy 319-493-8857

March 4, 1:30 p.m.

### Touch of Courage

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

March 5, 1:30 p.m.

### Care & Share Support Group

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

April 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 Group

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

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

### Look Good...Feel Better

Hair, Make-up, Nails, Skin  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
RSVP-American Cancer Society  
At 866-460-6550

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



..... **Calendar of Events** .....

## 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](http://www.beyondpinkTEAM.org)

**Iowa Breast Cancer Edu-Action** is a local advocacy group taking action against breast cancer. [www.iowabreastcancer.org](http://www.iowabreastcancer.org)

**Living Beyond Breast Cancer** includes a helpline, newsletter and information. Survivors Helpline: 888-753-5222 [www.LBBC.org](http://www.LBBC.org)

**Young Survival Coalition** connects with other young women diagnosed with breast cancer. [www.youngsurvival.org](http://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](http://www.cancercare.org)

**Iowa Cancer Consortium** offers cancer information and links to resources in Iowa. [www.canceriowa.org](http://www.canceriowa.org)

**American Cancer Society** offers cancer information and services. [www.cancer.org](http://www.cancer.org).

**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](http://www.stopbreastcancer.org)

**M.D. Anderson Cancer Center**, University of Texas offers patient and cancer information. [www.mdanderson.org](http://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](http://www.komen.org)

# Touch of Courage • • • Connection

Cedar Valley Cancer  
Committee  
4756 Charolais Dr  
Waterloo, IA 50701  
[www.beyondpinkTEAM.org](http://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