



Touch of Courage

Connection Beyond Pink TEAM

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Reclaiming Intimacy after Cancer

By **Connie Rasmussen, DGN ARNP**

Young women with cancer have special issues not often addressed with diagnosis, related to sexuality and relationships. Chemotherapy can affect ovarian function and cause premature menopause. Who wants to have a vagina of an 80 year old when you are not? Cancer treatments affect self-esteem, sexuality and relationships. Most side effects of treatment are temporary and life becomes more normal after the treatment period.

Sex and sexuality are important parts of everyday life. Sexuality affects our zest for living, our self image and relationships with other. Yet patients often do not talk about the effects of treatment or their sex lives due to embarrassment, feelings of being exposed, and it being an awkward topic.

When you first think of restarting sexual activity you may be afraid it will be painful. I would venture to guess that your first session of lovemaking was not what you expected. Have faith your vagina is a very forgiving organ. In other words, I would recommend you use it or lose it. You can bring your body back to a normal functional state and bring back pleasure as well, with a few simple choices.

Cancer treatments often reduce the amount of moisture your vagina produces. You may need to use extra lubricants to make intercourse more comfortable. Choose water

base or natural oil based lubricants, avoid gels with perfumes, coloring, spermicides or flavors as the chemical can irritate already sensitive skin. Common brands include K-Y Jelly, Astroglide or Lubrin. Be aware of herbal extracts such as aloe or lavender. These may cause irritation and in some cases, allergic reactions. Also, avoid any of the warming gels as these can cause burning.

Replens and K-Y Liquidbeads are moisturizers that can be used 2-3 times a week to help keep the vagina moist. Astroglide and Lubrin last longer than most lubricants. Olive oil and vegetable oil are natural oil based lubricants that are less expensive and are not irritating to you or your partner. Crisco shortening may be used as a moisture barrier. Vitamin E gel caps can also be used as a moisturizer but be aware they may stain.

Some women do well with vaginal hormones. They come in gel, cream, ring and tablet form. Talk to your physician regarding these options.

Vaseline, skin lotions and other oil based lubricants may not be a good choice as they may cause irritation and yeast infections. If latex condoms are used they can be damaged by petroleum products. Condoms or gels that contain nonoxynol-9 can be irritating to

already dry fragile tissues. Even if you use a vaginal moisturizer you may still need to use a lubricant before and during sex.

Make sure you feel aroused and use large amounts of lubricant prior to intercourse. If not well lubricated prior to intercourse you may experience dryness and pain. The risk of bladder infection is also increased if you have dryness or pain. Let your partner know if any type of touching causes pain. Try a position that lets you control the depth of penetration and movement.

Vaginal dilators are an option, especially after radiation of the pelvis, cervix or vagina. Using dilators keeps your vagina from getting tight with scar tissue after treatments. Dilators work best when used early after radiation or surgery to prevent shrinkage. If you go for many months without intercourse, it is important to use a dilator to keep your vagina in shape.

Premature menopause because of cancer treatment can cause hot flashes and night sweats making one sticky and sweaty. Most are not desperate for the same when having sex. Tell your partner what you want and need. Communication, communication, communication is the key to building a successful relationship and returning to normal after cancer treatment.



6th Annual Pink Ribbon Run!

Saturday, October 6, 2012 5K run/walk for breast cancer awareness.

Cedar Falls Community Main Street will sponsor the sixth annual "Pink Ribbon Run" downtown Cedar Falls on Saturday, October 6th beginning at 8 a.m. The event is open to runners and walkers and will start & finish in front of the Cedar Falls Library. All proceeds from the run will benefit the Beyond Pink T.E.A.M. for financial support of women in breast cancer treatment. Awards will be presented for various age groups as well as overall male and female winners. Panera will provide pink ribbon bagels after the race and there will be door prizes awarded from area businesses. The cost to participate is \$30. Check out www.beyondpinkTEAM.org for more information.

A Cancer Survivor's Story – My Bout with Cancer

By Marilyn Pratt

Cancer is a frightening diagnosis for most of us. Through the years I had several skin cancers removed but never the dreaded malignant melanoma. In 2009, when I was 79 years old, I discovered a huge, ugly, growth on the top of my head. It was diagnosed as an Atypical fibroxanthoma. Like other skin cancer, this too, was thought to be caused by sun exposure or therapeutic radiation. And it especially occurs on the head and neck of elderly people. I did spend a lot time on the golf course, in the sun, with nothing but my visor to protect my graying head from the sun's rays. I had my inner panic about this when the Dermatologist did not get all the cancer cells and I was sent to the plastic surgeon. There seemed to be a lack of urgency in getting the surgery done and when I finally discussed it with him, he told me that my Atrypical Fibroxanthoma was **not** an **aggressive** cancer.

My 80th birthday went by when I learned that I had breast cancer. As in the scalp cancer, I had first a lumpectomy and then a mastectomy. That was when I learned another term for cancer – **Invasive** - it describes the serious ones. After the surgery, my surgeon and the doctor at the Cancer Center explained to me that they did not propose to treat my cancer with medication, radiation or chemotherapy. It was not that I wanted to suffer with hair loss, pain, loss of resistance to infection and all that goes with breast cancer therapy. I just wanted to make every effort to avoid the spread of my cancer. My panic was back and

Continued on page 5

TULIP PICK UP REMINDER

Thank you to all who ordered Pink Tulips in support of the Beyond Pink TEAM.

The pick-up is scheduled for Saturday the 6th of October from 8-10 AM at the Covenant Cancer Treatment Center on Ridgeway Avenue in Waterloo.

If you are unable to pick up your tulips on Saturday, you have two more chances to do so:

Wednesday-October 10th from 2-4 PM
and
Friday-October 12th from 9-11 AM

Any bulbs that are not picked up by Friday will be considered a donation to the Beyond Pink TEAM.



A BIG "Thank You" to Various Community Businesses/Organizations for their Support!

Guerrilla Brewing Company Benefits BPT



Brewmasters Ty Graham (R) and Steve Weliver at Guerrilla Brewing Company.

The Guerrilla Brewing Company owner, Ty Graham, and his friend Kristi Eastman, a breast cancer survivor, put together a special event to honor the unveiling of a special beer, "Tiff's Heather", in honor of his friend Tiffini who helped develop this brew. This first ever event raised over \$5,000 for the Beyond Pink TEAM!

Thanks to Guerrilla Brewing for their creative way to raise money for BPT.

Little Town+Big Hearts = Successful Fundraiser

Employees at Eagle's Roost, a local tavern in Hazleton, held a "Handyman/Cleaning Lady" auction the end of June to raise money for breast cancer awareness. Joy Randall, a breast cancer survivor, and friend Chantelle Quario organized the event and raised \$1,425 for the Beyond Pink TEAM. Great fundraiser and thank you!



Gabbi DeWitt is presented a check from the "Handyman/Cleaning Lady" by Joy Randall and Chantelle Quario, event organizers.

"Pretty in Pink" Horseshow



Organizer Emily Parks presents a check for \$4,130 to Dee Hughes of the BPT.

On July 14, 2012 the Northeast Iowa Saddle Club (NEISC) held the Pretty in Pink Horseshow and silent auction at the Silver Spur Horse Arena in Waterloo. The club had tables of items donated for the auction and sold especially designed T-shirts. Thank you NEISC and all the "Pretty in Pink" participants!!

SPLASH OF COLOR 2nd Annual 3K Walk

Splash of Color (SoC) will host their 2nd Annual 3K Walk on Saturday, October 27th at Sullivan Park beginning at 7:30 a.m. Funds raised will allow our group to provide additional program and services for women of color who are newly diagnosed with breast cancer as well as women living with cancer.

We encourage you to recruit family, friends and co-workers to join in the event to celebrate our survivors and remember those who lost their battle with breast cancer. To pre-register or find out more about Splash of Color Walk call Cathy Ketton at 319.493.8857 or ShanQuiesha Robinson at 319.493.8980 or go to www.beyondpinkTEAM.org to download your registration form.

“PINK OUT” Hockey Games

The Cedar Valley Breast Care Center will be sponsoring two (2) breast cancer awareness nights at Young Arena with the Waterloo Black Hawks. Dates are October 12th and 13th, playing Green Bay and Omaha respectively.

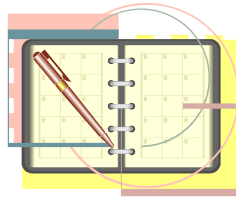
PINK game jerseys are sponsored by Great Clips and will be auctioned off after Saturday night’s game. There will be silent auctions both nights, as well as special t-shirts sold by the Black Hawks. Proceeds will be going to the Beyond Pink TEAM (BPT).

Cedar Valley Breast Care Center will be available with educational information and accepting donations for the BPT.

Join us with a “PINK OUT” for both games. Discounted tickets for these two games will be available on the Black Hawk website: www.waterlooblackhawks.com – click on “Group Ordering” and enter code **beyondpink**. Select game and number of tickets you want to order. See you at the games!

GETTING BACK TO NORMAL

The Covenant Cancer Treatment Center will be offering Cancer Transitions program beginning October 2nd from 4:30-6:30 p.m. This is a program from LIVESTRONG designed to help cancer survivors “transition” from treatment back into their “normal” life. To register or find out more about this program, call 319-272-1755.



SAVE THE DATES!

October 1 1:30 p.m.
Touch of Courage
Breast cancer support group
2101 Kimball Ave., Waterloo
Dawn Colbert: 319- 415-6430

October 2 1:30 p.m.
Care & Share Cancer Support Grp
Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne: 319-272-2816

October 6 8:00 a.m.
Pink Ribbon Run
Cedar Falls Community Center, CF
(See article on page 2 for details)

October 6 8:00-10:00 a.m.
October 10 2:00-4:00 p.m.
October 12 9:00-11:00 a.m.

Tulip Bulb Order Pick-up
Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo

October 8 1:30-3:30 p.m.
Look Good, Feel Better
200 E Ridgeway, Waterloo
RSVP to American Cancer Society
At 866-460-6550

October 12-13 7:00 p.m.
Black Hawk Hockey
Breast Cancer Awareness Nights
Young Arena, Waterloo
(see article on left for details)

October 27 7:30 a.m.
Splash of Color Walk
Sullivan Park, Waterloo
(see article on page 3 for details)

November 5 1:30 p.m.
Touch of Courage
Breast Cancer Support Group
2101 Kimball Ave., Waterloo
Dawn Colbert 319-415-6430

November 5 4:45-6:45 p.m.
Grundy Area Breast Cancer Support Group
Grundy County Hospital, Grundy Center
Kristi Barnett 3199-824-4129

November 6 1:30 p.m.
Care & Share Cancer Support Grp
Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne 319-272-2816

November 8 5:00-7:00 p.m.
Splash of Color-Women of Color
Breast Cancer Support Group
Waterloo Public Library
Cathy: 319-493-8857

December 3 1:30 p.m.
Touch of Courage
Breast Cancer Support Group
2101 Kimball Ave., Waterloo
Dawn Colbert: 319-415-6430

December 4 1:30 p.m.
Care & Share Cancer Support Grp
Covenant Cancer Treatment Center
200 E. Ridgeway, Waterloo
Jeanne: 319-272-2816

December 10 1:30-3:30 p.m.
Look Good, Feel Better
Covenant Cancer Treatment Center
RSVP to American Cancer Society
At 866-460-6550

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

January 17 4:30-7:00 p.m.
Meet, Mingle and Learn – A Young Cancer Survivors Group
Unitarian Universalist Church
3912 Cedar Heights Dr., Cedar Falls
(just south of the AEA267)

CHECK OUT



www.beyondpinkTEAM.org for more events, fundraisers and activities benefiting the Beyond Pink TEAM and breast cancer.



Living Green By Cindy Harris

It is about time for those windows to be shut and that stuffy odor of winter. Don't go to the commercial products that are so toxic. Here are a few other options:

- 1 – Try of piece of dry bread soaked with vinegar. Set it in a small bowl out of the way
- 2 – Put about 15 drops of essential oil in a 32 oz spray bottle and mist the air.
- 3 – Make a mixture of equal parts of water and vodka in a spray bottle.

Either of the above sprays can be used in the air or directly on fabric. You can also use our ever faithful peroxide and water but be cautious spraying on fabrics. Too much peroxide can have a bleach effect

I personally use the vinegar soaked bread in my basement. It is a little damp, really works and the house doesn't smell like vinegar. I really like the other 2 for my upstairs.

A note: The mixture with vodka has been used on wigs and doesn't hurt them.

Enjoy what is left of our nice weather and remember to stay as chemical free as possible!



Continued from page 2, A Survivor's Story

I concluded that because I was elderly there was less interest in my recovery than occurred in the cases of most of my younger friends. Finally one of the nurses told me that I had a tubular carcinoma. I "Googled" tubular carcinoma and I was much relieved about the care I received or lack thereof. I quote this from Breast Cancer Network of Strength,

"Tubular carcinoma is a type of invasive ductal carcinoma (IDC). Its distinguishing feature is the visual appearance of the cells under a microscope. In this case, the cancer cells resemble tiny tubes that are well differentiated, meaning the cells are more like normal cells than poorly-defined ones."

"This type of breast cancer accounts for no more than 2% of all breast cancer diagnoses and occurs most frequently in women who are in their 50's."

"Tubular breast carcinoma tends to be small, highly estrogen dependent and HER2/neu negative. Women with this type of breast cancer are less likely to metastasize and have an excellent survival rate."

Evidently it was the prescribed estrogen therapy I had taken in the past that caused by tubular cancer.

"Tubal carcinomas are very small (1-2 cm diameter) and do not spread far beyond the original tumor site. It is possible but unusual for tubular carcinomas to travel to your lymph nodes – and unaffected lymph nodes mean less chance of metastasis. Your chance of recovery and survival after

treatment of tubular carcinomas is very good."

I recalled that my surgeon said he had removed 17 lymph nodes from by underarm and that neither he nor the pathologist could find any trace of cancer cells in the lymph nodes. So now at age 81 I feel very fortunate that I did not have the very aggressive kind of cancer that has befallen younger women. And I don't feel handicapped in any way. Spring came and I was out once again swinging a golf club.

The Truth About Breast Cancer

Not knowing the truth about breast cancer will not harm women but misinformation can. Here are a few truths about breast cancer:

🎗 Breast Cancer accounts for nearly a quarter of all cancers in women worldwide.

🎗 The mortality rate from breast cancer is higher for African American women than for white women and women of other races.

🎗 Mammography is not prevention. Getting regular mammograms does not prevent you from getting breast cancer.

🎗 To end breast cancer, research must focus on understanding how to prevent the disease from developing and on how to stop the disease from spreading to other parts of the body.

October is Breast Cancer Awareness Month

We are celebrating another Breast Cancer Awareness Month this year. If you were like others, you were hoping breast cancer would be a thing of the past, and we could quit celebrating the month.

We have deep admiration for the valiant fight so many women have battled. You are all strong, brave, courageous women. Volunteers of the Beyond Pink TEAM have dedicated their volunteer hours to support you in your fight. We realize what strength it takes to get through it. You can find out more about our organization and the services we offer on our website at www.beyondpinkTEAM.org.

One of the Beyond Pink TEAM's projects this year has been to gather petition signatures for the National Breast Cancer Coalition's (NBCC) Deadline 2020. The NBCC's goal is to acquire 226,870 signatures across the country to represent the number of U.S. women and men who will be diagnosed this year. These petitions will be presented to the President on Inauguration Day asking him to work with the NBCC to end breast cancer by January 1, 2020.

This is your chance to help end breast cancer. Simply go to <http://www.breastcancerdeadline2020.org/act/Presidential-Petition.html> to sign the petition online. You may also download a copy of the petition and ask family and friends to sign. Printed and signed petitions can be mailed to: Beyond Pink TEAM, Christine Carpenter, 1722 W. Ridgewood Drive, Cedar Falls, Iowa 50613-4572. Please join us in ending breast cancer!

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

Iowa Breast Cancer Edu-Action is a local advocacy group taking action against breast cancer. www.iowabreastcancer.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.

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 Education website. www.iowabreastcancer.org

Connect with us...

A donation for Touch of Courage is both needed and appreciated. All donations go to support the services of the Beyond Pink TEAM and are tax deductible.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

\$ _____ amount of donation

General Donation Newsletter Donation NBCC Scholarship Fund

Make checks payable to the Beyond Pink TEAM and send to 4756 Charolais Dr, Waterloo, IA 50701