



Cedar Valley Cancer Committee

TOUCH OF COURAGE

CONNECTION NEWSLETTER

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CAN CANCER TREATMENT AFFECT MY HEART?

BY ABBIE SCHRADER, MSN, ARNP AND DANA MCDOUGALL, PHARM.D., BCPS, BCOP

A cancer diagnosis can be overwhelming. Currently, several treatment options exist. Some options available can potentially impact your heart. These adverse effects can range from alterations in heart rate, heart failure, inflammation of the heart muscle, heart attack, or changes in electrical conduction. When discussing with your oncology provider, there are specific questions you can ask to understand the potential impact on your heart health.

These questions include:

- Are the medications I receive going to impact my heart health?
- Will these medications interfere with any blood pressure or heart medications I am on?
- How will I be monitored for potential impact on my heart function?
- If I have experienced adverse cardiac effects, how will this be managed?

Certain agents used for cancer treatment to be mindful of include:

- Any anthracyclines (e.g., doxorubicin)
- Alkylating agents (e.g., Cyclophosphamide, Cisplatin)
- Anti-HER2 agents (e.g., Pertuzumab, Trastuzumab)
- Tyrosine Kinase Inhibitors (e.g., Imatinib, Erlotinib_)
- Vascular endothelial growth factor inhibitors (e.g., Bevacizumab)

Generally, before and during treatment, your provider may order testing periodically to assess the impact on your heart. This testing may include:

- EKG – to check for any delay in electrical conduction, changes in heart rhythm and/or rate.
- Echocardiogram: To assess for any reduction in heart pumping function.
- MUGA scan: Will also assess for changes in heart pumping function.

If there is a change in the hearts pumping function (Ejection Fraction), your oncology provider may consider referral to Cardiology or may possibly hold or delay treatment or change treatment. This will be discussed, and the risks and benefits weighted. If the heart pumping function is reduced, Cardiology will offer medication options which can also help to improve heart pumping function and rule out any additional contributing cause.

In some cases, radiation therapy may be necessary. Advances have been made over the years to avoid negative impact on the heart. There is a small risk of potential exposure in patients receiving radiation for breast, lung, esophageal,

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BE KIND AND DON'T JUDGE

A SURVIVOR STORY BY BRANDY WALKER, OF THE 2023 PINK RIBBON RUN

When you are told you have cancer everything in your world is turned upside down and you are trying to figure out how to manage everything you're being told. I'm going to try and sum up my journey for you.

I had some extreme right side and back pain and went to the ER. After some testing they thought I had passed a kidney stone and sent me home. Two days later I was in more pain and went back to the ER, they ran more tests and this time thought I now had gall stones and needed my gall bladder removed. The surgeon went in to remove my gall bladder and said it was fine and left it in, but he found 2 masses and took biopsies. I did my regular mammograms, but this time the results came back Stage 4 breast cancer. So now my cancer journey begins on December 17, 2019, at the age of 45.

The spot they found in my right breast was by an ultrasound and only a 1 cm area. When you're told you have cancer your mind and emotions are all over, especially when you hear that there isn't a cure for you, and you have 3-5 years to live. They said we will do our best to give you quality of life. I'm thinking "wait, I have a husband and 2 kids and so much more in life that I want to see and do." So, after I felt sorry for myself and did the "why me" question, I had to start chemo immediately. They thought my liver was going to shut down because it was twice the size it should have been. However, I didn't have a mastectomy since the cancer had already spread. For me, after 2 weeks of chemo I started losing my hair and that was worse than being told I had cancer. Because before you could look at me and not know anything was wrong, but now without hair the whole world knows you're going through something. So, when you look at me and I don't appear

to have anything wrong with me, remember that my body is fighting this horrible disease all day every day!

You will have good days and bad days emotionally, mentally, and physically. But life goes on and I had to stay positive and rely on my faith, family, and friends to keep me going every day because this is like a roller coaster ride. You have ups and downs throughout this whole journey. So, by sharing my story remember to please be kind and don't judge people because you have no idea what battles they may be fighting and living with every day or how much time they have left. Just saying hi, giving a simple smile, or making a kind gesture might make that person's day! For everyone fighting cancer this journey is very mentally and physically challenging and it's easy to want to give up, but you got to remember that each and every one of us have a purpose and you need to keep fighting with everything you have.

I was told 3-5 years and it's been almost 4 years and I'm still going strong. Don't let the statistics get to you. Enjoy each and every day because we don't know when it will be our last! Thanks to all my family, friends, coworkers, breast cancer survivors, Team Pink Warriors (my Pink Ribbon Run team), and everyone else for your support. A special thank you to the Beyond Pink TEAM for all your financial help and support! The Beyond Pink TEAM has support groups for you. This organization helps so many survivors, so, if you can, please donate or volunteer your time.



CANCER AND SUN EXPOSURE INFORMATION FROM VARIOUS WEBSITES

The often-asked question is "Should cancer patients TOTALLY avoid being in the sun during and after treatment?" The short answer is no. Going through cancer treatment doesn't mean you need to avoid the sun. Enjoy the warmth of the day and the physical and mental benefits associated with sunlight as you recover from your treatment. However, you need to be careful and follow precautions to avoid complications. Specifically, you will need to:

- Apply sunscreen with at least SPF 30 or higher even when the weather seems cold and cloudy.
- Wear long-sleeved shirts and hats with long and wide brims. Maybe wear a scarf to protect your neck and if you have hair loss. Pants will help cover your legs. Clothing should be tightly woven to avoid sun rays penetrating the material.
- Enjoy morning sunlight but avoid going out between 10 am and 4 pm when the sun is at its hottest.

- Wear sunglasses. Chemotherapy can affect your eyes and how they react to light.
- Wear lip balm with SPF or higher.
- Stay in the shade or bring an umbrella if you want to be outside for extended periods of time.
- Drink plenty of water to stay hydrated.

SUPPORT BEYOND PINK TEAM GARDEN FLAG

Spring is just around the corner and your gardens will be in full bloom. Why not add a Support Beyond Pink TEAM garden flag? To purchase a flag, contact Cheryl at jcthayer@cfu.net. Cost is only \$15!



STORY OF MARLYN WASHBURN – A MALE BREAST CANCER INDIVIDUAL

BY PATRICIA WASHBURN, SPOUSE OF MARLYN



Marlyn Washburn was a 41-year educator at the high school level in Nebraska and Iowa. He did not believe men could get breast cancer. When his own daughter was diagnosed in 2014, he commented that he never needed to worry about getting breast cancer. He was a source of moral and

physical support for his daughter, who is today a survivor. She has taken after her father's footsteps and has been in secondary education for over 25 years.

Two years after she was diagnosed, Marlyn went to his primary care physician to have his A1C checked due to his diabetes. We received a telephone call the next day saying his alkaline phosphatase level was elevated. Not understanding what that entailed, we were told it could be associated with his kidneys or his gallbladder. Some of his children had previously had their gallbladders removed, so we assumed that was the problem. However, an ultrasound the next day led to additional testing. The result was metastatic breast cancer.

Since we were not familiar with the medical terminology, neither of us fully understood what it meant to be

“metastatic.” The oncologist told us there was no cure, but she hoped to give him “five quality years.” It is hard to know how long his cancer had been growing undetected, but his body was full of cancer at the time of diagnosis. It had already metastasized to his lungs, lymph nodes, adrenal glands, bones, and brain. He wanted to treat it aggressively, so radiation was done on his scapula and his brain. He was told surgery was not an option. His chemo cocktail consisted of Herceptin, Perjeta and Taxotere. He was ER+, PR- and HER2+.

Marlyn lived only five months after his diagnosis. He had been put on heavy doses of oxygen for the last two months of his life. Although we traveled the best we could, we would take several oxygen tanks with us every time we left home. It was not easy, but I am thankful we were able to do that for him.

At the time Marlyn was diagnosed, we discovered many of our family and friends also did not know men could get breast cancer. Nebraska had come out with Breast Cancer Awareness license plates for vehicles and Marlyn decided he wanted one for his car. The plates were ordered and came in before he died. He was able to promote Breast Cancer Awareness. As his wife, I, actively travel the country, promoting Men Too Get Breast Cancer.

NOTE: Her efforts will be shared in an upcoming BPT newsletter issue.

TURBOVOTE

To enhance voter outreach, the Black Hawk County Election Office is utilizing TurboVote—a powerful tool that delivers crucial election information directly to voters in their preferred manner. By keeping voters well-informed, we aim to encourage active participation in all upcoming elections.

Why TurboVote?

TurboVote is a non-partisan, non-profit organization unaffiliated with Black Hawk County. It offers email and/or text reminders for upcoming elections and vital election information. We understand that many voters may not be familiar with important election dates and deadlines, and our goal is to inform and empower them to participate actively and consistently.

Long-Term Benefits:

Once you sign up, TurboVote will regularly send reminders for all future elections. Plus, if you ever move, updating your address is an easy option to ensure you continue receiving accurate notifications.

What Can You Do?

1. **Enroll in TurboVote:** Take a moment to sign up for TurboVote election reminders. <https://blackhawkcountyelections.iowa.gov/page/turbovote>
2. **Take the Extra Challenge:** After signing up, we challenge you to share the link to encourage your friends or family members to sign up for TurboVote.



NOTE: This is only valid for Black Hawk County voters.



Volunteer to assist with speakers or refreshments or participate with one of two support groups.



Advocate at the local, state, and national level



HOW TO BECOME A VOLUNTEER WITH BEYOND PINK TEAM

- Visit our website, www.beyondpinkTEAM.org
- Click on Become a Volunteer tab
- View list of council descriptions for a more specific area to volunteer
- Fill out BPT Contact Form

Our volunteer chair, Cheryl, will contact you with more information.

Your name will be added to our volunteer opportunity program called, SignUpGenius. You will be sent a notice when volunteer opportunities are available.



BECOME A VOLUNTEER AND MAKE A DIFFERENCE!
SCAN TO LEARN MORE

Present to the public on topics such as breast cancer awareness and the Beyond Pink TEAM



Represent the Beyond Pink TEAM at check presentations from businesses or organization's fundraising events



Volunteer to work at fundraisers held by other organizations in the community



VOLUNTEER AT THE PINK RIBBON RUN - BPT'S LARGEST FUNDRAISER



VOLUNTEERS ARE APPRECIATED BY THE BPT

The Beyond Pink TEAM is an all-volunteer organization, which makes us unique. It's amazing what we can accomplish working together! Whether you like to volunteer at "pink" events or you are passionate about ENDING breast cancer...we have a volunteer job that's right for you. You can volunteer one time, occasionally, or in an ongoing role. For volunteers who would like to get more involved and have a voice in the direction of the organization, membership is required.

What can you do as a Beyond Pink TEAM volunteer?

- Join a council.
- Write or suggest topics for the newsletter.
- Help plan and support fundraising events.
- Attend community events to represent BPT.
- Advocate at the local, state, and national level.
- Organize support group speakers and refreshments.
- Distribute BPT materials to clinics and hospitals.

We would love to have your energy and passion as part of the Beyond Pink TEAM! Won't you join us!

EMPOWERING PROGRESS: THE DOD BREAST CANCER RESEARCH PROGRAM

CHRISTINE CARPENTER AND LORI SEAWEL, BEYOND PINK TEAM ADVOCACY AND NBCC BOARD MEMBERS.



The Department of Defense (DOD) Breast Cancer Research Program (BCRP), a groundbreaking program championed by the National Breast Cancer Coalition (NBCC), has been instrumental in driving forward innovative research, providing hope for countless individuals facing this disease. The HER2 targeted therapy, Trastuzumab (Herceptin), commonly used for treatment of HER2+ breast cancer, is one example of a successful treatment that benefitted from DOD BCRP funding.

The DOD BCRP traces its roots back to the early 1990s when NBCC spearheaded efforts to increase federal funding for breast cancer research. Recognizing the urgent need for dedicated resources, NBCC advocated tirelessly, mobilizing advocates and lawmakers to prioritize breast cancer research. Due to NBCC's efforts and the Congressional leadership of Senators Tom Harkin (D-IA) and Alfonse D'Amato (R-NY) in FY1993, Congress appropriated \$210 million in the DOD research and development budget for a breast cancer peer-reviewed research program administered by the Department of the Army. As a result of NBCC's grassroots advocacy, including our own Beyond Pink TEAM advocates, and the DOD BCRP's demonstrated success, Congress has appropriated funding for the program each year since.

Since its inception, the program has played a pivotal role in funding groundbreaking research initiatives, ranging from understanding the underlying mechanisms of breast cancer to developing innovative treatment approaches. Through a rigorous peer-reviewed process, the program allocates funding to projects with the potential to make significant strides in breast cancer prevention, diagnosis, and treatment. Christine Carpenter, our Beyond Pink TEAM Advocacy Council chair, has served on the peer-review panel.

The impact of the DOD BCRP extends far beyond scientific discoveries. It has fostered collaboration

among researchers, clinicians, and advocates, creating a vibrant community dedicated to advancing our understanding of breast cancer. By prioritizing innovative research and fostering interdisciplinary collaboration, the program has paved the way for transformative breakthroughs that have improved outcomes and quality of life for individuals affected by breast cancer. The first of its kind, the DOD BCRP has served as a model peer-review program, with nearly forty disease- or condition-specific programs modeled after it, all under the umbrella of the Congressionally Directed Medical Research Programs (CDMRP).

Yet, despite the remarkable progress achieved through the DOD BCRP, our work as breast cancer advocates is far from over. Each year, we must continue to advocate for robust appropriations from Congress to ensure that this vital program receives the funding it needs to sustain momentum and drive progress. Beyond Pink TEAM advocates recently asked Iowa Senators and Representatives to once again support level funding (\$150 million) for this essential program for FY2025. With ongoing support and investment, we can build on past successes and move closer to our shared goal of ending breast cancer once and for all.



DC Policy Lead Group, 2023

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and mediastinal malignancies*. It is beneficial to monitor long term for the development of potential coronary or valvular heart disease.

For those patients who already have pre-existing heart conditions, this may warrant closer monitoring and/or consideration of alternate treatment options. Ask your

oncology provider how they plan to collaborate your care with your Cardiology provider to provide the safest experience.

*Mediastinal tumors are masses of cells that appear in the space between your lungs, called mediastinum. These tumors may be cancerous but are usually noncancerous. Definition from Cleveland Clinic.

DONATIONS

December 1, 2023, through February 29, 2024

Ann Barloon	Isle Casino & Hotel
Browns Sales & Leasing	Brook Kolder
Chapter MR PEO	Amber Krebsbach
C. David & Glenda Christensen	Jodie Muller
Jeff Coons	Marty Mullnix
Krista Dougherty	Judy Pitzenberger
Pam Dowie	Crystal Schmitz
Jean Hoy	UAW Local 838
Jennifer Hughes	Sandra Wilkens
	Cynthia Wilson



THANK YOU

to these individuals, businesses, and corporations for their support of the Beyond Pink TEAM mission through their donations and support.

Memorials and Honorariums

In Memory of Kim Newby
Marty Mullnix
Oakridge Realtors

In Memory of Jane Clark
Marty Mullnix

In Memory of Darlene Shipp
Deanna Hughes

In Memory of Donna Black
Stephanie Black
Teresa Hendren
Dorothy Keep
Richard Klodt

In Honor of Cheryl Thayer
Karen Thayer

FUNDRAISERS

Cosmetologist & Barbers of Iowa
CRIC Ltd
Splash of Pearl Boutique
Texas Roadhouse
Tyson Prepared Food



DATES TO REMEMBER APRIL - JULY 2024

April 1, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for more info

April 2, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for more info

April 16, 5:00-7:00 pm

BPT All Cancer Survivor Group
Masks are optional
Cedar Valley Unitarian Universalists Church
3912 Cedar Heights Drive, Cedar Falls
Angela 319-231-3143 for more info

May 6, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for more info

May 7, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for more info

June 3, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for more info

June 4, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for more info

June 18, 5:00-7:00 pm

BPT All Cancer Survivor Group
Masks are optional
Cedar Valley Unitarian Universalists Church
3912 Cedar Heights Drive, Cedar Falls
Angela 319-231-3143 for more info

July 1, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for more info

July 2, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Courtney 319-272-2816 for more info



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

 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

The Cancer Journey Short 3–5-minute videos featuring survivors, doctors, social workers, and advocates who share their experiences of diagnosis, treatment, after-treatment, living with metastatic cancer, and advocating to end this disease. beyondpinkteam.org/the-cancer-journey.html

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:

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

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