



Touch of Courage

Connection Beyond Pink TEAM

OCTOBER 2010

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LYMPHEDEMA

by Angela McHone MOT, OTR/L, CLT

Lymphedema is a risk factor for those whom have had surgery and /or radiation to lymph nodes. The cause of Lymphedema is trauma to the lymph system. A trigger is what stimulates the Lymphedema to develop in an at-risk person. Lymphedema occurs when lymph channels become blocked and cannot drain properly allowing fluid to accumulate. This blockage can be caused by infection, scar tissue in lymph channels, surgery, parasites, multiple medical complications and/or hereditary conditions. Lymphedema results in swelling of body parts which includes but is not limited to your arms or legs. It can develop at and around a lumpectomy and mastectomy site but is not often recognized.

Currently no studies support specific preventative measures or a cure for Lymphedema, *but this condition can be managed successfully*. Physicians, Therapists and you through team effort, and heightened awareness of the early signs and symptoms can possibly lead to early diagnosis. This can significantly reduce the risk of developing a severe case. Although it is not life-threatening, Lymphedema is a lifelong condition. When addressed early it takes less intensive measures to manage the condition and the physical, emotional and psycho-social effects it can have.

The onset of Lymphedema is often subtle and unpredictable. It usually develops slowly over time, but for some it may occur immediately after treatment or for some much later. There have been reports of it developing as late as 30 years after treatment of breast cancer.

A person may experience some or all of the early symptoms of Lymphedema. Symptoms may include: pain or tingling with light touch of the skin; full, tight or achy feeling; abnormal sensations in the skin; puffiness or swelling compared to the opposite side; or visible skin changes (such as tautness or pitting of the skin). It is recommended to write down specific experiences of symptoms, (i.e....time of day you experience them, what may increase or decrease symptoms etc...) and discuss them with your physician.

There are precautionary measures to help prevent Lymphedema symptoms from triggering, but sometimes they develop despite your attempts/precautions to prevent them. The human body is a wonderful and strange entity and some lymph systems are more at risk to develop this condition than others. Some suggested precautions to reduce triggering symptoms include: physical activity; avoid straining or over use of the muscles; try to avoid infection through good skin care; prevent burns; avoid constriction, and communicate with your health care professional about your increased risk (no needle pricks or blood pressure at possible affected area).

The best practice is to learn all you can through research, heighten your awareness of signs and symptoms, and discussion with other individuals and your health care professional what you are experiencing. Early treatment is key to managing and controlling Lymphedema.

Breast Cancer Awareness Month by Dee Hughes

Another October is here and it is Breast Cancer Awareness Month. As a woman living with breast cancer, you are aware of breast cancer every month and every day. It is never far from your loved ones' minds either. However, there are a lot of people who feel good about doing something special during Breast Cancer Awareness Month.

We are asking you to encourage people to make a donation to the Beyond Pink TEAM rather than buying items that are pink or have attached pink ribbons, as only pennies from these items actually go to research. A donation to Beyond Pink TEAM means your donation stays local and has a direct impact on our community. Besides this free newsletter, our volunteers and your donations provide a support group, a young cancer survivor group, advocacy for patients and legislation, education, prevention and financial assistance. Learn more about the Beyond Pink TEAM on our website at www.cedarvalleybreastcancer.org.

Please see the donation form on our website or the back of this newsletter. Your tax deductible donation can help make a difference.

Free Pilates Class by Nicky Miller

Exercise and nutrition play vital roles in your recovery from breast cancer. During the month of October, NRG Pilates is partnering with the Beyond Pink TEAM to offer free pilates classes to breast cancer survivors at 4:30 on Thursdays. The studio is located at 115 E 4th St., Suite 102 in Cedar Falls. www.nrgpilates.net

When you sign in at the front desk, write BPT after your name to indicate you are participating in this free offer. NRG Pilates is also donating 10% of packages you purchase so that you can continue past October.

Tulip Bulb Pick Up

If you ordered tulip bulbs from the Beyond Pink TEAM, don't forget to pick them up **Saturday, October 16**. We will be at the Covenant Cancer Treatment Center's main entrance at 200 E Ridgeway Ave in Waterloo from 9:00 to 11:00 a.m. to hand your order to you. Just pull up under the overhang and a volunteer will bring your bulbs to your car door so you don't have to get out.

Thank you for supporting the Plant it Pink: Hope Blooms for Breast Cancer campaign!

Project LEAD by Christine Carpenter

Seven area women attended the National Breast Cancer Coalition's (NBCC) Project LEAD workshop, an introductory education in the science of breast cancer. They learned:

- the basics of breast cancer science
- the biomedical research process
- how to accurately understand scientific information in the news
- effective breast cancer advocacy methods for local community participation

The Project LEAD workshop taught local advocates Christine Carpenter, Jane Clark, Kelly Flaucher, Cindy Harris, Ann Henninger, Cathy Ketton and Trish Pedersen how to be critical thinkers and better understand the science behind the breast cancer news in the media. The workshop was held in Bloomington, MN and taught by renowned research faculty. Our local LEAD grads are now able to better explain this information to colleagues, friends and family.

To find out about additional training offered by the National Breast Cancer Coalition, become an NBCC member. View membership benefits at www.StopBreastCancer.org and join today!

Living Green by Cindy Harris



Time to get ready for fall! Before the hard freeze, get that corn gluten on to fertilize your yard. Evergreens will need to be watered because of our hot dry spell. Place the hose at the base of the tree and let it run slowly for about half an hour.

When planting your pink tulips or any other fall plantings, cover with leaves along with all your plants. This will protect them and the leaves will slowly decompose to make a healthy soil. In the spring take them off and compost. Never waste leaves or non-chemically treated grass clippings or garden clippings as they can be used for cover and compost. You will have nice clean black dirt full of nutrients for your yard and plants.

I hope everyone is canning all that great stuff from the garden for great tasting winter cooking. I hate to see summer go, but it will be back.

Vocabulary Word: Oncotype DX

The Oncotype DX test is a diagnostic test to learn more about the biological activity of one's specific tumor. Along with other information, results from this test can help women and their doctors make decisions on whether to include chemotherapy and may help indicate the likelihood of a woman's cancer returning. (distant recurrence)

The Oncotype DX test looks at a group of 21 genes within a woman's tumor sample—16 cancer genes and 5 control genes—to see how they are expressed, or how active they are. Results are reported as a quantitative Recurrence Score® result between 0 and 100 that correlates with the likelihood of a woman's chances of having her cancer return, and the likelihood that she will benefit from adding chemotherapy to her hormonal therapy.

3 Days...60 Miles... 1 Cure by Abbey Sauerbrei

Walking 60 miles in 3 days seemed impossible; and if not impossible, then overwhelming.

The Susan G. Komen 3-Day for the Cure walk was something I thought about doing but just couldn't get myself to register. Not only did walking 60 miles seem like a daunting task, but so did raising the minimum \$2300 to walk. However, my inspiration for walking and my reason for advocating for a breast cancer cure is my mom, Kay Henry.

When Mom was only 32 years old she was diagnosed with breast cancer. I was very young at the time and have a difficult time remembering my mom being healthy. Mom battled her breast cancer for 7 years and in January of 1995 she passed away. She left behind my dad, my two older brothers and me.

There are a lot of things I remember enjoying growing up, but there wasn't a moment that went by that I didn't miss my mom. Being the only girl in a house full of boys taught me to be tough and I quickly learned to deal with all the "girly" things on my own. As the years passed and I became an adult, I got married and am now blessed with two beautiful and healthy children. As a wife and mom, I want to do what I can to make a difference.

August 20-22, 2010 was one of the most emotional and uplifting weekends of my life. Putting all of the worry behind me and raising over the \$2300 requirement, I took place in my first Susan G. Komen 3-Day for the Cure walk in the Twin Cities. Words cannot describe the emotions I went through that weekend nor could I ever have imagined what it would

be like. So many supporters lined the streets to tell us walkers "thank you" as well as hand us treats, spray us with water, and give us bags of ice and cool washcloths. Supporters clapped and held signs of encouragement and those driving by, honked. There was even a supportive Harley group keeping us motivated the entire route.



Each day we walked anywhere from 17-23 miles. We used porta-potties, took showers in semi's, and at night we slept in a 2 person pink tent, only to get up the next day and do it all over again. There were moments that I felt like I couldn't take another step, but then I would think of my mom. Anything that I was feeling couldn't compare to what she went through. I know she was looking over all of us and would have been proud of what I was doing. Myself, as well as my team "Miles of Mammaries" walked every step of the 60 miles. Crossing over the finish line at the end of the walk was such an emotional moment.

The Twin Cities 2400 walkers and 400 crew members raised an amazing \$6.2 million! I've heard people say the walk is addicting and they must be right! I've registered for the Twin Cities 2011 walk.

If you'd like to know more about the walk, how to donate, or perhaps join my team, go to www.the3day.org and search my name.

I encourage and applaud everyone for making a difference. I walk in hopes that someday someone doesn't have to walk for me.

"I walk because I can and because I can't walk away." *Hilda, 3-Day Walker and Survivor.*

Save the Date!

Month of 4:30 p.m. on
October Thursdays
Free Pilates for Breast CA Survivors
NRG Pilates Studio
115 East 4th Street, Suite 102
Cedar Falls, IA

October 2 8:00 a.m.
start time
Pink Ribbon Run
Downtown Cedar Falls

October 4 1:30 pm.
Touch of Courage
Breast Cancer Support Group
2101 Kimball Avenue, Waterloo
Dawn Colbert 415-6430

October 4 3:30-9:15 p.m.
Breast Care Conference
Park Place Event Center

October 5 1:30 p.m.
Care and Share Ca Support Group
Covenant Cancer Treatment Center
200 E. Ridgeway, Waterloo

October 7 5:00 – 7:00 p.m.
Splash of Color event
Waterloo Public Library
Cathy 319-493-8857
Shae 319-493-8980

October 14 4:00 – 8:00 p.m.
Grundy Center Girls Night Out
to benefit Beyond Pink TEAM

October 16 9:00-11:00 a.m
Tulip Bulb Pick Up
Covenant Cancer Treatment Ctr
200 E. Ridgeway Ave., Waterloo

SAVE THE DATE (cont.)

October 16
Black Hawk Hockey
Breast Cancer Awareness Night

October 19 **5:30-6:30 p.m.**
Young Cancer Survivor Tea
AEA 267 Room F
3712 Cedar Heights Dr., C.F.
Dawn Colbert 415-6430

November 1 **1:30 p.m.**
Touch of Courage
Breast Cancer Support Group

November 2 **1:30 p.m.**
Care And Share Cancer
Support Group

November 16 **5:30-6:30 p.m.**
Young Cancer Survivor Tea

December 6 **1:30 p.m.**
Touch of Courage
Breast Cancer Support Group

December 7 **1:30 p.m.**
Care and Share Cancer
Support Group

December 21 **5:30 – 6:30 p.m.**
Young Cancer Survivor Tea

Jan 4, 2011 **1:30 p.m.**
Touch of Courage
Breast Cancer Support Group

January 19 **4:30-7:30 p.m.**
Young Cancer Survivors' Event
3712 Cedar Heights Drive, C.F.

Living Beyond Breast Cancer

The Living Beyond Breast Cancer website, www.LBBC.org is a really good source for information offering many free publications, information on clinical trials and a toll-free Survivors' Helpline at 880-755-LBBC (5222).

On the website, sign up for the October teleconference series, *Living Well with Metastatic Breast Cancer*, or call 610-645-4567.

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 services available in the Cedar Valley. www.cedarvalleybreastcancer.org

Iowa Breast Cancer Edu-Action is a local advocacy group taking action against breast cancer. www.iowabreastcancer.org

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

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

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

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

American Cancer Society offers cancer information and services. www.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. www.stopbreastcancer.org

M.D. Anderson Cancer Center, University of Texas offers patient and cancer information. www.mdanderson.org

Susan G. Komen for the Cure website offers cancer and social networking information and a newsletter on their website. www.komen.org

Iowa Breast Resource Guide is available on the Iowa Breast Cancer Edu-action website. www.iowabreastcancer.org

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