



July 2007
Volume 11, Number 3

Touch of Courage

Connection Beyond Pink TEAM

Staying Current on Nutrition and Physical Activity Recommendations for Breast Cancer Michelle Busch RD, LD

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One day you see the headlines proclaim that decreasing dietary fat will reduce the risk of developing breast cancer. Almost the very next day the headline reads, "Dietary fat has no impact on breast cancer risk." What are you supposed to believe? There's seemingly so much contradiction, it's hard to believe anyone knows what they are talking about. Unfortunately, the media does not really help you or me see the real picture. Any new study that makes a good headline hits the papers, often out of context and without regard to the true weight of the information presented.

The cause or causes of breast cancer, and all cancers for that matter, are not completely understood. It seems that a complex interaction of factors likely contributes to its origin. Some of these factors cannot be avoided such as heredity. On the other hand, lifestyle factors can be changed. Will changing your lifestyle prevent cancer? Not necessarily, but it will tip the scales in your favor. There are several things you CAN do that have been scientifically shown to reduce the risk of cancer occurrence and possibly recurrence. Things that have stood the test of time through research, even if we do not yet completely understand why and how.

The science of nutrition and cancer is relatively new and more exciting

information is constantly being discovered. As the science develops, we better understand how diet affects health. Remember when all fat was bad? Well, now we understand that there are "good fats" and "bad fats." The same is being discovered about sources of carbohydrates. Some information may seem contradictory, but in actuality we are gaining deeper understanding as the research continues.

It turns out that exercise may play as important a role in cancer prevention as diet, especially with breast cancer. The American Cancer Society produces guidelines for nutrition and physical activity which are updated every 5 years. Following is a summary of the Nutrition and Physical Activity Guidelines approved on May 19, 2006. They can be accessed with more detail on their website, www.cancer.org.

Keep in mind that if you have already been diagnosed with or have a history of breast cancer, it is thought that following these recommendations may possibly prevent the recurrence of cancer. More research is now being conducted on breast cancer survival in terms of diet and exercise. Exercise has been shown to be especially promising in reducing breast cancer recurrence.

(continued from page 1)
ACS Recommendations for
Individual Choices:

- **Maintain a healthy weight throughout life.**
 - Balance caloric intake with physical activity.
 - Avoid excessive weight gain throughout life.
 - Achieve and maintain a healthy weight if currently overweight or obese.

- **Adopt a physically active lifestyle.**
 - Adults: Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable. (My note: research has shown that as little as 10 minutes of activity a day may reduce risk. Some is definitely better than none!!!)

- **Eat a healthy diet, with an emphasis on plant sources.**
 - Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
 - Eat 5 or more servings of a variety of vegetables and fruits each day.
 - Choose whole grains in preference to processed (refined) grains.
 - Limit consumption of processed and red meats.

- **If you drink alcoholic beverages, limit consumption.**
 - Drink no more than 1 drink per day for women or 2 per day for men.

Contact a registered dietitian in your area if you would like help in individualizing a diet plan tailored to your needs. To help locate one in your area, check www.eatright.org or call your local hospital.

CHEMICAL FREE GARDENING By Cindy Harris

The exact causes of breast cancer are unknown, but exposure to certain environmental pollutants is a key suspect. Did you know that the pesticides lawn companies spray on your yard are labeled "Hazards to humans and domestic animals"? They say after 24 hours the yard is safe for kids and pet but research shows that residue from those chemicals can be detected in your home one year later! Your kids and pets spend a lot of time on that grass and on the floors in your home. They may even put something in their mouths that falls in the grass.

There are alternatives to spraying hazardous chemicals on your yard. So how about trying something else? We know vinegar is safe. Spray it on weeds and they will wilt quickly. Do this every couple days and it will kill the weeds. Or, spray it on and when you have some time then dig or pull the weeds up. Pop the top off that dandelion before it can go to seed, then treat it with vinegar or dig it up. Take a little time sitting in the warm sun and pull weeds in your yard. Call it relaxing, therapy or anger management.

A great way to keep those weeds from ever sprouting is corn gluten. All natural, it is a pre-emergent. Apply it with a fertilizer spreader after the threat of freezing is over

and before weeds can start. It may take a couple of years to be almost weed-free but it is safe and reasonably priced. Call a garden center, a grain elevator or a feed mill for purchase.

Remember, all weed control products whether natural or chemical, need to be kept away from your flowers. Our beautiful flowers are mostly highbred weeds and to weed killers, a weed is a weed is a weed. Think safe, think organic, and put a little elbow grease in that yard. Good health and happy weeding!

Touch of Courage Breast Cancer Support Group

The Touch of Courage Breast Cancer Support Group continues to meet on the first Monday of every month (unless it's a holiday). However, they are now meeting at the **Kimball Ridge Center on 2101 Kimball Avenue**. The meetings are held at 1:30 and 5:30 p.m.

The Support Group invites any woman or man who is dealing with breast cancer to attend the support group meetings. Spouses and significant others are also welcome.

Ann Wolf from the University of Iowa (Department of Surgery, Breast Center) is scheduled to speak on genetic testing August 6th at 1:30 p.m.



Plant it Pink – Hope Blooms for Breast Cancer

By Dee Hughes

Time is running out to order your tulip bulbs!

In the spring of 2008, we hope to have more than 2,200 pink tulips blooming throughout the Cedar Valley in honor of the more than 2,200 women and men that will be diagnosed with breast cancer in the Iowa each year. The Beyond Pink TEAM is taking orders for premium quality Pink Impression tulips that you can pick up this fall and plant in your garden so they will bloom next spring.

Last fall, members of the Beyond Pink TEAM planted 400 Pink Impression tulip bulbs in a flower bed at the Covenant Cancer Treatment Center. The flower bed is at the north end of the building and is visible when you drive down East Ridgeway Avenue. The tulips have already bloomed this year, but drive by next year in late April or early May to see them.

Much of the money raised from the sale of the tulip bulbs will go to our Beyond Pink Fund. This is a fund established at the Waterloo/Cedar Falls and Northeast Iowa Community Foundation. With successful fundraising we hope to help many women living with breast cancer that are in need of limited financial assistance.

Order your tulip bulbs by **August 1**, and be part of the *Plant it Pink: Hope Blooms for Breast Cancer* show next spring.



Mail this part of the form and your check by August 1, 2007 to:

**Dee Hughes
203 Bourland Avenue
Waterloo, IA 50702**

<p style="text-align: center;">Save this Portion!</p> <p>Pick bulbs up on: Saturday, Oct 13, 2007 8:00a.m.–1:00p.m. at the parking lot of Covenant Cancer Treatment Center 200 E. Ridgeway Ave. Waterloo, IA</p>	<p>Name _____</p> <p>Address _____</p> <p>City/Zip Code _____</p> <p>Phone Home _____ Work _____</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;">Number of bags</th> <th style="text-align: left; border-bottom: 1px solid black;">Bag(s) of 12 tulip bulbs at \$10.00 per bag</th> <th style="text-align: right; border-bottom: 1px solid black;">Cost</th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">_____</td> <td style="border-bottom: 1px solid black;">Bag(s) of 50 tulip bulbs at \$40.00 per bag</td> <td style="border-bottom: 1px solid black;">_____</td> </tr> <tr> <td style="border-bottom: 1px solid black;">_____</td> <td style="border-bottom: 1px solid black;">Bag(s) of 100 tulip bulbs at \$75.00 per bag</td> <td style="border-bottom: 1px solid black;">_____</td> </tr> <tr> <td colspan="2" style="text-align: right;">Total:</td> <td>_____</td> </tr> </tbody> </table>	Number of bags	Bag(s) of 12 tulip bulbs at \$10.00 per bag	Cost	_____	Bag(s) of 50 tulip bulbs at \$40.00 per bag	_____	_____	Bag(s) of 100 tulip bulbs at \$75.00 per bag	_____	Total:		_____
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2007 National Breast Cancer Coalition Advocacy Conference By Cindy Harris

On Tuesday, May 1, 2007 in our nation’s Capitol, Christine Carpenter, Sue Witwer, Cindy Harris, Trish Pedersen and Erica Pfeiler (a student from UNI) joined breast cancer advocates from across the country to lobby the country’s legislators. These five women, members of the Beyond Pink TEAM/Iowa Breast Cancer Education (BPT/IBCE), lobbied Iowa’s representatives and senators on the National Breast Cancer Coalition’s (NBCC) highest priorities for legislation in 2007.



BPT/IBCE advocates received three days of extensive advocacy training during the National Breast Cancer Coalition Fund’s Annual Advocacy Conference, following which they discussed breast cancer public policy issues with their elected officials on Capitol Hill during NBCC’s annual Lobby Day. Approximately 1,000 dedicated breast cancer survivors, family and friends attended NBCC’s conference to learn about the latest in breast cancer research and science, explore emerging issues in public policy and medical practice, and build and strengthen political advocacy skills.

The National Breast Cancer Coalition is a grassroots organization dedicated to ending breast cancer through the power of action and advocacy. It is made up of hundreds of member organizations and tens of thousands of individual members. BPT/IBCE is an NBCC member organization.

More than a Learning Experience by Erica Pfeiler

My name is Erica Pfeiler and I recently graduated from the University of Northern Iowa. This spring I traveled

to Washington, D.C. for the National Breast Cancer Coalition’s Advocacy Conference as part of my internship. I received a scholarship from the Beyond Pink TEAM and Breast Cancer Edu-Action so that I could make the trip. I went to the conference expecting to feel out of place because I did not know a lot about breast cancer or how Congress works. Fortunately, everyone made me feel like an important part of the group and I learned much as the days passed.

The NBCC’s mission is to “End Breast Cancer” and hundreds of women from all over the world gathered in Washington, D.C. for this conference and to train and prepare for the big lobbying day on Capitol Hill. The thought of lobbying and speaking in these meetings made me very nervous until one of the women told me, “Remember, they work for us.” That made it a little easier for me to go into the offices. And on Tuesday we went to Capitol Hill to lobby.

I was in charge of thanking Iowa’s two Senators and five Representatives for signing the Dear College letter in support of the Department of Defense Breast Cancer Research program. After the first time, I realized this was not so bad and really not that scary.

NBCC has four priorities that were addressed to Congress: 1) Maintaining funding for the Department of Defense Breast Cancer Research Program 2) Passing the Breast Cancer and Environmental Research Act 3) Providing quality health care for all, and 4) Maintaining the Centers for Disease Control’s Breast and Cervical Cancer Treatment Program.

The most touching part of the trip was meeting so many amazing breast cancer survivors. These women shared their stories and give everyone hope. Once home, the one thing that I found myself telling my family and friends over and over, was how empowering many of the women are. This was a great event and I’m thrilled that I got this once-in-a-life-time experience.



A Survivor's Story

By Sandra Lebeck

I was about to leave after having a "fitting" when the consultant asked me if I was good with a pen. Huh? What did she have in mind? "Well, I don't know if I am or not," was my reply. She said they were always looking for survivor stories for the *Touch Of Courage* newsletter. My reply was that I really wasn't a survivor in the "whole" sense of the word as I was diagnosed with cystosarcoma and was one of the lucky ones who didn't have to do the chemotherapy and radiation. She said "no problem" so I decided to tell you all about this stage of my life.

The time was May 1992. I was 51 years of age and things at that time in my life were going well. I found the lump on my right breast as I was taking a shower, about to go to my cousin's daughter's wedding. I had a physical already scheduled the next week so I went to the routine appointment. I didn't tell the doctor what I had found but he found it right away when he did the exam! So, off to the surgeon I went.

Because I wanted to know what the lump looked out, I was not out during the surgery. When the same-day surgery was performed, they found I had a lump as big as my fist. Its removal left a cave in my breast. Oh well, I thought, at least it was out of my body. I was able to go home early because of no recovery time.

Support from family and friends was a great help. My good friend, who had been through it all with me when my first husband died of leukemia in 1978 went with me to the follow up

doctor appointments. I knew about chemo and radiation so I was prepared for the worst. I was newly married and my husband had recently begun a different job so he couldn't go to the doctor appointments. However, he was always there when I came home.

In October of 1994, another lump! Not the way we plan our lives but it was apparently my turn again, so I called the same surgeon that had done the lumpectomy. This time he needed to remove the whole breast. It was really good to have a very caring cancer support woman come to see me in the hospital. She talked to me and cheered me up - then homeward bound with the drain tubes and all. I remember attending a friend's wedding with the drain tubes under my shirt. There was also the discomfort of fluid build up and several trips to be taped. But all turned out well.

I appreciate all the new bras and prosthetics that they have designed and improved through the years. The associate always makes me feel comfortable and happy. I just want everyone to do what they tell us - self exams, mammograms, visit your doctor for your yearly physicals and take care of yourself.

Breast Care Conference October 1

The 2007 Breast Care Conference will be held on the evening of October 1 at the Park Place Event Centre (formerly Pipac Centre) in Cedar Falls. Speakers are Dr. Karwal from Iowa City, Dr. Merfeld from Cedar Rapids, and Amy Kimball from Waterloo.

They will speak on the Biology of Breast Cancer; Radiation: Full Breast and Partial Breast; and Lymphedema and Scar Remobilization.

Exhibits are open for viewing from 3:30 to 5:30 pm with the conference from 5:30 to 9:00 p.m. Beginning mid-August you can register online at www.AllenCollege.edu. Click on Continuing Education.

OCTOBER UPCOMING EVENTS

October 1:

2007 Breast Care Conference
www.allencollege.edu to register

October 6:

Race for the Cure – Des Moines
Contact Gabbi DeWitt at
319-292-2225 to participate.

October 13:

Tulip Bulb Pick Up
Covenant Cancer Treatment Ctr.
200 E. Ridgeway Avenue, Wloo

October 19:

Beyond Pink TEAM Annual Luncheon
Contact Dee Hughes at
319-235-3179 for reservations

October (date TBA):

Black Hawk Hockey
Breast Cancer Awareness Night
Young Arena, Waterloo

*Printing donated by:
Breast Care
Center
Douglas Duven, M.D.*

Iowa Breast Cancer Edu-Action

Iowa Breast Cancer Edu-Action includes breast cancer survivors and their supporters. We are members of the Beyond Pink TEAM. **Our mission** is to: take Action, Educate, Advocate, Make a difference (TEAM).

What We've Done

For the last ten years we have:

- ❖ Visited with Iowa congressmen to secure their commitment to breast cancer research.
- ❖ Participated in email and phone call campaigns to Congress to secure guaranteed access to quality care for all.
- ❖ Created the Iowa Breast Cancer Resource Guide, secured funding, and distributed 9000+ free copies
- ❖ Translated the ACS Guide "For Women Facing Breast Cancer" into Serbo-Croatian for the Bosnians in Iowa

We Meet:

When: 7:00 p.m. on the 4th Thursday of each month, except November when we meet the 3rd Thursday, and December when we do not meet.

Where: Area Education Agency 267, 3706 Cedar Heights Drive, Cedar Falls, Special Education Building, Child Find Room

Need more Information?

Email or call:
Christine.carpenter@cfu.net
(319) 266-0194

Support and Rehabilitation Programs

Care and Share	Support group for anyone dealing with cancer. Meets the 1 st Tuesday of every month at 1:30 p.m.
Touch of Courage	Breast cancer support group. Meets the 1 st Monday of every month at 1:30 p.m. and 5:30 p.m.
Reach to Recovery	Provides information and support for women who are faced with breast cancer. Visits available before and after surgery.
Look Good...Feel Better	Consultation with a trained cosmetologist to help a cancer patient feel more comfortable with the physical changes that occur during treatment.

For more information call the American Cancer Society at 319-272-2880 or 888-266-2064.

Resources Available:

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

Allen College of Nursing Library and Media Center 1825 Logan Avenue Waterloo, IA 50703 (319) 235-2005	American Cancer Society 2101 Kimball Avenue, Suite 130 Waterloo, IA 50702 319-272-2880 or 888-266-2064 1-800-ACS-2345 (available 24 hrs)
Breast Care Center at United Medical Park 1753 West Ridgeway Waterloo, IA 50701 319-833-6100	Covenant Cancer Treatment Center 200 E. Ridgeway Avenue Waterloo, IA 50702 319-272-2800 Include Cancer Information Library
National Cancer Institute 1-800-4CANCER	National Coalition for Cancer Survivorship 1-505-764-9956
National Lymphedema Network 1-415-923-3680	Y-Me 1-800-986-8228
Covenant Lymphedema Therapy 319-272-7894	Physical Therapy Partners Lymphedema Therapy 319-233-6995

Connect with us...

A donation for Touch of Courage is both needed and appreciated. All donations go to support the services of the Cedar Valley Cancer Committee and are tax deductible.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

\$ _____ amount of donation

General Donation Newsletter Donation NBCC Scholarship Fund

Make checks payable to the Cedar Valley Cancer Committee and send to 1607 Heath Street, Waterloo, IA 50703