

# Touch of Courage . . . Connection

## January 2016

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

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## 3D Mammography (Breast Tomosynthesis)

*By Dr. Meghna Krishnan, M.D. – Breast imaging fellowship trained radiologist practicing at Wheaton Franciscan Healthcare - Iowa*

Breast cancer continues to be the most common cancer in women. Two thirds of new breast cancers are diagnosed in women without a family history of breast cancer. Having a mammogram that can detect cancer in its earliest, most treatable stage decreases the chance that a woman will need extensive treatment and/or die from breast cancer. The death rate from breast cancer has declined steadily by over 30% since 1990, when women started obtaining annual screening mammograms.

Breast tomosynthesis produces a three-dimensional view of the breast tissue that helps radiologists identify and characterize individual breast structures without the confusion of overlapping tissue. This type of state of the art imaging benefits all screening and diagnostic mammography patients. Breast cancer screening with tomosynthesis, when combined with a conventional 2D mammography, has a 40% higher invasive cancer detection rate than conventional 2D mammography alone. Tomosynthesis technology gives radiologists increased confidence with up to a 40% reduction in recall rates. With breast tomosynthesis digital mammography, there is a better chance to diagnose breast cancers at earlier and more treatable stages.

In the fall of 2014, 3D mammography (tomosynthesis) came to the Cedar Valley. At these facilities, given cutting edge technology, there is no increased radiation to the breasts from 3D mammography and the radiation dose is equal to that of having a conventional 2D digital mammogram.

At these facilities, merely less than 5 percent of women are asked to return following an inconclusive screening mammogram, thanks to the cutting edge technology of 3D mammography and experienced breast radiologists. The majority of these recalled women simply get another mammogram and/or ultrasound for clarification. Only 1 to 2 percent of these women proceed to have a needle biopsy. Short-term anxiety from test results is shown to have no lasting effects and does not outweigh the over 30 percent reduction in breast cancer deaths and thousands of lives saved each year by mammography screening.

The NAPBC accredited Covenant Comprehensive Breast Center and the Covenant Cancer Treatment Center have a strong Breast Program Leadership team and a highly engaged Cancer Committee that is comprised of breast surgeons, breast

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## I Was Angry – But Found a Silver Lining

By Valerie Aquilera, Survivor

"I have wanted to be a mother as long as I can remember. Growing up, I played with dolls and Barbies and formed my own fantasy families. Care Bears and Cabbage Patch dolls made up a large family that I got to parent. I got to feed, love and care for a big slew of "children."

God had created this longing in my heart. He had a plan for me. My calling has always been to be a mother.

In 2011, this dream was just beginning. I was 27, and I had snagged the husband of my dreams. I had a two year old daughter and a one year old son and had hopes for more children. I desired a large and loud family.

And my husband and I were on our way to that, until I walked into the breast care doctors office on February 28th. That day, I learned I had stage two breast cancer - Estrogen positive - Progesterone positive – HER-2 positive.

From May 2011 to October 2012, I received chemotherapy. I was told to be on birth control because a fetus would suffer dire consequences (deformities or death) if I got pregnant during my chemo. After that, I was supposed to take tamoxifen, the drug that would decrease my levels of progesterone and estrogen, for five years.

I was angry. I mean, real angry. It isn't the right way to deal with things, but I put God on the "silent treatment." I couldn't believe He had just given me my dreams, a new and young family, and then allowed me to be sick. Allowed for me to be only able to watch my children play from my spot on the couch or hear their giggles down the hall from under my bedcovers. My husband had to do almost all the work parenting our babes, and I certainly wasn't being the mother I had dreamed to be.

I worried about not seeing children off to their first days of kindergarten, or whether they would remember me if I suddenly got a serious infection and died. (Morbid, yes, but it is a reality for some. I met a young woman and spent every Friday with her for months, as we lounged, talked and slept during treatments. I saw her one week, and attended her funeral the next. Reality - it hits, and hit me hard when she died.)

I was angry with God because He gave me this calling to be a mother. He instilled in me a desire to take care of children. And here I was, laid up, barely able to take care of myself, worrying about leaving children motherless. And even after chemo was finished my doctor's advice was not to have more pregnancies, because a pregnancy would increase the hormones that helped my specific type of cancer to grow.

I lost my breasts, my hair, and the ability for more children. Honestly, I grieved the loss of another pregnancy, or another biological baby, more than any other part of the cancer situation. Some days I was bitter, other days I was depressed.

At that time, anyone would have said that that anger, the sadness, the disappointment was justified.

Here's the deal though- God has a purpose for everything. And in the midst of a cancer diagnosis/ treatment, it is sure hard to see a silver lining. It's easy to see that loss, and be hopeless.

Here's what God did for me: He gave me more children. He didn't let my dream of a big family die. After all, He had given me this calling. He had placed the longing in my heart. But He had more in store for me than I could have imagined, or planned for.

In 2013, a beautiful dark haired girl was born miles away and without my knowledge, but four days later a social worker carried her into my home. Almost a year later, a judge declared her my daughter, as if I had given birth to her. And I have loved her as if she was of my flesh since the moment she entered my life.

Two and half months after my daughter's adoption finalization, we got an early morning wake up call. Our baby boy was about to be born. We woke our three children up, packed them in our minivan and flew to the hospital, two hours away. It is amazing, although not what we had planned that his whole family, parents and siblings were there to meet him within his first few minutes. I watched him breathe his first breath and cry his first cry. And I realized that THIS family, the one God created just for me, was my satisfied longing that I had held in my heart all my life.

Cancer didn't mess with my purpose, and it couldn't hold me back from being who I was made to be. Cancer was just a detour that beautifully led me to my destination. Cancer created the urgency in my heart to adopt, and because of that, we were licensed foster

parents in just the right time to take in our youngest daughter, and then her younger brother.

Today, I am a mother to four wild, loud, God-loving children.

And if I get cancer again, I will better understand that it can't rob me of me. I won't childishly put God into the silent treatment. I will be able thank Him for what He has already taken and made good. "

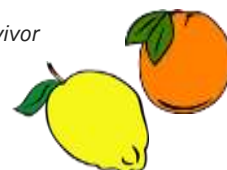
*3D Mammography, continued from page 1*

radiologists, pathologists, medical oncologists, radiation oncologists, and many trained breast health professionals who concur with American College of Radiology guidelines for breast cancer screening for women with average risk. These include:

- Annual screening mammography starting at age 40
- Monthly self-breast exam
- Clinical breast exam (at least annual)

## Go GREEN !

By Cindy Harris, a Survivor



I get a little frustrated in the winter when things are all closed up and don't smell very fresh with cooking odors and just plain stale air. Lemons (limes, grapefruit and other citrus in general) not only smell great but they also disinfect. But you need to use fresh juices, not the ones that come in the plastic. Use 1 cup of fresh lemon juice (lime or other citrus) in the bottom of the dishwasher and run the rinse cycle will deodorize and disinfect, then use the peels in your disposal to do the same. If you put lemon, orange or grapefruit, or a combo of peels in a jar of white vinegar and let stand for 2 weeks to marinate you have a great all-purpose cleaner/disinfectant that almost smells like "Spring."

Eucalyptus is an anti-fungal and anti-bacterial. Put sprigs in your closet. You can put the leaves in a gallon of water to make an anti-septic spray that will replace Lysol or Pine-sol. Great for cold and flu season.

# IGNITE

the  
CANCER CONVERSATION

Park Place Event Center

April 7, 2016

5-8 pm

Beyond Pink TEAM, in collaboration with sponsoring organizations, will **"ignite the cancer conversation"** by going beyond discussion awareness and early detection, to developing concrete steps to end ALL cancers. This workshop will bring together medical experts, community leaders, policy makers, healthcare administrators, survivors/advocates and the general public. The evening will offer interactive formats for meaningful conversations centered around collaboration and innovation. Participants will have an opportunity to become engaged in educating the community and changing the way we discuss cancer.

The evening will start with short presentations about cutting-edge approaches in cancer care and a panel discussion featuring:

- George J. Weiner, MD, Director of the Holden Comprehensive Cancer Center at University of Iowa
- Keith L. Knutson, PhD, Mayo Clinic Immunologist

Following the panel discussion will be short, five minute presentations from representatives of the medical, policy making and survivor communities; setting the stage for round table discussions among the presneeters and attendees.

Registration will open January 2016. Check the Beyond Pink TEAM website to register.

CEUs will be available.

## BPT Annual Celebration names award recipients, honors survivors, and recognizes supporters

Thursday, October 29<sup>th</sup>, the Beyond Pink TEAM held its annual celebration recognizing survivors, fundraisers groups, businesses and individuals, along with honoring BPT Volunteer of the Year, the Susan Witwer Scholarship recipient and new this year, the "Above and Beyond" award recipient.

Survivors, Nancy Schwaab, Kristie Eastman and Lori Seawel, shared their personal stories and the impact the Beyond Pink TEAM has had in their lives during their breast cancer journey.



Clara Dutcher – "Above and Beyond" recipient.

*Congratulations to Gowri Betrabet Gulwadi, the Susan Witwer Scholarship recipient. She was able to travel to Washington, DC to participate in the National Breast Cancer Coalition Annual Summit this past May.*



Jane Clark – "BPT Volunteer of the Year"

*Thank you to our Annual Celebration sponsors:*

*Anonymous Donor  
Marty & Dee Hughes  
The Sinnott Agency  
Veridian Community Credit Union  
Warren Transport Inc.  
Wheaton Franciscan Healthcare – Iowa*

*And thanks to the following businesses and individuals who donated items to make this event special for our survivors:*

*Allen College – Waterloo  
Bambino Cookies – Donna O'Brien  
Casey's Hwy 63 N Waterloo  
Denver Drug  
Flowerama – Waterloo  
Hank's Bait 'n Tackle, Inc.  
Hy-Vee – Flammang Drive and Logan  
Longenberger Baskets – Jo Slicker  
Lynn Manson's Cookie Place  
Pattylou's Patchwork  
Princess House – Roxanne Jensen  
Screaming Eagle American Bar & Grill  
Sunnyside Country Club  
Sweet Sport Ice Cream Shop  
Thirty-One Gifts – Anne Hardy and Nicki Heth  
Toads Bar & Grill  
Unity Point – Allen Hospital  
Visions Hair Studio  
Beyond Pink TEAM Members and Volunteers*



*Two of the speakers, Nancy Schwaab (top) and Lori Seawel (bottom).*



# Fundraisers – Thank You!!!

The Beyond Pink TEAM is a non-profit totally run by volunteers, with no paid staff. Thanks to the generosity of individuals, groups and businesses in the Cedar Valley, the BPT is able to do great work. We provide financial support to breast cancer survivors, emotional support in the form of three support groups, advocacy for breast cancer legislation, and education to the community.

The Mission Leaders, accumulative gifts from September 1, 2014 through August 31, 2015 are:

## Circle of Vision (\$10,000 +)

Kathy Bunger Memorial Ride Poker Run

## Circle of Commitment (\$5,000-\$9,999)

Waterloo Black Hawks Hockey

## Circle of Advocacy \$1,000 - \$4,999

Bunger Kids Driving Out Cancer  
 Carol's Crew Cares  
 Christine Carpenter  
 Columbus High School/Columbus Booster Club  
 Community Honda  
 Dee Hughes  
 Gail Ingebritson - Avon  
 Jesup Booster Club  
 Local 1366 Fire Association  
 Van Miller  
 NE Iowa Saddle Club  
 Scheels – Cedar Falls  
 Smitty's Bar  
 UNI Volleyball  
 University Book & Supply  
 Veridian Credit Union  
 Visions Hair Studio  
 Waterloo Community School District

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

Bambinos Cookies (Donna O'Brien)  
 Capri College  
 Cedar Valley Medical Specialists PC  
 C David Christensen  
 Bill Colwell  
 Farrel's Extreme Body Shaping  
 Alexis Frye  
 Grundy Center Chamber of Commerce  
 Haulty Construction Inc

Dee Hughes  
 Wally Markham  
 The Sinnott Agency  
 Alan Steffen  
 Visions Hair Studio  
 Warren Transport

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

1-800 Flowers Flowerama  
 Leitha Aten  
 B & B Farm Store Inc  
 Linda Baker  
 Barnard Plastic Surgery PC  
 Black Hawk Co Clerk of Courts  
 Diana Brookman  
 Pat Buls  
 Caribou Coffee  
 Cedar Falls Community Schools  
 Cedar Valley Saver  
 Susan Coffey  
 Elizabeth DeJoode  
 Delta Sigma Theta Sorority Inc  
 Denver Savings Bank  
 Drew Reg Investments LLC  
 Dollar General, Grundy Center  
 Eta Gamma Gamma  
 Gift of Life Church  
 Great Clips  
 Grundy Co Courthouse Jeans Day  
 Hair Gallery  
 Michele Henderson  
 Hy-Vee Crossroads  
 Janesville Fire-Rescue  
 Sherrie Jones  
 Jones Bros Asphalt Paving  
 Adel Kessler  
 Madear LLC dba Earth's Beauty Supply  
 Christine Mattingly  
 Patty McClain  
 Nancy McHone  
 Constance McGovern  
 Kenneth Nelson  
 Network Control  
 NuCara  
 Robert Olson  
 Catherine Pitts  
 Dee Pugh  
 Panera Bread  
 Red Carpet Golf Inc  
 Rock Valley Physical Therapy  
 Saviour Missionary Baptist Church  
 Linda Schwiess  
 Ruthie Stigler  
 Ester Stokes  
 Sturgis Falls Broadcasting inc  
 TCF Equipment Finance  
 TCF Foundation  
 UNI Coffee Shop

Valley Park Family Dental PC  
 Waterloo Broadcasting  
 Waterloo Women's Civic Club  
 Wheaton Franciscan Healthcare  
 Lora Wierck  
 Wilson Family Chiropractic Center  
 Dawn Winhold  
 Darren Witwer  
 Dean Witwer  
 Worldwide Wellness Center

## Pink Ribbon Run - 2015

The 9<sup>th</sup> Annual Pink Ribbon Run, held Saturday, October 3<sup>rd</sup> was a record breaking success! Not only did the event raise over \$49,000, but had 832 registered participants. Several highlights included Presenting Sponsors – Oakridge Realtors and University of Iowa Community Credit Union, along with Survivor Sponsor, Community Auto Group, providing refreshments and goodies to the 80+ survivors.

Another new event this year was the "Kick-Off" event hosted by Pump Haus Grill & Pub.

Look for a new logo for the 10<sup>th</sup> Annual Pink Ribbon Run which will be held on **Saturday, October 1, 2016**. Let's make this another record breaking year with:

- 1000 registered participants
- \$60,000 funds raised
- 100 survivors celebrating their lives



## Want to do a Fundraiser for BPT. . .

If you would like to host a fundraiser to benefit the Beyond Pink TEAM, please contact Marty Mullnix at [mapanix@cfu.net](mailto:mapanix@cfu.net) or go to website: [www.beyondpinkteam.org](http://www.beyondpinkteam.org) and check under Events for Fundraising for BPT details.

Check out our website for past fundraising events photos.



## Support Group Meeting Dates

**January 4, 1:30 p.m.**

**Touch of Courage**  
**Breast Cancer Support Group**  
 2101 Kimball Ave, Waterloo  
 Pat – 319-232-8691

**January 5, 1:30 p.m.**

**Care & Share Cancer Support Group**  
 Covenant Cancer Treatment Center  
 200 E Ridgeway, Waterloo  
 Jeanne – 319-272-2816

**January 19, 4:30-7:00 p.m.**

**Young Cancer Survivors Meet, Mingle and Learn**  
 Unitarian Universalist Church  
 3912 Cedar Heights Dr., Cedar Falls  
 Gabbi – 319-292-2225

**February 1, 1:30 p.m.**

**Touch of Courage**  
**Breast Cancer Support Group**  
 2101 Kimball Ave, Waterloo  
 Pat – 319-232-8691

**February 2, 1:30 p.m.**

**Care & Share Cancer Support Group**  
 Covenant Cancer Treatment Center  
 200 E Ridgeway, Waterloo  
 Jeanne – 319-272-2816

**February 8, 1:30-3:30 p.m.**

**Look Good ...Feel Better Hair – Make-up – Nails – Skin**  
 Covenant Cancer Treatment Center  
 200 E Ridgeway Avenue, Waterloo  
 RSVP at 319-493-8857

**February 11, 5:00-7:00 p.m.**

**Splash of Color – Women of Color Breast Cancer Support Group**  
 Waterloo Public Library, Waterloo  
 Cathy – 319-493-8857

**March 1, 1:30 p.m.**

**Care & Share Cancer Support Group**  
 Covenant Cancer Treatment Center  
 200 E Ridgeway, Waterloo  
 Jeanne – 319-272-2816

**March 7, 1:30 p.m.**

**Touch of Courage**  
**Breast Cancer Support Group**  
 2101 Kimball Ave, Waterloo  
 Pat – 319-232-8691

**April 4, 1:30 p.m.**

**Touch of Courage**  
**Breast Cancer Support Group**  
 2101 Kimball Ave, Waterloo  
 Pat – 319-232-8691

**April 5, 1:30 p.m.**

**Care & Share Cancer Support Group**  
 Covenant Cancer Treatment Center  
 200 E Ridgeway, Waterloo  
 Jeanne – 319-272-2816

## Looking for a Speaker . . .

If you are interested in having a Beyond Pink TEAM representative speak at your Church, organization or group, please contact Lori Seawel at [lori.seawel@seawel.com](mailto:lori.seawel@seawel.com).

## Volunteer for BPT . . .

If you are interested in volunteering for the Beyond Pink TEAM, please visit our website at [beyondpinkteam.org](http://beyondpinkteam.org) or contact Marty Mullnix at [mapanix@cfu.net](mailto:mapanix@cfu.net).

## #GivingTuesday Grants

On Tuesday, December 1, the Community Foundation of Northeast Iowa Association, CFNEIA, gave three \$500 grants to nonprofits in the CFNEIA service area. The Beyond Pink TEAM was a recipient of one of these grants. Gabbi DeWitt shared with a photo of a gift card, “#GivingTuesday is especially important to women with breast cancer who need help after diagnosis. This gift card will go to a woman today who needs help with gas to get back and forth to appointments. In 2015, the BPT has given out more than \$47,000 to 58 applicants in 9 counties. A \$500 grant could help with one more month of rent, 3 months of utilities, 4 trips to the grocery store or 25 tanks of gas.”

Thank you Community Foundation of Northeast Iowa for choosing Beyond Pink TEAM.

## Resolutions for a Cancer Survivor

By Marty Mullnix, BPT Volunteer

As the New Year approaches, the thought of “making resolutions” comes to mind. For a cancer survivor who has heard those words, “You have cancer”, or is going through treatments and not feeling well, or you have won the battle, but have the fear of cancer returning, you may feel different about “making” resolutions. Here are some suggestions for you –

### Recently Diagnosed –

- You feel overwhelmed and just go along with the doctor’s treatment plans. Don’t be afraid to ask questions and check out other options available to you.
- Stay active and participate in your treatment plans.

### In-Treatment –

- Ask for help with daily chores such as laundry, cleaning, cooking and rides to appointments especially if you are not feeling well.
- Join a support group. These are individuals who have been in your shoes, on a similar journey and a way to gain more insight with others who understand.

### Survivor –

- Each story is unique. Take time to share with others. Your story maybe educational and inspiration to others. *(This newsletter is always looking for others to share their story. Contact Marty Mullnix at [mapanix@cfu.net](mailto:mapanix@cfu.net) with your story or interest in sharing.)*
- Make awareness of causes of cancer. Join an advocacy group. *(The BPT has an active Advocacy Group you can join. Contact Christine Carpenter at 319-266-0194.)*
- Take care of YOURSELF! Keep up with doctor appointments and medication.

Enjoy life and stay happy! Don’t let cancer over take you.

**MISSION – Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support and advocacy for comprehensive, quality health care for ALL 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](http://www.beyondpinkTEAM.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.breastcancerdeadline2020.org](http://www.breastcancerdeadline2020.org)

**National Comprehensive Cancer Network® (NCCN)** provides state-of-the-art treatment information in easy-to-understand language to people with cancer and their caregivers. [NCCN.org/patients](http://NCCN.org/patients)

**Dr. Susan Love Research Foundation** offers clear, comprehensive information on breast cancer prevention, detection, treatment and long-term survivorship as well as reliable, up-to-date health information. [www.dslrf.org/breastcancer/](http://www.dslrf.org/breastcancer/)

**National Cancer Institute's** website offers information about cancer, breast cancer, clinical trials, cancer statistics, research and funding, and the latest news. They will also answer your questions by calling 1-800-4CANCER. [www.cancer.gov](http://www.cancer.gov)

# 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:

- Writing a survivor story for the newsletter
- Volunteering: *(Check all that apply)*
  - Assisting with Support Groups
  - Development (Publicity)
  - Events (Fundraisers, Annual Luncheon, Projects and more)
  - Education (Health Fairs/Presentations)
  - Advocacy – Deadline 2020
- Making phone calls and sending emails to policy makers for breast cancer issues.
- Become part of the Breast Cancer Advocacy Network.
- Making a donation. Make checks payable to: Beyond Pink TEAM  
*(all donations are tax deductible)*
  - BPT Fund
  - Advocacy Fund
  - Area of Need