

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."

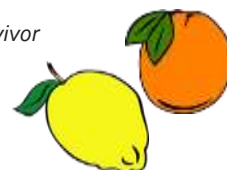
3D Mammography, continued from page 1

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 29th, 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 9th Annual Pink Ribbon Run, held Saturday, October 3rd 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 10th 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 or go to website: 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.

Volunteer for BPT . . .

If you are interested in volunteering for the Beyond Pink TEAM, please visit our website at beyondpinkteam.org or contact Marty Mullnix at 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 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

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.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

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/

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

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:

- 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