



Cedar Valley Cancer Committee

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# TOUCH OF COURAGE

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## CONNECTION NEWSLETTER

### 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  
THANK YOU  
FOR YOUR  
CONTINUED  
SUPPORT

16<sup>TH</sup> ANNUAL  
**PINK RIBBON RUN** 2022

TOTAL RAISED  
**\$78,628.56**



16<sup>TH</sup> ANNUAL



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

### Warrior Sponsors

Oakridge Realtors  
GreenState Credit  
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Bambinos  
Community Auto Group

### Strength Sponsors

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Kimball & Beecher Family Dentistry

### Support Sponsors

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### In-Kind Donations

NuCara Image Boutique  
Transcend Defy Limits  
Urban Pie

KJ & Company  
Here's What's Poppin

Nagle Signs  
PDCM Insurance  
Community Auto Group  
Bambino's  
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

Jason Jochumsen  
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](mailto: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.

## 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

**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

**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

**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

**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

**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

**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

**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

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

**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

**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

### 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

**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](http://beyondpinkTEAM.org)

 You can also find us on Facebook.

**Living Beyond Breast Cancer** includes a helpline, newsletter, and information. [LBBC.org](http://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](http://cancercare.org)

**Iowa Cancer Consortium** offers cancer information and links to resources in Iowa. [canceriowa.org](http://canceriowa.org)

**American Cancer Society** offers cancer information and services. [cancer.org](http://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](http://stopbreastcancer.org).

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

**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](http://NCCN.org/patients)

**National LGBT Cancer Network** works to improve the lives of LGBT cancer survivors and those at risk. [cancer-network.org](http://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](http://cancer.gov)

**National Cancer Institute** for NCI dictionaries of cancer terms, genetics terms, and cancer drugs. [cancer.gov/publications/dictionaries](http://cancer.gov/publications/dictionaries)

**Young Survival Coalition** connects with other young women diagnosed with breast cancer. [youngsurvival.org](http://youngsurvival.org)

**CancerChoices** is an independent, science-informed resource, helping you make sense of your choice in integrative cancer care. [cancerchoices.org](http://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. |
| <br>   |  |
| <input type="checkbox"/> Volunteering: (check all that apply)  | <input type="checkbox"/> Advocacy – Contact Congress/Ignite the Cancer Conversation  |
| <input type="checkbox"/> Assist with Support Groups  | <input type="checkbox"/> Education (Health Fairs/Presentations, Newsletters)   |
| <input type="checkbox"/> Development (Publicity)   |  |
| <input type="checkbox"/> Events (Fundraisers, Projects and More)   |  |
| <br>   |  |
| <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  
Dba Beyond Pink TEAM  
1407 Asbury Lane  
Waterloo, IA 50701

Scan here for more information on the Beyond Pink TEAM.



**BeyondPinkTEAM.org**