



Cedar Valley Cancer Committee

TOUCH OF COURAGE

CONNECTION NEWSLETTER

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BREAST CANCER DOES NOT DISCRIMINATE – REGARDLESS OF GENDER

KYLE P. CHRISTIASON, MD, CPE, FAAFP

Unfortunately, breast cancer remains one of the most common cancers in the United States. Therefore, screening for breast cancer remains vitally important. Breast cancer screening means testing for cancer even when a person doesn't have any worrisome symptoms. Remember, screening doesn't prevent cancer; rather, it may help detect cancer at an early stage, making it easier to treat.

Transgender, and gender-expansive folks should actively talk with their health provider about a plan for breast cancer screening. "Breast cancer does not discriminate; regardless of gender."

Regarding cancer risk and screening for transgender and gender-expansive folks, there remains a large opportunity for further research. However, there are a few principles to help guide us:

- 1) If one has a particular body part or organ and otherwise meets criteria for screening, screening should proceed regardless of hormone use. (Eur J Endocrinol Eur Fed Endocr Soc. 2013 Oct;169(4):471-8)
- 2) Transgender men and gender-expansive folks who have not had mastectomy, or who have only undergone breast reduction, should screen according to current guidelines for non-transgender women. (WPATH 2022)
- 3) Gender-expansive folks who have had mastectomy should review their individual risk with their healthcare provider; there are no good data on pros/cons of mammography after mastectomy. However, if risk is high, one may consider other screening techniques, like ultrasound or MRI.
- 4) Transgender women could consider screening mammography every 2 years, once the age of 50 and have completed 5-10 years of gender-affirming feminizing hormone. Once again, there are few data on breast cancer risk for trans-women, but it appears to be lower than for non-transgender women. (<https://transcare.ucsf.edu/guidelines/breast-cancer-women>), (BJOG: An International Journal of Obstetrics and Gynaecology, 125(12), 1505–1512)

As always, please share any questions you have with your healthcare provider to establish the best cancer screen plan for you.

HOPE IS STRONGER THAN FEAR

CHRISTINE GRIMMET – A SURVIVOR

It was March 29, 2021, I learned I had a pretty aggressive form of breast cancer. As a mother to four beautiful children, my oldest being a senior at the time, our lives were busy preparing for graduation and all that comes with this stage of life. My life was too busy to have anything wrong. I did not have time to be sick, let alone cancer.

My youngest daughter, age three at the time, was one of those children that enjoyed breast feeding. I was proud that I nursed her to this age but was ready to end this journey. I would guess it was one month later that I had noticed a lump in my left breast. I remember telling my husband and his immediate response was I had better get that checked. I thought it was just a blocked milk duct and it would go away. Weeks passed and I felt this lump was turning into a mass and was becoming painful. I continued to ignore this situation until one Sunday night I awoke from my sleep with intense pain. I decided right then that God was telling me enough is enough. While in the exam room, I received a phone call from the radiologist stating they wanted to proceed with biopsies. I worked in the clinic and returned to work, remembering that long walk back to my office. That was a long day. Emotions were high but things needed to remain normal. I did not want my children to know that anything was going on. I did not want them to worry.



March 29, 2021, day I was to get a phone call regarding my biopsies. Not to be alone, I pulled a close friend from a patient's room. We went with the provider into her closed office, placed my phone on speaker, and heard those words, "I am sorry, but you have cancer." Honestly, I am not sure how much more I absorbed after hearing this. Tears were shed at work with my closest colleagues. I called my husband who came to pick me up. Once I got into that car, I knew I had to be strong for my baby girl who was so excited to see me with her beautiful smile. What came next, I would say, was probably the hardest step. I called my mother and siblings whom I had not seen for the

longest time due to COVID to tell them. Then we had to sit our four wonderful children down to tell them that their mother had cancer. I couldn't bear to tell them the news, but my husband stood so strong as he told them we are all in this together.

I went for a PET scan and MRI of the breast shortly after this and an initial visit with the oncologist the same day as the PET scan. I had learned that I was triple positive, and the largest tumor was 11 centimeters. There was lymph node involvement, subpectoral and subclavicular as well as the axilla area. My oncologist was very good. He looked at me and asked, "Have you cried?" I responded, well yeah. He looked at me and said you haven't cried enough. I was told to go home and cry until I couldn't cry anymore. And then we would fight.

I talked to God so much. More so than any other time in my life. I never asked him why. I just always felt I was glad it was me rather than anyone else.

I was terrified to learn that I would need to start chemotherapy soon. I had port placement and chemo started the very next day. I knew this was it. I had to fight like heck!

With chemo comes hair loss. I was taking a bath and my youngest was sitting near the bathtub. She was playing with her dolls. She reached over to brush my hair and a large amount of hair came out of my head. At three years old she was so sorry. This broke my heart.

As chemotherapy progressed it took everything out of me. Not just physically but mentally as well. If it wasn't for my Faith, I am not sure I could have made it through. My work family was very supportive, great about putting together meal trains, and raising money to help with the financial strain of decreased work hours. My daughter's high school softball team supported me by making t-shirts that read Team Christy and wearing them. As well as my work family. I was gifted a journal and daily devotion book. It was very healing to write daily and read a passage daily. There was so much love and kindness all around. My family and I were so grateful.

I completed six rounds of chemotherapy (TCHP) and next was bilateral mastectomy with reconstruction. From the pathology report I learned that I had a mild response to chemo. My oncology team had to discuss the next plan of action. It was decided to

HOPE IS STRONGER THAN FEAR, CONTINUED PAGE 6

FUNDRAISERS

The Beyond Pink TEAM is extremely appreciative of the many organizations, families, businesses, and groups who have raised funds for us these past few months. Over \$38,954.00 was raised and will be used to provide financial support to the breast cancer survivors in our community.

THANK YOU TO THESE VARIOUS FUNDRAISING EVENTS.

- Bambino's
- Black Hawk County Assessor Office
- Bob Westerman's Hair Cut for Cancer
- Buchanan County Health Center
- Capri College
- Cedar Falls AMVETS Ladies Auxiliary
- Cedar Valley Cyclists
- Dunkerton Football Team
- Farrell's Extreme Bodyshaping Cedar Valley
- Fishing for a Cure
- George's Local
- Grundy Girls Night Out
- Kimball Avenue United Methodist Church
- LeRoy's
- Magnificent Seven
– Cosmetologists and Barbers of Iowa
- Orchard Hill School
- Peet Jr. High Student Council
- SingleSpeed Brewing Co.
- Smitty's .04K Walk Around the Block
- Sports Plex Dance
- Tyson
- Visions Hair Studio
- Waterloo Bucks
- Waverly Health Center Ambulance Department



UPDATE ON NBCC'S ARTEMIS PREVENTIVE VACCINE PROJECT

Did you know the National Breast Cancer Coalition (NBCC) has a preventive vaccine ready to begin clinical trials?

NBCC's Artemis Project is an advocate-led collaboration of researchers and advocates that employs an innovative, mission-driven approach in two areas:

- **Primary Prevention:** How do we stop people from getting breast cancer in the first place?
- **Prevention of Metastasis:** How do we stop people from dying of breast cancer?

The first Artemis Project, begun in 2011, focused on primary prevention. A strategic plan for the development of an Artemis preventive vaccine

was developed and is being implemented. In 2020, NBCC's plan was accepted by the National Cancer Institute's PREVENT program to help advance a Phase 1 clinical trial.

Currently NBCC and PREVENT are seeking vendors to manufacture the vaccine. Unfortunately, progress has slowed because vendors are busy making COVID vaccines. But that won't stop Artemis Project advocates.

Artemis Project participants continue to discuss other primary prevention topics, such as exploring aspects of the microbiome and risk stratification. Beyond Pink TEAM is a member organization of NBCC so stay tuned. The Touch of Courage newsletter will continue to update on NBCC's Artemis Project.



178 SURVIVORS LIVING 1483 YEARS OF SURVIVORSHIP



THANK YOU
THANK YOU
THANKS
THANK YOU
FOR YOUR
CONTINUED
SUPPORT

16TH ANNUAL
PINK RIBBON RUN | 2022

TOTAL RAISED
\$78,628.56



16TH ANNUAL PINK RIBBON RUN | 2022

A special thanks to our sponsors and volunteers for their continued support. Without them this event would not be the success it is.

PINK RIBBON RUN SPONSORS

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Martin Brothers
Pump Haus Pub & Grill
Culligan
Eagle View Hospitality Partners
Scoopskies
Tea Cellar
The Runner's Flat
Get Roasted Coffee Company
4 Queens
George's Local
Second Street Brewing
Scratch Cupcakery

DONATIONS

The generosity of so many has allowed the Beyond Pink TEAM provide financial support to breast cancer survivors in the Cedar Valley. These are the following donations from September 1, 2022, through November 30, 2022. **Thank you.**

Edward Adams
Cindy Angel
Tammy Aswegan
Virginia Bakke
Debra Benedict
Alan Betsinger
Amy Blake
Sonja Bodine
Amanda Bridges
Christine Bridges
Darrell Briggs
Lisa Brodersen
Bryan Brown
Leah Christopher
James Coloff
Sheila Conrad
DJ Corson
John Courtney
Roberta Craven
Janice Crowe

George & Dawn
DeBord
Cinda Dodd
Frank Dowie
Susan Eisenbacher
Janet Erpelding
Paul Fitzgerald
Gallagher Family
Foundation
Kathryn Gilbery
Donna Gulick
Tracy Hahn
Marlene Hendricks
Anne Hennessey
Les Homeister
Deanna Hughes
Theresa Hurley
Julie Husband
Rachel Jenson
Jepson Family Fund

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Jean Judas
Mary Jo Juel
Adel Kessler
Stanley Kral
Dixie Kramer
Lisa Leyh
Michael Maker
Sharon Mehmen
Nicholas Nedza
Kelly Neff
Stanley Nielsen
John Nockels
Kathleen Porter
David Rowe
Beth Sanders
Mar Schumacher
Sandra Scobee
Mary Jo Scully Klatt
Sue Shirley

Anna Smith
Justin Smith
Kenneth Smith
Leslie Sue Smith
Alice Srp
Vicki St James
Alan Steffen
Keith Steimel
Melissa Stempien
Cheryl Thayer
Audrey Thompson
Rosella Thompson
Doris Webber
Carol Weisert
Jenny Westerman
Daniel White
Mary Williams
Donald Wood
Daniel Woods
Pi Sigma Epsilon

DONATIONS, CONTINUED PAGE 7

WON'T YOU JOIN US AT THE SUMMIT?

"I've learned a ton about what we need to do to end breast cancer!"

"It's the most empowering weekend of my life."

"It gave me the confidence to have a seat at the table."



All quotes from Sarah Corkery, Joy Simha, and Vernal Branch while attending the National Breast Cancer Coalition's (NBCC) Advocate Leadership Summit.

Beyond Pink TEAM is looking for members interested in learning about breast cancer research and public policy. Join Beyond Pink TEAM members for the 2023 Advocate Leadership Summit in Washington, DC, May 6-9, at the Park Hyatt Hotel. The annual Summit offers discussion sessions with top researchers and advocates, as well as skill-building, message training, and strategic planning activities needed to energize us for the important work in the year ahead.

Registration is now open for the National Breast Cancer Coalition's (NBCC) Advocate Leadership Summit. Go to <https://www.stopbreastcancer.org/events/2023-advocate-leadership-summit/>

Registration fee is \$350. If you bring a new advocate leader with you to the Summit, you both pay only \$300. **Scholarships and shared hotel rooms are available for Beyond Pink TEAM members. Apply for a Beyond Pink TEAM Scholarship.** The Application Deadline is February 1, 2023. Contact Christine.b.carpenter@gmail.com or 319-830-1192 for a scholarship application.

Beyond Pink TEAM is a member organization of NBCC because NBCC has revolutionized breast cancer since it was formed in 1991. It addresses the critical need for a coalition of breast cancer organizations to work together and end breast cancer through action and advocacy. This was a revolutionary vision at the time, and NBCC's track record of success demonstrates the effectiveness of this strategy. NBCC's bold, determined and strategic advocacy has changed the breast cancer landscape, and NBCC continues to shape crucial breast cancer public policy and research. Won't you join us at the Summit?



HOPE IS STRONGER THAN FEAR, CONTINUED FROM PAGE 2

start another therapy called Kadcyla which started four weeks after surgery. I completed a total of 33 rounds of radiation.

I feel I was picked to go through this journey so that I can help others. I have done numerous patient teaching in my role of being a medical assistant with patients. I have been asked to come into other provider's exam rooms to speak with newly diagnosed breast cancer patients. This has been positive healing for me.

I have been blessed by so many - family, friends, and co-workers. The Beyond Pink TEAM provided financial support as well as scarves, hats, pillows. I was also blessed by Can Do Cancer who sent a gift box with several gift cards for meals and gas. I was also assigned a cancer buddy who has kept in contact with me for support. The Pink Tractor Foundation was very generous with financial support as well as Check the Girls.

I had stage 3B triple invasive ductal breast cancer. I am now a survivor. I was chosen to throw out the first pitch at the local Waterloo Bucks baseball game for the Pink Out Night which raised money for the Beyond Pink TEAM. It was a great honor and a wonderful memory.

Hope is stronger than fear. I am a stronger, better person. I have learned all things are possible through trust in the Lord. Take one day at a time and always remain positive.



A "CAN DO" ATTITUDE BENEFITS THE BEYOND PINK TEAM



Pat Homeister formed the Pegasus TEAM for the 2021 Pink Ribbon Run in honor of her sister, Peggy Homeister. Peggy lived with her breast cancer for almost 3 years before she passed following a heart attack attributed to her radiation and chemotherapy.

Due to health issues Pat is no longer able to do the volunteer work she loved doing. One thing she felt she could still do was raise money for the Pegasus Team before the 2022 Pink Ribbon Run. She recruited people for her team as well as asking for donations for the Beyond Pink TEAM. Pat's donation collections started at a family reunion in July, then friends, family, and neighbors in the Horton area. At every medical appointment she or her husband had, she asked the office to be part of the Pegasus Team or donate to the Beyond Pink TEAM.

Pat is a very fun and determined woman. She raised \$2,867.22 in donations plus the registration fees for the Pegasus TEAM members and others she inspired to sign up for the run. The Beyond Pink TEAM admires Pat's "can do" attitude and appreciates her donations which allows us to help others.

The following contributions were made in honor of or memory of from September 1, 2022, through November 30, 2022.

Thank you for remembering these individuals in this manner.

HONORARIUMS

Our daughter
by Harold & Verdie Allen
Our two daughters
by Bob & Rhoda Olson
Cheryl Thayer and Kristin Kuennen
by Karen Thayer
Carolyn and Marlene
by Mervin Carnahan

MEMORIALS

Kristi Appenzeller by Andrea Dellit
Carol Dean by Trish Pedersen
Michelle Dowie Friedley by Jan Smith
Sharon Juon by Traci McCausland
Gary VanDusen by Trish Pedersen

SUPPORT GROUP DATES

As of this writing both BPT Support Groups (Touch of Courage and All Cancer Support Group) have met in-person outdoors. Please call first before attending any group. Wear a mask if indoors, and do not attend if you have been exposed to COVID-19.

January 3, 2023, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for meeting info

February 7, 2023, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for meeting info

April 4, 2023, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for meeting info

January 9, 2023, 1:30 pm

Touch of Courage

Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

March 6, 2023, 1:30 pm

Touch of Courage

Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

April 18, 2023, 4:30-7:00

BPT All Cancer Survivor Group

If meeting in person mask required
Cedar Valley Unitarian Universalists Church
3912 Cedar Heights Drive, Cedar Falls
Angela 319-231-3143 for info & location

January 17, 2023, 4:30-7:00

BPT All Cancer Survivor Group

If meeting in person mask required
Cedar Valley Unitarian Universalists Church
3912 Cedar Heights Drive, Cedar Falls
Angela 319-231-3143 for info & location

March 7, 2023, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for meeting info

February 6, 2023, 1:30 pm

Touch of Courage

Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

April 3, 2023, 1:30 pm

Touch of Courage

Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

COMING SOON Ignite -

The Cancer Journey A resource created by the Beyond Pink TEAM's advocacy and education counsels to help people navigate through their cancer journey from diagnosis, treatment, care, thrive, and advocate will be here SOON! Watch for news on the Beyond Pink TEAM's website and Facebook pages.

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. beyondpinkTEAM.org
f You can also find us on Facebook.

Living Beyond Breast Cancer includes a helpline, newsletter, and information. LBBC.org
Survivors Helpline: 888-753-5222

Cancer Care is a national nonprofit organization offering counseling, support, financial assistance, and education to individuals with cancer and their families. cancercare.org

Iowa Cancer Consortium offers cancer information and links to resources in Iowa. canceriowa.org

American Cancer Society offers cancer information and services. 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. stopbreastcancer.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. cancer-network.org

National Cancer Institute 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**. cancer.gov

National Cancer Institute for NCI dictionaries of cancer terms, genetics terms, and cancer drugs. cancer.gov/publications/dictionaries

Young Survival Coalition connects with other young women diagnosed with breast cancer. youngsurvival.org

CancerChoices is an independent, science-informed resource, helping you make sense of your choice in integrative cancer care. cancerchoices.org

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.

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:

- | | |
|--|--|
| <input type="checkbox"/> Writing a survivor story for the newsletter | <input type="checkbox"/> Making phone calls and sending emails to policy makers for breast cancer issues |
| <input type="checkbox"/> Become part of the Breast Cancer Advocacy Network | <input type="checkbox"/> Become a member of the Beyond Pink TEAM - Complete this form, send with a check for \$5 to Jeanne Olson, BPT Treasurer, to address at bottom of this page. Meetings are 3rd Thursdays each month (except December) at 7:00 a.m. |
| <input type="checkbox"/> Volunteering: (check all that apply) | |
| <input type="checkbox"/> Assist with Support Groups | <input type="checkbox"/> Advocacy – Contact Congress/Ignite the Cancer Conversation |
| <input type="checkbox"/> Development (Publicity) | <input type="checkbox"/> Education (Health Fairs/Presentations, Newsletters) |
| <input type="checkbox"/> Events (Fundraisers, Projects and More) | |
| <input type="checkbox"/> Donate. Make checks payable to Beyond Pink TEAM. (All donations are tax deductible) | |
| <input type="checkbox"/> BPT Fund | |
| <input type="checkbox"/> Advocacy Fund | |
| <input type="checkbox"/> Area of Need | |

Mail To:
Cedar Valley Cancer Committee
Db a Beyond Pink TEAM
1407 Asbury Lane
Waterloo, IA 50701

Scan here for more
information on the
Beyond Pink TEAM.



BeyondPinkTEAM.org