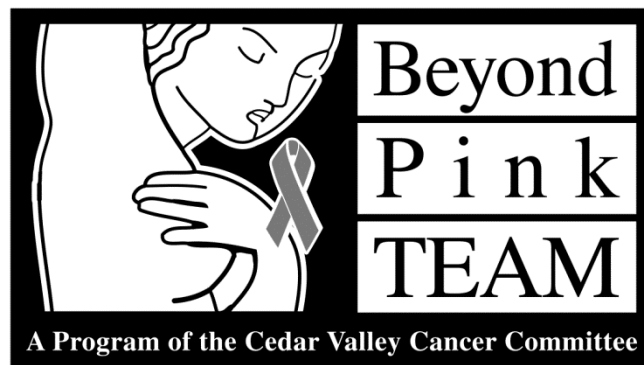


Touch of Courage

. . . Connection

October 2018



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OBESITY-RELATED CANCER IN IOWA

By The Iowa Cancer Registry

Obesity is a condition in which a person has an unhealthy amount and/or distribution of body fat. A scale known as the body mass index (BMI) is often used to measure obesity. The rate of obesity has been increasing throughout the U.S., and Iowa is no exception. According to the 2017 report called *The State of Obesity: Better Policies for a Healthier America*, Iowa has the 13th highest obesity rate in the nation. Since 1991, the percentage of Iowans with obesity has doubled from 15% to 30%, with one in three Iowans currently obese.

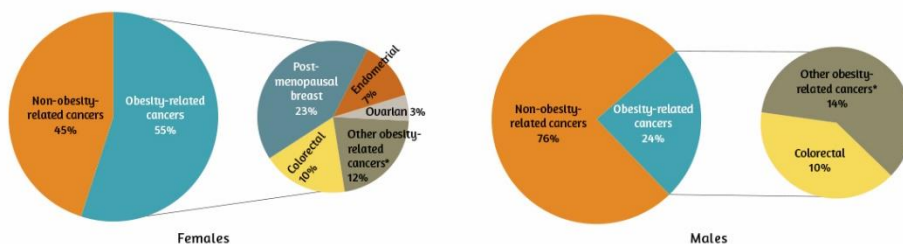
While most Americans are aware that obesity increases the risk for numerous health problems including heart disease, stroke, and diabetes, only half of Americans are aware that

obesity is a major risk factor for cancer. Scientific evidence exists linking excess body weight to higher risk of several types of “obesity-related” cancers including post-menopausal breast, colorectal, thyroid, uterine, ovarian, esophageal adenocarcinoma, kidney, pancreatic, liver, gastric, gallbladder, malignant meningioma, and multiple myeloma. In Iowa in 2015, there were 6,955 cases of obesity-related cancers that accounted for 40% of all cancers.

The exact explanation for the relationship between obesity and cancer risk remains unclear, but it is known that fat tissue is highly active, producing large amounts of hormones like estrogen, insulin and

Obesity continued, page 2, column 1

Figure 3. Percentages of Obesity-Related Versus Non-Obesity-Related Cancers in Females and Males, Iowa, 2011–2015



* Other obesity-related cancers include: kidney, thyroid, pancreas, multiple myeloma, liver, esophageal adenocarcinoma, gastric cardia, gallbladder and meningioma

Obesity continued from page 1

insulin-like growth factors. High estrogen levels have been associated with increased risks of breast, endometrial, ovarian, and some other cancers. Female postmenopausal breast cancer is the most common obesity-related cancer in Iowa and has increased by almost 30% since 1976. In contrast, premenopausal breast cancer has not been linked to obesity and has not increased substantially.

There is no simple solution to the obesity epidemic; it is a complex problem that requires a multifaceted approach. There are many policy, systems, and environmental changes that can help prevent and reduce obesity. The recently revised Iowa Cancer Plan includes "Increase efforts that support healthy eating, physical activity and healthy weight status" as one of the 15 goals to prevent and control cancer in Iowa.

You can read the complete Obesity-Related Cancer in Iowa report in the Cancer in Iowa 2018 publication at www.public-health.uiowa.edu/shri. The Iowa Cancer Plan by the Iowa Cancer Consortium is available at www.canceriowa.org.



A Survivor SHARES

Yes, Men Get Breast Cancer *Jim Geiger shares his cancer story*

My story began in August, 1999. I was diagnosed with non-Hodgkin's lymphoma. I had surgery to remove a mass by my thyroid. I didn't have chemo after my surgery but had two different sessions of radiation. I still have several tumors in my body, but they aren't growing. I just continue with regular check-ups from time to time.

I knew the Lord was taking care of me. There were no problems.

Things were going well until July of 2017. I felt a lump in my left breast while I was taking a shower. I told my wife about it and she said I should get it checked out. I went to a doctor and a biopsy of the lump was taken. It was cancer! I had metastatic breast cancer as it had spread into my lymph nodes. They took out 6 lymph nodes and three of them were cancer. I then had chemo and 33 radiation treatments. The chemo was tough but the radiation treatments were a piece of cake. I'm now on pills and I go for regular check-ups. It's like wait and see how it goes.

Through all the struggles, I knew the most important thing in my life was that the Lord was always with me at all times, good and bad. He's still in control and I have no fear at all. No problems, no depression, no "why me", no sadness, no regrets. It's all because of my faith in Jesus Christ being my Savior. To me it's like a win-win situation. If the Lord cures me of my cancers, I'll be with my family,

If not cured, I'll be in heaven with Jesus. What a glorious reunion that will be. No more pain, no more worries, just a very happy experience. So you can see, it's a win-win situation.

Thank you for reading my story with cancer. I pray that you too will experience the great joy I have with Jesus!

Statistics and Symptoms for Breast Cancer in Men

The American Cancer Society estimates for breast cancer in men in the United States for 2018 are:

- About 2,550 new cases of invasive breast cancer will be diagnosed
- About 480 men will die from breast cancer

For men, the lifetime risk of getting breast cancer is about 1 in 833.

Male breast cancer is a rare cancer that forms in the breast tissue of men. Signs and symptoms of male breast cancer can include:

- A painless lump or thickening in breast tissue
- Changes to the skin covering breast such as dimpling, puckering, redness, or scaling
- Changes to nipple, such as redness or scarring, or a nipple that begins to turn inward
- Discharge from your nipple

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

Mark Your Calendars - Fundraisers to Benefit Beyond Pink TEAM

12th ANNUAL PINK RIBBON RUN 2018

Saturday, October 6th
Downtown Cedar Falls

Pink Ribbon Run Schedule

All Events will be at the Cedar Falls Community Center, 528 Main Street

Friday, October 5

4:30-7 p.m. – Registration and Packet Pick-up

Saturday, October 6

7-8 a.m. – Registration, Check-in, Packet Pick-up

7:45 a.m. – Survivor Photo

8:00 a.m. – Opening Ceremony, Race Begins

9:00 a.m. – Refreshments, Door Prizes, Testimonials

9:30 a.m. – Race Results, Awards

Oakridge
REALTORS

Presenting Sponsors



7th Annual Splash of Color 3K Fundrasier Walk/Run

Saturday, October 13
Sullivan Memorial Park
E 4th Street – Waterloo, Iowa

7:30 a.m. – Registration includes t-shirt:

- \$10 Students (up to 18 years)
- \$20 Adults
- \$23 Adults (shirt sizes 2XL and above)

8:30 a.m. – 3K Walk/Run

Proceeds go to Splash of Color to provide financial assistance to lessen the stress while going through breast cancer treatments.



Waterloo Black Hawk Hockey PINK OUT

Young Arena, Waterloo, Iowa
Friday and Saturday
October 26th and 27th
Puck Drops – 7:05 p.m.



Join the Waterloo Black Hawk Hockey team as they once again have their PINK OUT benefiting the Beyond Pink TEAM.



KEEP THE CUPS FULL!!

Saturday, October 6th
at **LeRoy's**
320 Main St, Aurora, Iowa

– a breast cancer awareness benefit

The day is packed with activities for all!

10:30 a.m. Registration - Motorcycle/Car Cruise (\$10/person)-Depart at 11:00 a.m.

10:00 a.m. – 8:00 p.m. Auction

11:30 a.m. Cornhole Tournament
Registration (\$20/team)-Bags fly at noon

Motorcycle raffle tickets - \$10/ticket

And much More!

Proceeds to benefit the Beyond Pink
TEAM

BEYOND PINK TEAM

30th Anniversary

The Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support, and advocacy for comprehensive, quality care FOR ALL in the Cedar Valley and surrounding communities.

30th Anniversary!

2018



1st Ignite the Cancer Conversation Event

2016



Elected Board of National Breast Cancer Coalition

2012



1st Beyond Pink Fund Grants

2008



1st Annual Pink Ribbon Run

Name change to Beyond Pink TEAM

2006



Breast & Cervical Treatment Act

2000



Breast & Cervical Cancer Early Detection Program

1996



Newsletter Started

1989



\$40 Mammo Coupons Established to Support Uninsured

1988

Cedar Valley Committee for Breast Cancer Awareness Est.

Breast Cancer Support Group Started



Pink Heals

Tuesday, October 2nd

9:00 a.m. – 3:00 p.m.

1:00 p.m. – Pink Fire Truck Arrives

NuCara New Image Boutique

1113 Ansborough Ave, Waterloo, Iowa



The pink fire truck sponsored by Pink Heals of Eastern Iowa to celebrate Breast Cancer Awareness Month

CHECKOUT The Beyond Pink TEAM at these various events during October –

Tuesday, October 2 – YWCA Wellness Fair

7:00 – 9:00 a.m.

Tuesday, October 9 – UNI Soccer PINK OUT

5:00 p.m. – Cedar Valley Soccer Complex

Tuesday, October 16 – Hawkeye College Health Fair

11:00 a.m.-1:00 p.m.

Tuesday, October 16 – Ladies Night Out

4:00-8:00 p.m. – UnityPoint Health-Allen Hospital-Entrance 8

Wednesday, October 17 – UNI Health Fair

11:00 a.m.-2:00 p.m.

Thursday, October 25 – Celebration You

6:00 – 8:00 p.m. Covenant Medical Center, Classrooms 10 & 11

Closed Door to Open Window

by Mrs. Barbara Grassley

I was diagnosed with breast cancer in 1987. It came as a shock to me and my family. I had recently returned to school and the workforce after raising my five children and was ready to begin a new chapter, but God had a different path in store for me.

To a degree, I consider my diagnosis a blessing. I had not been to a doctor in about three years, but I decided to go in for a wellness exam at the encouragement of a friend. Had I not, the cancer would have spread to

other parts of my body. Thankfully, my doctor caught it early and in April of 1987, I had surgery to remove the malignant tumor. Since then, I've made it a priority to get an annual mammogram screening. I believe God and early detection saved my life, which is why I'm an advocate for regular checkups and annual screenings, as well as cancer education and outreach efforts.



LOOK

Where They Are Now!

The old saying goes that when God closes a door, he opens a window. That's how I view my experience with breast cancer. My journey didn't end because of cancer, it just took a different path than I expected. For that, I'm thankful, because now I can share my story, encourage others to make their health a priority and raise awareness for early cancer detection and awareness.

When life knocks you down, faith and family keep you marching onward and upward.

VOTE Breast Cancer!

Breast cancer is a political issue. The U.S. Congress and the Administration make policy decisions that directly affect breast cancer such as:

- availability and cost of health insurance*
- process of drugs and devices are approval*
- Medicare coverage for metastatic breast cancer patients*
- protection against genetic discrimination*
- environmental regulations*
- funding for breast cancer research.*

Our elected officials are charged with making important breast cancer policy decisions every year. Before you vote on November 6, please consider how our Iowa Congressional delegation voted on important breast cancer issues. Make a point to research all candidates for political office to see where they stand on cancer and health issues.

Chart of how current elected officials voted

Elected Official	DOD BCRP*	ACA**	Mets Access to Care***
Rod Blum	X		X
Dave Loebsack	X	X	X
David Young	X		X
Steve King	X		X

*DOD BCRP - Signed the "Dear Colleague" letter in support of the Department of Defense Breast Cancer Research Program for FY 2019

** ACA - Voted to retain the Affordable Care Act that provides insurance coverage for many previously uninsured and does not allow insurers to discriminate against those with pre-existing conditions.

*** - Mets Access to Care - Co-sponsored the Metastatic Breast Cancer Access to Care Act

Support Group Dates

October 1, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group

2101 Kimball Ave., Bd Rm, Waterloo
Pat – 319-232-8691

October 2, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

October 8 1:30-3:30 p.m.

Look Good ...Feel Better Hair-Make-up-Nails-Skin

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
To reserve a seat call 1-800-227-2345

November 5, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group

2101 Kimball Ave., Bd Rm, Waterloo

November 6, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

November 8, 5:00-7:00 p.m.

Splash of Color – Women of Color Breast Cancer Support Group

Cathy – 319-504-2703 for details

December 3, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group

2101 Kimball Ave., Bd Rm, Waterloo
Pat – 319-232-8691

December 4, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

December 10, 1:30-3:30 p.m.

Look Good ...Feel Better Hair-Make-up-Nails-Skin

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
To reserve a seat call 1-800-227-2345

January 7, 1:30 p.m.

Touch of Courage

Breast Cancer Support Group

2101 Kimball Ave., Bd Rm, Waterloo
Pat – 319-232-8691

January 8, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

January 15, 4:30-7:00 p.m.

Young Cancer Survivors – Meet, Mingle and Learn

Cedar Valley Unitarian Universalist
3912 Cedar Heights Dr., Cedar Falls
Gabbi – 319-292-2225



Giving Back – Emily Parks, a breast cancer survivor, and her mother are shown here at the Pretty in Pink Horse Show. Emily has organized the show for the past several years. Thank you, Emily!



History of the Ignite

Knowing that Iowa has higher rates of cancer among nearly all groups compared to the United States average. Beyond Pink TEAM (BPT) members returned from the 2015 National Breast Cancer Coalition's (NBCC) Leadership Summit and we felt needed to share the knowledge, skills, and empowerment we gained. This led to BPT's *Ignite the Cancer Conversation (Ignite)*.

Ignite's vision is to bring diverse communities together and activate the conversation that will initiate and develop concrete steps to conquer cancer. Its mission is to ignite the cancer conversation by going beyond discussions limited to awareness, early detection, and treatment.

The first *Ignite the Cancer Conversation* event brought Dr. Keith L. Knutson, Ph.D., Professor of Immunology, Mayo Clinic College of Medicine and Dr. George J. Weiner, MD, Director of Holden Comprehensive Cancer Center, University of Iowa who presented on cutting-edge approaches in cancer care. This was followed by round-table discussions among the presenters and attendees.

The second *Ignite the Cancer Conversation: Environmental Edition* featured University of Northern Iowa's Dr. Zeman helped us understand Iowa's water and wells and possible links to cancer and UNI's

Dr. Kamyar Enshayan helped us understand upstream prevention strategies that deal with pesticides in Iowa. Ms. Gail Orcutt, stage IV lung cancer survivor, helped us understand the prevalence of radon in Iowa and what to do about it. The event ended with round-table discussions among the presenters and attendees.

The 2018 *Ignite the Cancer Conversation: Book Club Edition* was an online and in-person discussion of the Pulitzer Prize winning book: [The Emperor of All Maladies: A Biography of Cancer](#) by Siddhartha Mukherjee. As you can read in Julie Husband's newsletter article, it too brought attendees into learning and empowering discussions.

Would you like to help plan the next *Ignite the Cancer Conversation*? Contact Christine Carpenter, BPT Advocacy Chair, to get involved. Christine.carpenter@cfu.net or 319-266-0194.

Breast Density Concerns

We received several calls about the July 2018 lead article, Breast Density and Why It Matters. Many wanted more information about dense breast and another felt this is an issue for a lot of women.

The Beyond Pink TEAM council is looking into providing you with more resources and information. Currently you can check out these websites:

www.densebreast-info.org and www.mayoclinic.org

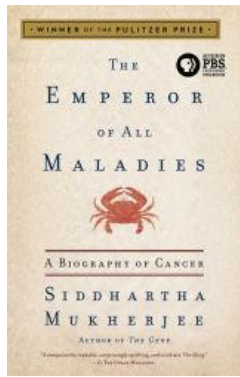


Living Green

Editor's Note: This article is a composite of a couple articles written by Cindy Harris, a breast cancer survivor.

Fall Cleanup – While you are cleaning out the flowers, collect seeds for next year. Wait until the seed pod is mature. It will look like it is about to pop open, then collect the seeds. Store them in a sealed plastic container, glass jar, or whatever you have that seals well. Keep them in a cool place, like the bottom of the refrigerator. If you have a good seal on the container it will keep out moisture, preventing the seeds from rotting. In the spring, soak the seeds in water over night and plant them the next day.

Soap & Water or Antibacterial Soap/Lotion – With fall and winter comes the colds, flu and all those nasty germs. This makes some turn more to the sanitizers. Plain soap and water kills just as many germs as these other products. And it's much safer and less expensive, too. The antibacterial soaps and sanitizers can be dangerous. Before you use these products, check for **triclosan**. This antimicrobial chemical disrupts thyroid function and hormone levels in humans. They have proven that when it hits the waste waters it can cause sex changes in aquatic life. We need to keep this away from humans and out of the water we drink.



“Book group ignites a wide-ranging conversation on cancer”
– *Conclusion* By Julie Husband

Last month Julie shared from the Ignite Book Club discussion of Siddhartha Mukherjee’s Pulitzer Prize-winning “biography of cancer,” *Emperor of all Maladies*. Having the broad context of Mukherjee’s history, which looked at many forms of cancer and centuries of medical research, gave participants an appreciation for new developments. One of these new developments is Herceptin.

The story of Herceptin has special meaning for the National Breast Cancer Coalition. Herceptin intercepts the human epidermal growth factor protein (Her-2) that adheres to Her-2 positive breast cancers, causing them to be especially aggressive. The field of genetic research was burgeoning by the 1980’s and its focus on diseases caused by genetic mutations offered much promise for cancer because of the discovery of oncogenes that cause cancerous tumor growth.

Genentech, a pharmaceutical company specializing in genetic research, led the field and by the mid-1980’s had successfully developed treatments using recombinant DNA to produce human insulin for patients with diabetes and a clotting factor for

patients with hemophilia. However, despite early investment in cancer research, new treatments eluded them: “Genentech could fabricate a missing protein in bacterial cells, but it had yet to learn how to inactivate a hyperactive protein [like Her-2] in a human cell” (414-5). The company became “allergic to cancer” and Axel Ullrich, the researcher pursuing what would become Herceptin, left the company in despair. Ultimately, the research was kept alive by a UCLA professor, Dennis Slamon, who pestered company executives until eventually an immunologist at the company, Mike Shepard, partnered with him to produce a drug ready for trial in 1990. That drug became one of the biggest break-throughs in cancer research, Herceptin. The trial involved 469 women with late-stage metastatic breast cancer and those receiving Herceptin survived 4 or 5 months longer (428). In later trials involving early stage Her-2 positive breast cancers, the four-year survival rate increased 18%. The National Breast Cancer Coalition successfully advocated for women with metastatic Her-2 positive cancer to enlarge the trials and create a compassionate-access program run on a lottery system.

The role of advocacy in the development and availability of Herceptin could not be more crucial. The book group’s final discussion of *Emperor of All Maladies* culminated in a discussion of measures we might all take to advocate for research, wider access to treatments, and preventative measures. As a member of the Ignite the Cancer Conversation group, I learned as much about the advocacy steps necessary to connect new research to patients as about the life story of cancer.

You can Support Beyond Pink TEAM -

The Beyond Pink TEAM has several ways you can support our organization. Go to our website: www.beyondpinkteam.org

Make an Online Donation

The Beyond Pink TEAM is now able to accept online donations through PayPal. By clicking the “Donate to our team” button on our Home page, you are able to donate directly using your PayPal account or use a major credit card. All donations are secure and go toward supporting the services of the Beyond Pink TEAM. Donations are tax deductible.



Mail Your Donation

Download the Fundraising Donation Form or use the one on page 8 of this issue and mail it, along with your check payable to “Beyond Pink TEAM”, to Beyond Pink TEAM, c/o Jeanne Olson, 1753 W. Ridgeway Avenue, Ste 104, Waterloo, IA 50701.

All donations go to support the services of the Beyond Pink TEAM, which is a program of the Cedar Valley Cancer Committee. Donations are tax deductible.



You shop.

Amazon gives.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization: Cedar Valley Cancer Committee.

Support your charitable organization by starting your shopping at smile.amazon.com



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

National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk. www.cancer-network.org

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

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 the address listed below.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____

I would like to participate with the Beyond Pink TEAM by:

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

Touch of Courage . . . Connection

Cedar Valley Cancer Committee
1753 W Ridgeway Ave, Suite 104
Waterloo, IA 50701
www.beyondpinkteam.org