



Cedar Valley Cancer Committee

# TOUCH OF COURAGE

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## SLEEP AFTER A BREAST CANCER DIAGNOSIS

**CATHERINE THOMSEN, MPH**

**Science & Survivorship Program Director**

We have all heard how important sleep is for our health. The stress of a cancer diagnosis and treatment on the body and mind can make sleep more difficult, yet it is important for healing. Even people whose treatment has ended commonly have trouble sleeping occasionally. For some of us, sleep can be a struggle.

While sleep can be difficult for anyone, it is almost twice as common in people who have been diagnosed with cancer. More than half of those ever diagnosed with breast cancer report having sleep problems, even years after ending treatment. In the Pathways Breast Cancer Survivorship Study, more than 9 years after a diagnosis, about half of study participants reported having trouble getting to sleep and 61% reported waking in the middle of the night or early morning.

### How Much is Enough?

Experts say we need an average of 7-9 hours of sleep a night. About one third (33%) of us do not regularly get 7 hours of sleep, and it is almost half for Native Hawaiian/Pacific Islander, Black and Multiracial Americans. We need enough sleep to:

- Remember things and think clearly
- Clean out our brain (the glial lymphatic or glymphatic system)
- Grow and repair cells
- Rebuild energy

Routinely getting less than 7 hours of sleep can cause health problems, such as:

- Overweight and obesity
- Heart disease
- Diabetes and poor blood sugar control
- Depression (which can also cause sleep problems!)

Then again, some studies show that sleeping 9 or more hours a night can be associated with some of those same health problems.

So, what is the answer? Dr. Mia Zaharna of Kaiser Permanente San Jose's Sleep Medicine Laboratory says that some of us are "short sleepers" and some are "long sleepers" because of our genes. Everyone has their own sleep needs, and they can change over time; the important thing is to feel rested during the day.

Therese, Martha and Margarita, three participants of the Pathways Breast Cancer Survivorship Study, told us about their sleep after a breast cancer diagnosis. The first two don't do well the next day if they get less than 7-8 hours of sleep and are "grouchy" and "draggy." Margarita was fine with getting 6 hours a night in the past, but now finds it much harder to function.

### Sleep Problems

Getting a good night's sleep is often hard during cancer treatment and can pose a problem for life for some survivors. Dr. Zaharna notes that it's normal to wake up on occasion. If you feel well-rested and are not awake for long periods of time in

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## NOTHING IS NORMAL WITH CANCER

### **BARB HORSTMAN – A SURVIVOR**

When I was asked to write about my breast cancer story, I was hesitant as my story is pretty normal – diagnosis, surgery, recovery. No major complications or surprises. But then I realized, there is absolutely NOTHING

NORMAL about getting breast cancer, and if my story helps just one person get through this, then I'm happy to share.

I was 52 when diagnosed. My mom had breast cancer previously so I was considered high risk. In addition to having a yearly mammogram, I was also having a yearly breast MRI so I was having a mammogram or an MRI every 6 months. It was the MRI that caught it. My cousin had just been diagnosed 6 months earlier (she was 47 years old at the time) and she was very open with me about her journey which included a double mastectomy, chemo, radiation, and reconstruction, so I knew what was coming - and it scared me. How was I going to do this? How was I going to tell my kids? My daughter was in junior high and my son was in high school. How much time would I need to take off from work? Who was going to help me after surgery? How am I going to tell my parents? So many things to do – where do I even start?

My husband and I decided to wait and tell the kids (and my parents) until after I had a treatment plan in place. We wanted to have as much information for them as possible. This turned out to be more complicated than I thought. Since my breast cancer was caught early, I was lucky and had options. Lumpectomy with radiation was the easiest option, or mastectomy, single or double, with reconstruction, or go flat. I talked myself into each of these options at some point. You may think you know exactly what you would do if you were ever diagnosed with breast cancer – but you don't.

At this point of my story, I knew I needed help so I reached out to women I knew had been through this. Obviously my cousin was one of the first I reached out to, but I also reached out to women that I hadn't spoken to in years! It didn't matter – every single one of them were full of compassion and jumped at the chance to help me. I could hear the pain in their voices – of knowing another person had to go through this – and even bringing back memories of their own stories. I apologized to all of them for asking for advice but they all assured me that it was okay to ask. These ladies spent hours on the phone with me, met me in person for coffee, gave me books to read, and sent me inspirational cards. They even directed me to others that they knew for additional guidance. Soon after, I was getting calls/texts from complete strangers offering advice and sharing their own stories. I was blown away by the openness of these ladies and how willing they were to talk about their breasts with a complete stranger! To hear their personal stories/struggles with how and why they chose the treatment they did, helped me decide what I wanted to do. In the end I decided on a double mastectomy with reconstruction at the same time. Then I was told some

bad news – I would have to wait 8 weeks for surgery/reconstruction! I was shocked – how could this be? Why would a cancer patient have to wait 8 weeks for treatment? It's CANCER! I was assured by my doctor(s) that it would be fine. I again turned to my "girls" to vent – the same ones that helped me make my treatment decision - who were able to help me see that I could either change my treatment plan (go with mastectomy only and do reconstruction later – then I could have surgery in 4 weeks), or use these 8 weeks to do things I wanted or needed to do. I chose to wait the 8 weeks and while I had the time, I went down to UIHC for a second opinion. UIHC completely agreed with my local doctors' assessment of my breast cancer diagnosis, stage, and treatment options which I was so relieved to hear. I would highly recommend getting a second opinion – if you have the time.

I had a double mastectomy and reconstruction on July 23, 2019 – almost 3 months after diagnosis. Recovery was hard, but I again had a lot of support. My co-workers arranged for meals for the 4 weeks I was at home recovering. I had visitors to keep my spirits up and a wonderful friend who is a nurse came over to help me with those crazy drains a couple of times. Those same women who were there for me before surgery, were also there checking up on me after surgery. The final pathology report came back showing no lymph node involvement. I did not need chemo or radiation but was prescribed tamoxifen. After 6 weeks on tamoxifen, I developed a blood clot in my right calf and was put on blood thinners for 6 months. After 6 months of blood thinners, I was told I could go back on tamoxifen, but if I did that, I would also have to be on blood thinners as long as I was still on tamoxifen. Or, I could just not continue with tamoxifen, because my recurrence score was very low. This was a scary decision for me, but I chose to stay off the tamoxifen. (I also went back down to UIHC for another second opinion on the tamoxifen/blood thinners issue. Again, they confirmed what my local doctors advised.)

I've been cancer free now for 4 years. If it comes back, I know that same group of women will help me once again, along with the women in my church's cancer survivor group, and the amazing women I've met through recently joining the Beyond Pink TEAM. Breast cancer survivors are like energizer bunnies – we just keep going – for ourselves and anyone else diagnosed. There is no stopping us. I started helping others diagnosed as soon as I could. I shared mastectomy shirts, recovery pillows, and anything else I used after surgery with two dear friends diagnosed after me, and with a couple of "friend of friends" and I will continue to help anyone who asks.

As I said before, my breast cancer story was pretty typical and could have been so much worse. My advice to anyone is to get screened so it can be caught early and you can have options. Reach out for help, accept help when offered, and then continue to help others as you are able.

# THE NBCC ARTEMIS PROJECT®: REVOLUTIONIZING BREAST CANCER RESEARCH TO END BREAST CANCER

**LORI SEAWEL, BREAST CANCER SURVIVOR AND BEYOND PINK TEAM ADVOCACY MEMBER**

Breast cancer has long been a formidable adversary, affecting millions of lives worldwide. However, in recent years, significant strides have been made in research and treatment options. Among these breakthrough initiatives, the National Breast Cancer Coalition's (NBCC) Artemis Project® stands as a beacon of hope. Designed specifically to combat breast cancer and improve the lives of survivors and patients, this ambitious endeavor aims to eradicate breast cancer once and for all.

**Vision and Mission.** In 2011, the Artemis Project® was born. The Artemis Project® is a groundbreaking breast cancer research initiative with a clear vision of achieving the goal of ending breast cancer. The name reflects the protective nature of the Greek goddess, Artemis. The project symbolizes the determination to shield women and men from the devastating effects of breast cancer.

**Artemis Project® Goal.** The Artemis Project® employs an innovative, mission-driven approach to strategic summits, catalytic workshops, and collaborative efforts of the various stakeholders focusing on its two-pronged goal for ending breast cancer:

- **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 Role of Advocates in Research.** One of the core principles of the NBCC Artemis Project® is to prioritize the voices and experiences of breast cancer survivors and patients. This is the only way to ensure funds are effectively spent and adequately address: 1) the causes and prevention of breast cancer, 2) development of optimal treatments and cures for breast cancer, and 3) a focus on the best possible means to end the disease.

**Key Components of the Artemis Project®.** By engaging with the breast cancer community, the project ensures that research and treatment reflects the needs and concerns of those affected. The project aims to empower survivors and patients by providing them with the opportunity to actively shape the direction of breast cancer research through the following:

- An advocate-led research agenda.
- Focus on high impact research.
- Unexpected and unique collaborations.
- A dynamic, continuous input process.
- An advocate-designed framework.

**The Most Recent Work of the Artemis Project®.** The Artemis Project® continues to make progress on development of a preventive vaccine for breast cancer. In 2020, NBCC's proposal was accepted by the National Cancer Institute's PREVENT program to advance the vaccine to a Phase 1 clinical trial with manufacturing support. And though progress was slowed because of the COVID-19 pandemic, a

clear path was outlined for production for the Phase I safety trial. The Phase I trial population will be patients with any ER/PR/HER2 breast cancer treated solely with endocrine therapy. There will be two dose levels and three cohorts. The first safety lead-in cohort will be comprised of six Stage IV breast cancer patients. The second safety lead-in cohort also will be comprised of six Stage IV breast cancer patients. And the expanded cohort will be comprised of 30 Stage III breast cancer patients. The primary outcomes are safety and tolerability, along with immunity. The secondary outcomes are the ability to traffic to breast mucosa and persistence.

Additional work in primary prevention over the past year has revolved around exploration of risk prediction and reduction strategies as well as immune system enhancement mechanisms such as a vaccine against neoantigens, harnessing the knowledge gained from the development of mRNA COVID vaccines. During the 2022 Artemis Meeting for the Prevention of Metastasis, modulation of the human immune system continued as a key theme as well as ways to mobilize and destroy latent DTCs (Disseminated Tumor Cells). The group also spent time discussing the state of the sciences and exploring how emerging technologies might be leveraged to prevent breast cancer and end deaths, and be incorporated into the goals of the Artemis Project®.

**Conclusion.** The NBCC Artemis Project® holds immense promise for breast cancer survivors and patients, who are at the heart of the project. Through its ambitious goals, revolutionary research initiatives, and dedication to inclusivity and patient advocacy, the project is spearheading a transformative movement in the fight against breast cancer. By uniting survivors, patients, researchers, and policymakers, the NBCC Artemis Project® aims to create a future where breast cancer is no longer a threat, providing renewed hope and resilience to those affected by this disease.

If you would like to keep informed about research accomplishments through the Artemis Project, visit: <https://www.stopbreastcancer.org/what-we-do/research/artemis-project>.

If you would like to learn more about becoming an educated, trained advocate with the Beyond Pink TEAM and the National Breast Cancer Coalition, reach out to [christine.carpenter@cfu.net](mailto:christine.carpenter@cfu.net) or [lori.seawel@seawel.com](mailto:lori.seawel@seawel.com).

If you would like to donate to NBCC and their work through the Artemis Project®, please visit: <https://www.stopbreastcancer.org/donate-now-c3>.





# 17<sup>TH</sup> ANNUAL PINK RIBBON RUN | 2023

The 17th Annual Pink Ribbon Run will be held on Saturday, October 7th with participants meeting at the River Place Plaza to meet with team members and get pre-race announcements. A survivor photo will be taken prior to the Welcome and Pre-Race Announcements. There will be an opportunity to visit the Beyond Pink TEAM table to learn more about how your participation is supporting the Cedar Valley survivors as well as how you can donate to their mission.

If you are unable to pick up your race bib and registration materials on Friday, you may do so Saturday morning at the Community Main Street Office at 310 E 4th Street, Cedar Falls. It's just a quick walk to the River Place Plaza to join the festivities.

Thanks to our **Survivor Sponsor, Community Auto Group**, all breast cancer survivors still receive **FREE** registration!

## IMPORTANT DATES AND INFORMATION FOR THE EVENT THIS YEAR:

- In Person Race Day - October 7 at 8 am.
- Virtual Race Option: October 1-8.
- Register right up until race day.
- Virtual race registration will stay open through October 8.

## Packet Pick-up Information:

Packet Pick-up available on Friday, October 6th at the Community Main Street office, 310 E 4th Street for the following times:

- **Noon – 3 pm Team/group pick-up.** Please call ahead and your team/group registrations will be packed and ready for you.
- **3 - 7 pm All participant pick-up**

Saturday, October 7th – Day of Race at the Community Main Street office, 310 E 4th Street at:

- **6:30 - 7:30 am Participant Pick-up**

## Race Day Agenda:

- Packet pick-up 6:30-7:30 am - CMS
- 8:00 am - Survivor Photo – River Place Plaza
- 8:15 am - Welcome/Pre-race announcements
- LINE UP!
- 8:30 am - Race Start
- 9:30 am - Post Race:  
Thank you, Survivor Story, Awards, Team Prizes  
– River Place Plaza

## THANK YOU TO THE 2023 PINK RIBBON RUN SPONSORS!

### WARRIOR



### STRENGTH



### COURAGE



### HOPE



### FAITH

Forbin/VGM  
UnityPoint Health  
John Deery Motors  
NuCare New Image Boutique  
Lincoln Savings Bank  
Cedar Valley Breast Center  
Kimball Beecher Family Dentistry  
Advanced Heat Treat Corp.

### SUPPORT

Carolan Seeds  
Avalon Plastic Surgery Center

### IN-KIND

Tea Cellar • SMACK • NuCara  
Pump Haus Pub & Grill • Urban Pie  
Nagle Signs Inc. • Bambinos  
Culligan • Get Roasted Coffee Company  
Martin Bros. • Second Street Brewing Co.  
Cindy Lou's BBQ • 4 Queens  
Scratch Cupcakery • Runner's Flat  
KJ & Kompany • Here's What's Poppin'

## RECENT FUNDRAISERS

Thank you to these most recent fundraisers for the support to the BPT and their mission.

Die Hard Jeeps raised \$1,855.00.



## UPCOMING FUNDRAISERS

### SCHEELS.

**SCHEELS Ladies Night Out – Coming November 5th**

SCHEELS has designated the Beyond Pink TEAM as the recipient of this year's event. This is an afterhours event offering special deals, chair massages, giveaways, hors d'oeuvres and much more. It is a great night to enjoy with your girlfriends and begin your holiday shopping!

"LIKE" the Cedar Falls SCHEELS Facebook page (make sure it is the Cedar Falls store's page). Information about the event will be posted there. ALL ticket sales will be on Facebook as well. Limited advance tickets are sold online only about a month in advance. The BPT Facebook page will also have information about this event.

**Grundy Center Girls Night Out Thursday, October 12 from 4-7 pm**

Various businesses will be offering specials.

Being a friend or two and enjoy the early evening festivities.



### SPLASH OF COLOR

*12th Annual*

# 3K WALK & RUN

*To Support Women Affected by Breast Cancer*

**SATURDAY  
OCTOBER 14**

ONLINE REGISTRATION IS REQUIRED. PLEASE VISIT:

FOR MORE INFORMATION PLEASE CALL  
MRS. CATHY KETTON  
SPLASHOFCOLOR3\_WLOO@YAHOO.COM

**(319) 504-2703**

**Sullivan Park Waterloo  
Finish at the same place  
Starting 9AM prompt**

## CONTINUED FROM PAGE 1

the middle of the night, it probably isn't a problem. Being tired during the day may be a sign that we aren't sleeping well.

Both trouble getting to sleep and waking up can be long-term side effects of cancer treatment. Almost one in four (23%) of Pathways study respondents said their sleep was disturbed by Neuropathy pain. Another one in five (20%) said feeling too hot disturbed their sleep; hot flashes or night sweats may be caused by surgical or "normal" menopause, or by tamoxifen, a common breast cancer hormonal therapy. Although there wasn't a question about anxiety, worry or stress, about 2% of participants brought up that it troubled their sleep.

Stress commonly keeps people from going to sleep or getting back to sleep. After being diagnosed with breast cancer, Therese had trouble getting to sleep because of anxiety. However, after the treatment ended, she rated her sleep as pretty good.

Our immune systems ramp up to fight cancer and in response to treatments. And it doesn't just shut off after treatment. Ongoing inflammation sends a message to our brains that can disturb our energy, memory and thinking, mood, and sleep. For some, it could lead to insomnia (chronic trouble falling or staying asleep).

Martha was a "great sleeper" before her breast cancer diagnosis, but that changed; "I can honestly say there hasn't been a night that I've slept uninterrupted since then." She wakes up once or twice every night. Early on, she had anxiety, and she does have a stressful role at work, yet she also wonders if it became a learned behavior or pattern and "once I woke up, my mind was on."

Our bodies have an internal clock to keep us on schedule, including our sleep. The main "body clock" is in the brain controlling hormones, like melatonin, which makes us sleepy. Margarita is a "night owl." She often doesn't get home from her Mexican folk-dance classes until 11pm or midnight and goes to bed at 12 or 1am most nights. "On weekends it feels good to stay in bed," she said, although "if I sleep too much, I also feel tired." For a time, after her cancer treatment, Margarita had trouble waking in the morning, sleeping through her alarm clock for two or even three hours. Fortunately, her supervisor allowed her to adjust her schedule.

### Tips for Better Sleep

Sticking to a regular bedtime and wake-up time is good for the body clock. Our body clock is directly linked to our eyes, so light matters! We can:

- Get sunlight during the day.
- Avoid blue light (from phones, computers and TV) for 30-60 minutes before sleep.
- Keep the bedroom dark and cool.
- Use a face mask or blackout curtains to block out light.
- If it isn't quiet, try earplugs, create white noise with a fan, or play nature sounds.

Being physically active during the day helped Therese with her sleep during treatment and it still helps now. If she doesn't get enough sleep, she said "it affects not only my triathlon training, but my ability to function overall."

Avoid eating or drinking later at night, and it is useful to limit coffee, tea, and other drinks with caffeine in the afternoon and evening. As we get older, we may need to get up to use the bathroom more often during the night.

If you have trouble getting to sleep, do something relaxing before bedtime, like taking a warm bath. Therese started having trouble getting to sleep again last year. She now has a ritual to help signal to her body that it is time to sleep, including writing about her day in a journal to "clear things out" of her mind and snuggling with her dog. And she uses an app to meditate almost every night. There are many apps to help guide deep breathing, meditation, or yoga, or help us to fall asleep. A few, like Insight Timer, are free. There are a wide range of app options:

- Calm music
- Nature or city sounds
- Stories (for all ages)
- Guided imagery
- Body scans to relax muscles
- Sleep tracking
- Journaling

For those who wake up, it may be enough to get up, go to the bathroom, drink some water, and lay back down. If not, experts often recommend staying in bed awake no more than 15-20 minutes. If then you can't sleep, try getting up and doing something quiet and calming, like reading a book (although it is best if it is a boring book). Avoid looking at your phone.

Martha tried many things over the years to quiet her mind and get back to sleep. Finally, in the past year, she found that sleep stories, also on an app, work for her. "It forces your mind to concentrate on the story, and there's no room in the brain to think of other things." Some nights she will wake again, listen to a second story, and can still get a good night's sleep!

For Therese, it is rare to have trouble going back to sleep; when she does, she will go back to the app for another meditation or read for a bit.

When you're working to improve your sleep try one thing at a time and keep notes to see what helps you sleep better.

If you still have trouble after trying these healthy sleep habits, ask your health care provider for help, such as light therapy or cognitive behavioral therapy (CBT). If you experience fatigue, and especially if you snore, you might want to talk to your doctor about sleep apnea. Sleep apnea is a common condition where you stop breathing for 10 seconds or longer during sleep.

### Rest well!

*Article reprinted with permission from Zero Breast Cancer's April 2023 blog Sleep After Breast Cancer Diagnosis by Catherine Thomsen.*



## DONATIONS

Received June 1, 2023 through August 31, 2023

Anonymous	Kathryn Gavin
Anne Barloon	Geode Public Relations
Breast Cancer Care & Research Fund	Jane Hartman
Toni Brown	Donna Kirschenmann
Jeff Coons	Lori Klingfuss
Die Hard Jeeps of Iowa	NE Iowa Charitable Benefits Inc.
Fredsville Lutheran Church	Helen Steffen
	Doris Webber

## THANK YOU

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



## NAILS DURING CANCER TREATMENT

Manicures, Pedicures, Polish, and Shellacs - All great things we love to do to pamper ourselves, that is, until we start chemo treatments. Chemotherapy not only plays havoc with our hair, but our nails as well. No matter what your treatment is, our nails can be affected in a few different ways. They can stop growing, become dry and brittle, develop deep grooves or lines and your nailbed can become bruised or discolored.

At this point it is best to keep your nails cut short so as not to cause any snagging which could cause lifting of your nail from your nail bed. It is also recommended

to use a soft or fine nail file to help smooth your nails, course ones could aid in the breaking and ripping of your nails. Do not cut your cuticles during treatment, as this may cause an unwanted infection, instead, keep the cuticle oil close or a heavy moisturizer to rub into your nails and cuticles to help in the dryness and splitting.

What about polish? Regular polish may be okay, but no gel or shellac. Best to check with your nail tech.

Lastly, RELAX! You will be going back to your nail tech before you know it.

## DATES TO REMEMBER OCTOBER 2023 – JANUARY 2024

**October 2, 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 info

**October 3, 1:30 pm**

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

**November 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 info

**November 7, 1:30 pm**

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

**December 4, 1:30 pm**

Touch of Courage  
Breast Cancer Support Group  
Masks are optional  
(May be meeting at a restaurant.  
Call Pat for info.)  
Community Foundation of NE Iowa  
3117 Greenhill Circle, Cedar Falls  
Pat 319-610-4424 for info & location

**December 5, 1:30 pm**

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

**January 2, 2024, 1:30 pm**

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

**January 8, 2024, 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 info


**January 16, 2024, 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 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](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. [cancercares.org](http://cancercares.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).

**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. |
| <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  
Dbas Beyond Pink TEAM  
1407 Asbury Lane  
Waterloo, IA 50701

Scan here for more  
information on the  
Beyond Pink TEAM.



**BeyondPinkTEAM.org**