



# Touch of Courage

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## Beyond Pink TEAM

**JULY 2010**

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 1607 Heath Street  
 Waterloo, IA 50703  
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Website:  
[www.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org)

### Power Foods

By Sally Barclay, RDL

Dietitians’ mantra is “everything in moderation”, “balance is what’s 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,

brussel sprouts, bok choy) are packed with vitamins and fiber, but also contain indoles, sulforaphane and 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)

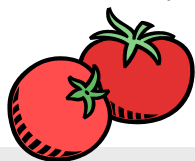
**BLUEBERRIES** contain more antioxidants than any other food. They have anthocyanins which fight off heart disease and cancer and may also boost brainpower!

**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 and 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.



## 4<sup>th</sup> Annual Pink Ribbon Run By Dee Hughes

It is time to mark your calendar for the Pink Ribbon Run in downtown Cedar Falls. The race for walkers and runners begins at 8:00 a.m. on Saturday, October 2. All proceeds from the run go to the Beyond Pink TEAM's fund to help women and men with uncovered expenses due to breast cancer.



Participants need to pre-register for this Community Main Street sponsored event. You may call them at 319-277-0213 or 319-240-7281. Or, you may print the registration form from our website, [www.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org).

Encourage your family and friends to join in this fun way to help others with breast cancer. Together we are all making a difference in our community.

## Pink Ribbon Golf Classic Activities By Marty Mullnix

The American Cancer Society's 12<sup>th</sup> Annual Pink Ribbon Golf Classic is an event open to the public with a goal to raise money for breast cancer awareness and research. The much anticipated event is being

held this year on July 20, at the Fox Ridge Golf Club in Dike.

Following the golfing event, there will be a *Par-tee for A Cure* social with appetizers, live music by WAGG and a cash bar at the Club House. The social is open to the public with a suggested donation of \$10 for admission from 5:30-9:00 pm.

**PINK It FORWARD** – Picture the entire Cedar Valley, pulling together to support breast cancer research by wearing pink. On July 20, 2010, everyone is invited to wear pink and support breast cancer research. Gather your co-workers, friends and family to participate and even donate \$5 to wear pink that day. Checks can be made to the American Cancer Society and sent to 2101 Kimball Ave, Ste 130, Waterloo, IA 50702, with a note **PINK IT FORWARD!**

For additional information about any of the above events, contact your local American Cancer Society office at 319-272-2880.

## Living Green By Cindy Harris



Summer is finally here and our yards are green, gardens growing and flowers blooming. Remember, no chemicals are needed, just some elbow grease to pull those stubborn weeds. It'll give us some fresh air and needed stress relief.

Put vinegar on weeds or mix two parts water to one part salt, boil and spray on the weeds. Be careful to avoid the grass. Keep rabbits away by placing hair around plants or sprinkling red pepper on them. And make sure you get outside and enjoy this beautiful weather.

Happy Summer!

# Hope Blooms for Breast Cancer

**PLANT IT PINK** is a project sponsored by the **Beyond Pink TEAM** to honor people living with breast cancer. Our goal is to have pink tulips blooming throughout the Cedar Valley to show our support. Order your tulips by August 13 for fall planting on the order form below.

## Save this Portion!

Pick up bulbs on Saturday, October 16, 2010 from 9:00 - 11:00 am at the parking lot of Covenant Cancer Treatment Center, 200 E. Ridgeway Ave. Waterloo, IA



www.cedarvalleybreastcancer.org  
Design & print donated by Allen Hospital



Pink Impression



Elegant Lady

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/Zip/State \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work \_\_\_\_\_

Number of Bags	Cost	Color - P or E
_____ 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	_____	_____
<b>Total</b>	_____	_____

Send check along with order form to Dee Hughes, 203 Bourland Avenue, Waterloo, IA 50702. Order on-line to [www.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org). Questions, contact Jill Roberts (Clark & Assoc) at 319.233.8911 (may leave message) or [jillr@clarkpo.com](mailto:jillr@clarkpo.com)

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For a friend

## Immediate Benefits of Health Reform For Breast Cancer Survivors Reflecting the *Affordable Care Act*

Advocates from Beyond Pink Team just returned from the May 22-25, National Breast Cancer Coalition (NBCC) Advocacy Conference in Washington, DC. While attending NBCC plenary sessions and visiting Iowa representatives, it was learned the *Affordable Care Act* has many benefits for women and men with breast cancer. Though not perfect, Iowa's Republican and Democratic Congressmen agree there are many good things in the *Affordable Care Act*.

There are a number of important changes taking place this year for women and men with breast cancer. Beyond Pink Team, as a member organization of the National Breast Cancer Coalition, is closely following developments. Below are the *immediate benefits of the Affordable Care Act* for women and men with breast cancer.



- **Access to Insurance for Uninsured Americans with a Pre-existing Condition.** Provides uninsured Americans with pre-existing conditions (breast cancer, etc.) access to coverage. Insurance companies will no longer be able to deny coverage based on pre-existing conditions. *Effective June 21, 2010.*
- **Improving Consumer Assistance.** Requires the Secretary of Health and Human Services to award grants to States to establish health insurance consumer assistance or ombudsman programs to receive and respond to inquiries and complaints concerning health insurance coverage. *Effective immediately.*

Most Benefits below are effective September 23, 2010.

- **Prohibits Dropping Coverage When People Get Sick.** Prevents insurance companies from withdrawing coverage when a person gets sick.
- **Covering Preventive Health Services.** All new plans must cover preventive services at no charge by exempting these benefits from deductibles and other cost-sharing requirements.
- **Eliminates Lifetime Limits on Insurance Coverage.** Prohibits insurers from imposing lifetime limits on benefits.
- **Regulating Use of Annual Limits on Insurance Coverage.** Tightly regulates insurance plans' use of annual limits. *Applies to new plans in the individual market and all employer plans.* (In 2014, the use of annual limits will be banned for new plans .)
- **Relief for Seniors Who Hit the Medicare Part D 'Donut Hole.'** Provides a \$250 rebate check for Part D enrollees who hit the gap in prescription drug coverage known as the 'donut hole. Fifty percent of the gap will be eliminated in 2011. The gap will be eliminated by 2020.
- **Ensuring An Effective Appeals Process for a Denial of Coverage.** Requires new plans to implement an effective internal and external appeals process for coverage determinations and claims.
- **Reducing the Cost of Covering Early Retirees.** Creates a new temporary reinsurance program (until 2014 when the health insurance Exchanges are available) to help offset the costs of expensive premiums for employers and retirees for health benefits for retirees age 55-64.
- **Improving Consumer Information through the Web.** Requires the Secretary of Health and Human Services to establish an Internet website through which residents of any state may identify affordable health insurance coverage options in that State. *Effective not later than July 1, 2010.*
- **Encouraging Investment in New Therapies.** A two-year temporary credit subject to an overall cap of \$1billion to encourage investments in new therapies to prevent, diagnose, and treat acute and chronic diseases. *Available for qualifying investments made in 2009 and 2010.*
- **Cracking Down on Health Care Fraud.** *Many provisions are effective on the date of enactment.*

Beyond Pink Team will continue to update about the *Affordable Care Act*.

## **A Survivor's Story** by Pam Wical

Hi, my name is Pam Wical and I am a two-year breast cancer survivor. In April 2008, I went for my yearly physical and my doctor found a lump. My mom came with me for the biopsy and was there when I was told I had breast cancer. I remember crying in the doctor's office thinking of my boys. I'm a single mom of three boys who were then 14, 10 and 1. I had to fight this; I could not die. On the drive home I told Mom I was going to fight this, that my three boys were still dependent on me. When I got home, I told the boys I would fight this and be here for a long time. I told my friends the same.

I always supported breast cancer activities, but who knew I would end up with it? Because of the size of the lump and my age at the time, 44, I had a left side mastectomy. Breasts are not important to me so I had no problems with having a mastectomy. My thought was just to get this cancer out of me.

Five days after my mastectomy I returned to work. I work as a church secretary so what better place to be while fighting breast cancer?! I had six months of chemo treatments given every two weeks, with 33 days radiation. I continued to work every day except the day of chemo. When I went for chemo I would drink a lot of water that day and the two days following, to get the toxins out of my body. My friends and family told me I was looking great and I always had a smile on my face. I never forgot that I had to fight this for my boys. I am lucky I had no

side effects from the chemo or radiation...except losing all my hair. That was the worst part for me through everything I went through.

I did not want to talk with people that had gone through this if they were negative or had had tough times. I wanted to find on my own how this was going to affect me. I read Julie Borton's story through the *Touch of Courage Survivor Stories* and emailed her. She was a good influence and had a positive effect on me. Julie found her breast cancer during pregnancy and this made me realize someone had it tougher than me. I was going through a painful and difficult second divorce during my battle with cancer and it helped me realize I was much stronger than I ever believed myself to be. I tell my friends that breast cancer was just a jaunt in my road of life.

I had great support from my two older boys, their dad, family, girlfriends, and my church family. My baby brother emailed me when all my treatments were finished, and I quote, "I have been truly impressed and inspired by your attitude and courage in dealing with the hand that was dealt you. I have told many of my friends that of any of us kids (Jerome's) that you would be the one who would best deal with, fight and win a battle like this. I am very proud of you and how you have handled this and hope that if I ever have to deal with something like this that I do it with as much courage, grace, and humor as you have done!" To this day when I read that email I still cry.

2008 was a very stressful year but I continue to smile and work out

every day, and take life as it is dealt me. Most importantly, I thank God every day for his strength and for carrying me on those days that were extra difficult.

### Save the Date!

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

**July 6** **1:30 p.m.**  
**Care and Share Ca Support Grp**  
Covenant Cancer Treatment Ctr  
200 E. Ridgeway, Waterloo

**July 20** **5:30-6:30 p.m.**  
**Young Cancer Survivor Tea**  
AEA 267, Room F  
3712 Cedar Heights Drive, C.F.  
Dawn Colbert, 415-6430

**July 20** **all day**  
**ACS Pink it Forward**  
(see articles for details)

**July 20** **5:30 – 9:30 p.m.**  
**Par-tee for a Cure** following  
ACS Pink Ribbon Golf Classic  
Fox Ridge Golf Club, Dike

**July 22** **6:30 p.m.**  
**Iowa Breast Cancer Edu-action**  
UNI Center for Energy and  
Environmental Education  
Corner Campus St. & Jennings Dr.  
Christine Carpenter 266-0194

**July 22** **7:00 p.m.**  
**Environmental Health Working Group**  
UNI Center for Energy and  
Environmental Education  
Corner Campus St. & Jennings Dr.  
Christine Carpenter 266-0194

**August 2** **1:30 p.m.**  
**Touch of Courage**  
**Breast Cancer Support Group**

### Save the Date! (cont)

**August 3** 1:30 p.m.  
**Care and Share**  
**Cancer Support Group**

**August 13**  
**Tulip Order Deadline**

**August 17** 5:30-6:30 p.m.  
**Young Cancer Survivor Tea**

**August 26** 6:30 p.m.  
**Iowa Breast Cancer Edu-action**

**August 26** 7:00 p.m.  
**Environmental Health Working**  
**Group**

**September 7** 1:30 p.m.  
**Care and Share**  
**Cancer Support Group**

**September 13** 1:30 p.m.  
**Touch of Courage**  
**Breast Cancer Support Group**

**September 21** 4:30-7:00 p.m.  
**Young Cancer Survivor Event**  
**Meet, Mingle and Learn**

3712 Cedar Heights Drive, C.F.  
Emily Hodgin 239-8118

**October 2** 8:00 a.m.  
**Pink Ribbon Run**  
**Downtown Cedar Falls**  
(see article for registration)

**October 4** 1:30 pm.  
**Touch of Courage**  
**Breast Cancer Support Group**

**October 5** 1:30 p.m.  
**Care and Share**  
**Cancer Support Group**

**October 16** 9:00-11:00 a.m  
**Tulip Bulb Order Pick Up**  
**Covenant Cancer Treatment Ctr**  
200 E. Ridgeway Ave., Waterloo



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

**Iowa Breast Resource Guide** is available on the Iowa Breast Cancer Edu-action website. [www.iowabreastcancer.org](http://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 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