



Touch of Courage

. Connection Beyond Pink TEAM

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Exercise Considerations for Breast Cancer Survivors

By Amy Kimball, MPT, ATC

Women who undergo any type of treatment for breast cancer are affected in a multitude of ways. Survivors and health care providers sometimes focus on the visible scars or marks that surgery or radiation leave behind. It is not until treatments such as chemotherapy or radiation are completed that we realize for the first time that there are simple tasks such as reaching, lifting or stretching that are now painful or limited. Loss of ability to perform these tasks or pain with these tasks can be simply annoying to some patients but life altering to others.

Treatment interventions that can affect patients may include biopsy of breast or node(s), lumpectomy, mastectomy, reconstruction or radiation therapy. Any of the above listed procedures performed to diagnose or treat the cancer can affect your ability to move your arm or shoulder, breathe deeply or perform daily activities as simple as brushing your hair, dressing or bathing. This may lead to more complex issues for the survivor such as shoulder impingement/tendonitis, frozen shoulder, chronic neck pain and so on. For this reason, it is important to do exercise in order to minimize any of the side effects and maximize your ability to perform all of your daily activities again.

Consideration should be taken to each individual survivor's needs. It is very important for survivors to

talk with their doctor before starting any exercises. Some survivors have an extensive background and history of exercise prior to diagnosis and treatment. Others have little to no experience and may need guidance to meet their needs while paying special attention to all medical and post cancer issues. The doctor may suggest that the survivor seek professional help from a physical or occupational therapist who can help design an exercise program specific to the survivor's needs.

Typically, many exercises should not be done until the sutures and/or drains are removed. There are a few simple range of motion and breathing exercises that surgeons frequently encourage women to perform shortly after surgery. Strengthening exercises are usually added later to allow for adequate healing to occur post-operatively. Again, it is important to seek medical advice to ensure progression is within your specific stage of healing.

Women have many questions and concerns when they begin exercise. It is typical to have a few aches and pulling sensations but nothing should be long lasting or be accompanied by pain so severe that simple rest, stretching or ice cannot treat. Frequently, exercise in the immediate post-operative stage is performed in isolated positions such as sitting or lying on your back. These exercises become more

advanced and resistance may be added. Women may even enroll in a class with a qualified instructor to meet the specific needs of the breast cancer survivor. Care is take in these classes to consider all of the issues the survivor may have while advancing exercise specific to their diagnosis.

2008 Breast Care Conference

Kathy Boeckmann, R.N. and the Breast Care Center of Cedar Valley Medical Specialists has planned a great program for the Monday, October 6 Breast Care Conference. Speakers will include Coleen Nemickas and Shana Coker, genetic nurse educators from the Mercy Regional Cancer Center in Cedar Rapids, and Jeanne Mullen, oncology social worker from the Covenant Cancer Treatment Center. Dr. Douglas Duven will present interesting case studies from the past 5 years in his talk "Persistence and Caution of Breast Problems".

Be sure to bring a few dollars along to purchase tickets for a quilt made by Beyond Pink TEAM member, Jean Hoy, ARNP. The quilt will feature pink ribbon fabrics. The raffle tickets are \$5.00 each, with proceeds going to the Beyond Pink TEAM.

The conference will be held Monday, October 6 at the PIPAC Centre in Cedar Falls. Exhibits will be open from 3:30 to 5:30 p.m., and the program will begin at 5:30 p.m. and end with the raffle around 9:00 p.m. Registration will not open until September 1, but after that date you may leave your name and phone number with Kathy Boeckmann at 833-6100. She will return your call and get you registered.

Pink Ribbon Run by Dee Hughes

Mark your calendars for the 2nd Annual Pink Ribbon Run in Downtown Cedar Falls on Saturday, October 4, 2008. Community Mainstreet held the first run last October, and it was a wonderful success. They hope this year is even bigger than last year, so invite your family and friends to join in the fun.

Community Mainstreet of Cedar Falls donated all of the proceeds, more than \$11,000, to the Beyond Pink Fund, a project of the Beyond Pink TEAM. The fund was established at the Waterloo/Cedar Falls Community Foundation to help women with uncovered expenses related to breast surgery or breast cancer treatment. The Pink Ribbon Run is a great way to show your support for those living with breast cancer and to help local women with medical expenses.

For more information on the Pink Ribbon Run, you may call Community Mainstreet in Cedar Falls at 277-0213.

Go to www.breastcancercaucus.org and help eradicate breast cancer.

Touch of Courage Breast Cancer Support Group

The Touch of Courage Breast Cancer Support Group continues to meet on the first Monday of every month at the **Kimball Ridge Center on 2101 Kimball Avenue**. The meetings are held at 1:30 and 5:30 p.m.



For those of you who are long term survivors, please remember what a critical role you play in the journey of the newly diagnosed.

The Support Group invites any woman or man who is dealing with breast cancer to attend the support group meetings. Spouses and significant others are also welcome.



Celebrating Clara by Dawn Colbert

The Touch of Courage Breast Cancer Support Group recently celebrated Clara Dutcher's birthday. Clara, a well-loved member of the support group, is 90 years young.

Clara's oldest sister died of breast cancer so Clara was always diligent about getting her mammogram. In the spring of 1992 she was diagnosed with breast cancer. She had a lumpectomy and follow up radiation treatments. Clara was diagnosed with endometrial cancer in 1997 which again was treated with radiation. In 1993, she began volunteering at the Cancer Treatment Center. Clara has been a welcome smile and a loving touch for many people who have come and gone through the treatment center.

After losing her husband, Clara began volunteering with Cedar Valley Hospice. They had served her and her family so well during her husband's illness that she wanted to give back to them.

Clara has been faithful in attending support group meetings.... she gets to know new members, often doing a follow up call. She has provided rides for members who have no transportation, and always gives a listening ear. She is a loving, caring, compassionate woman who is genuinely concerned for all the support group members she has had an opportunity to meet. If Clara has been unable to attend a meeting, everyone notices. She is MISSED. Not only does Clara understand the importance of a support group for herself, she has passed that understanding along to her daughter who is also a cancer survivor. With loving encouragement and patience, Clara waited for her daughter to join her. Since Judy's first time attending, she has maintained the same faithfulness Clara has exhibited.

Clara has served as an inspiration to so many women and is an absolute delight. Happy Birthday, Clara!

Should I Click for Mammograms by Christine Carpenter

Unlike the way things are explained in the "Click for a Free Mammogram" e-mail, one click does not magically provide a mammogram to a needy woman. It takes 45,000 clicks, not just one. Averaging 58,000 clicks a day, The Breast Cancer Site provides funding

for approximately 1.3 mammograms a day. Visitors are not prohibited from clicking more than once; they just can't do so more than once a day.

Sponsors become involved with this site (and others like it) as a form of advertising and public relations and thus are willing to pay for their messages to be viewed by consumers. CharityUSA.com, the parent entity of the site, is paid on a per-click basis; CharityUSA.com directs 75% of the total ad revenue collected to the National Breast Cancer Foundation and keeps the remaining 25% to run the site. The Breast Cancer Site isn't a non-profit entity, so shouldn't be confused with a charity even though it does direct a significant portion of its revenues to those in need. It exists to make a profit, and that it's still around proves it's succeeding at this.

Consider the following before clicking on the site:

* If a low income, under or uninsured woman is diagnosed with breast cancer from a mammogram paid for by the Breast Cancer Site, she would have to find her own financial resources to pay treatment. However, if low income women are diagnosed with breast cancer by the Center for Disease Control's Breast and Cervical Cancer Screening Program (available in every state in the U.S.) they are automatically eligible for Medicaid for their treatment. Finding you have cancer does not cure cancer - treatment cures cancer.

* To stop breast cancer, we need to do more than search for cures and pay for mammograms. We need to find the cause to prevent women from suffering from this disease in the first place. Congress now has the unique opportunity to facilitate researching the link between breast cancer and the environment. The NIH Breast Cancer and Environmental Research Act (S. 757/H.R. 2231) is supported by both sides of the political aisle. But, it still needs more support!

* Each year, more than 200,000 women are diagnosed with breast cancer and more than 40,000 die each year.

Visit www.LessPinkMoreResearch.org to tell Congress this is not enough! It's time to find a cause. While Congress and others bathe the country in a sea of pink, believing that things are better, the families impacted by breast cancer know that we need to do more.

From www.snopes.com and Christine Carpenter <christine.carpenter@cfu.net> 319/266-0194.

Hope Blooms for Breast Cancer

Plant it Pink

Join us for **Plant it Pink**, a project sponsored by the Beyond Pink TEAM, to honor people diagnosed with breast cancer. Our goal is to have **pink tulips** blooming throughout the Cedar Valley to show our support.

Order your premium Pink Impression (dark pink) or Menton (light pink) tulip bulbs by August 15, 2008. Bulbs can be picked up on Saturday, October 1, at the Covenant Cancer Treatment Center, 200 E. Ridgeway Avenue, for fall planting.

Save this Portion!

Pick up bulbs on Saturday, October 11, 2008 from 9:00–11:00 a.m. at the parking lot of Covenant Cancer Treatment Center 200 E. Ridgeway Ave. Waterloo, IA



www.cedarvalleybreastcancer.org



Pink Impression



Menton

| | | | |
|---|--|-------------------|------------------------|
| Name | _____ | | |
| Address | _____ | | |
| City/Zip/State | _____ | | |
| Home Phone | _____ | Work | _____ |
| Number of bags | | Cost | Color P or M |
| _____ | Bag(s) of 12 tulip bulbs at \$10 per bag | _____ | _____ |
| _____ | Bag(s) of 50 tulip bulbs at \$40 per bag | _____ | _____ |
| _____ | Bag(s) of 100 tulip bulbs at \$75 per bag | _____ | _____ |
| | Total No of Bags | Total Cost | |
| Mail this portion and check made out to Beyond Pink TEAM to: Dee Hughes, 203 Bourland Avenue, Waterloo, IA 50702 | | | |

**A Survivor's Story:
by Mollie Small**

The beginning is a good place to start in any story, but I can't really pinpoint where that beginning is. I haven't always listened to God and the man I love, but somehow it worked out I was listening to both.

On Christmas vacation I went to rub a kink out of my shoulder and felt something weird – like a skin tag under my skin. It was about half way between my breast and collarbone. I wasn't sure what it was but had a hard time dismissing it because my boyfriend, Jason, is a testicular cancer survivor. We'd been dating about three months at that time and his story was quite fresh in my mind as well as his passion for Lance Armstrong's website, which he told me saved his life.

I had been in California to see my mom for two weeks and got back to Iowa in time to spend New Year's Eve with Jason. On New Year's Day, 2008, I moved my hand to probe the same spot. This time it felt more distinct. Again, I thought to shrug it off but Jason insisted I get it checked out that night.

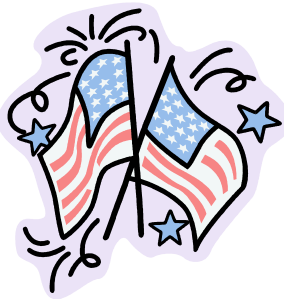
At 5:00 p.m. I was at Covenant Care Clinic in Waterloo and saw an excellent doctor who had the foresight to let me know I would need surgery and he hoped it was benign. Jason encouraged me to be an advocate for myself and to be persistent about calling for the breast biopsy. I got in and after that, the doctor appointments seemed nonstop. My first surgery was January 7th, my second on January 14th and I was radiated that following Valentine's day. Jason was right there with me

through everything and my friends and family were extremely supportive, faithfully praying and driving me to appointments. My work and teachers (I'm a grad student) were wonderfully flexible and my grades, at least, were no different from past semesters.

I do want to say that as far as cancer stories go, I feel I got off easy. While my cancer was a rare type, my lymph nodes were clear so I didn't need chemo.

I don't know what the future holds. I've only got the present moment. No matter what, I have been given extra years of wellness. And I have these years because God put people in my life that encourage me to be an advocate for myself, so I'm best equipped to be an advocate for others. If I can pass anything on, it is the idea that an integral part of love is self-care – discerning what you can do, what you can't, and asking for help when you need it.

Protect the temple your body is.
Life is most precious and love,
the best.



**Local Advocacy Works!
by Christine Carpenter**

Good news! The Sturgis Falls Celebration will use less toxic pesticides, thanks to our advocacy

work.

In the spring of 2007, several members of Iowa Breast Cancer Edu-action's (IBCE) health and the environment working group met with Cedar Falls Mayor Jon Crews and the Cedar Falls City Council asking them to eliminate the use of toxic pesticides at the annual Sturgis Falls Celebration. The majority of the Cedar Falls City Council voted to continue supporting the contract with the pesticide company.

However, we were just informed that the Sturgis Falls Celebration committee is going to be using EcoExempt, a minimum risk product, to control mosquitoes at this year's Sturgis Falls Celebration. The EcoExempt products are USDA National Organic Program compliant. While it took a year, IBCE's hard work, testimony, and advocacy paid off!

Be sure to thank Jay Stoddard and the Sturgis Falls Celebration Committee for responding to citizen health concerns by using less toxic pesticides at the Celebration.

IBCE appreciates the effort and time it took to find a more people friendly product. Our children will especially benefit from this change in practice.

Printing Donated by:



Iowa Breast Cancer Edu-Action

Iowa Breast Cancer Edu-Action includes breast cancer survivors and their supporters. We are members of the Beyond Pink TEAM. **Our mission** is to: take Action, Educate, Advocate, Make a difference (TEAM).

What We've Done

For the last ten years we have:

- ❖ Visited with Iowa congressmen to secure their commitment to breast cancer research.
- ❖ Participated in email and phone call campaigns to Congress to secure guaranteed access to quality care for all.
- ❖ Created the Iowa Breast Cancer Resource Guide, secured funding, and distributed 9000+ free copies
- ❖ Translated the ACS Guide "For Women Facing Breast Cancer" into Serbo-Croatian for the Bosnians in Iowa

We Meet:

When: 6:30 p.m. on the 4th Thursday of each month, except November when we meet the 3rd Thursday, and December when we do not meet.

Where: Area Education Agency 267, 3706 Cedar Heights Drive, Cedar Falls, Special Education Building, Child Find Room

Need more Information?

Email or call:
Christine.carpenter@cfu.net
(319) 266-0194

Support and Rehabilitation Programs

| | |
|-------------------------|---|
| Care and Share | Support group for anyone dealing with cancer. Meets the 1 st Tuesday of every month at 1:30 p.m. |
| Touch of Courage | Breast cancer support group. Meets the 1 st Monday of every month at 1:30 p.m. and 5:30 p.m. |
| Reach to Recovery | Provides information and support for women who are faced with breast cancer. Visits available before and after surgery. |
| Look Good...Feel Better | Consultation with a trained cosmetologist to help a cancer patient feel more comfortable with the physical changes that occur during treatment. |

For more information call the American Cancer Society at 319-272-2880 or 888-266-2064.

Resources Available:

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

| | |
|--|--|
| Allen College of Nursing Library and Media Center 1825 Logan Avenue Waterloo, IA 50703 (319) 235-2005 | American Cancer Society 2101 Kimball Avenue, Suite 130 Waterloo, IA 50702 319-272-2880 or 888-266-2064 1-800-ACS-2345 (available 24 hrs) |
| Breast Care Center at United Medical Park 1753 West Ridgeway Waterloo, IA 50701 319-833-6100 | Covenant Cancer Treatment Center 200 E. Ridgeway Avenue Waterloo, IA 50702 319-272-2800 Include Cancer Information Library |
| National Cancer Institute 1-800-4CANCER | National Coalition for Cancer Survivorship 1-505-764-9956 |
| National Lymphedema Network 1-415-923-3680 | Y-Me 1-800-986-8228 |
| Covenant Lymphedema Therapy 319-272-7894 | Physical Therapy Partners Lymphedema Therapy 319-233-6995 |

Connect with us...

A donation for Touch of Courage is both needed and appreciated. All donations go to support the services of the Cedar Valley Cancer Committee and are tax deductible.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

\$ _____ amount of donation

General Donation Newsletter Donation NBCC Scholarship Fund

Make checks payable to the Cedar Valley Cancer Committee and send to 1607 Heath Street, Waterloo, IA 50703