

Life's Victories

What You Need To Know About Breast Cancer



INTRODUCTION

You are young, so you are probably thinking, "It's way too soon for me to worry about things like breast cancer. Why do I need to bother about this now?" Although the incidence of breast cancer in young women (and men) is fairly uncommon, it can occur in the late teen years and early 20s. In addition, there are things you can do to protect yourself now to lessen your chances of getting a diagnosis of breast cancer later on. Let's start with some facts and statistics:



Did You Know?...

The not-so-good news:

- Breast cancer is the most frequently diagnosed cancer (other than skin) and ranks second as a cause of cancer death in women.
- An estimated 182,460 women in the U.S. will be diagnosed with invasive breast cancer; 40,480 will die from the disease this year alone.
- Breast cancer is the most common cancer diagnosed among women in Florida; 11,850 women will be diagnosed with invasive breast cancer in 2008; 2,760 will not survive.
- Florida ranks fourth in the nation for estimated number of new cases and second for estimated deaths from breast cancer.
- Mammography can detect breast cancer at an early stage, when treatment is more effective and survival is more likely.
- Much to the surprise of many people, 1 in 9 breast cancer victims is a male.

The good news:

- If caught early, the options for treatment increase, and the survival rate is 98%.
- There are things you can do now to help prevent breast cancer.

So please, read through this booklet carefully. Along the way you will read about two women who are winning the battle with their cancer. You are going to be asked to do some research on this topic, and to write and report on your findings. Keep this information handy. It may save your life!

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Credits:

Written by: Lynn Baden

Edited by: Debbie Rahamim, Sun Sentinel

Designed by: Erin Silver, Sun Sentinel

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About the Sun Sentinel News In Education program:

The Sun Sentinel NIE program provides newspapers, both digital and print, to South Florida schools at no charge throughout the school year. Our goal has been to help teachers help their students, to promote literacy, to encourage hands-on learning using the newspaper, and to help students stay up-to-date on the world around them. Another key focus of our program is to provide curriculum materials, like "Life's Victories," to enhance lessons in the classroom across all subject areas. These complimentary booklets are aligned with the Sunshine State Standards.

For more information about Sun Sentinel News in Education, visit our website at:
www.SunSentinel.com/nie



Facts & Myths about Breast Cancer

The word "cancer" is scary. It is unnerving to get such a diagnosis. Despite new diagnostic methods and new treatments, when people hear the "C-word", they often believe that death is inevitable. In fact, with early diagnosis, the outlook for survival is much higher.

Let's look at some of the common myths about breast cancer:

Myth #1: Breast cancer only occurs in older women.

Fact: Breast cancer can affect women at any age. While it is rare in teens, it does happen, and chances increase as a woman ages.

Myth #2: If breast cancer runs in your family, you will develop it as well.

Fact: While having a family history of breast cancer may put you at a higher risk, it DOES NOT guarantee that you will develop it. However, NOT having a family history doesn't mean you can't develop breast cancer. 75% of women with breast cancer have no family history of the disease.

Myth #3: Women with smaller breasts have less risk of developing breast cancer than women with larger breasts.

Fact: Breast cancer can and does develop in breasts of all sizes.

Myth #4: All breast lumps are cancerous.

Fact: More than 80% of lumps are benign (non-cancerous), so if you do have a lump the odds are in your favor.

Myth #5: Breast cancer is an automatic death sentence.

Fact: The key is early detection. Early-stage breast cancer has a very high survival rate after diagnosis and treatment.

Myth #6: Breast cancer can be caused by deodorants, tight bras, plastic water bottles, or birth control pills.

Fact: There is absolutely NO evidence supporting these types of claims. However, there are proven linkages between cigarette smoking and many kinds of cancer, including breast.

What You Can Do Now

1. If you smoke, quit now. If you don't smoke, don't start.
2. Make the decision to get a clinical breast exam starting in your early 20s.
3. Maintain a healthy weight, eat a healthy diet, and be physically active.
4. Pledge to stay informed of the latest technologies.
New scientific breakthroughs are happening every day.
5. If you have any concerns right now, for yourself or for someone else, talk to someone you trust immediately. **Do not wait.**



Did You Know?...

Breast cancer is a disease in which normal breast cells begin to grow uncontrollably, forming tumors. It often shows up as a breast lump, thickening, discharge or skin change.

ACTIVITY #1: Know the Vocabulary

Divide the class into 4 groups. Each group choose which terms to research. Be as thorough as you can.

Ultrasound Testing
MRI (magnetic resonance imaging)
Core Needle Biopsy
PET Scan

Lumpectomy
Mastectomy
Chemotherapy
Radiation Therapy

Malignancy
Benign Cysts
Tumor
Mestastisize

DNA Testing
Genetic Predisposition
Prognosis



ACTIVITY #2: Take Charge

Go to the library, go online or to your doctor or school nurse. Learn the basics of how to perform a monthly self-breast exam, and then do it. Set up a calendar for each month to remind yourself. If you find anything unusual, don't wait to tell someone. Remember, early detection, early diagnosis and early treatment are the keys to success.

Helpful Websites

www.cancer.org
www.SunSentinel.com/livesvictories
www.healthline.com
www.kidshealth.org
www.Prevention.com
www.facingourrisk.org
www.nabco.org
www.breastcancerinfo.com

Activity 1: LA.1112.6.2.1; LA.1112.1.6.10
Activity 2: LA.1112.6.2.1; HE.A.2.4; HE.B.1.4; HE.C.1.4; HE.C.2.4

CHILDHOOD CANCERS

You may think that only adults and old people get cancer. While it is true that as you age the chances of getting some type of cancer increases, there are cancers that are more prevalent in children. Some are more common; some are fairly rare, but it is important to understand that children can and do get sick with cancer. Below is a list of the most common forms of childhood and adolescent cancers:

- Leukemia (blood) – 33%
- Brain and nervous system cancers – 21%
- Neuroblastomas (adrenals) – 7%
- Wilms (kidneys) – 5%
- Lymphomas (lymph system) – 8%
- Rhabdomyosarcoma (soft tissues) – 3%
- Retinoblastoma (eyes) – 3%
- Bone cancers – 4%

This information is not to scare you. It is to inform you and to remind you that it is important to get yearly check-ups. If you experience any unusual symptoms such as an unusual lump or swelling, unexplained paleness and loss of energy, easy bruising, an ongoing pain in one area of the body, limping, unexplained fever or illness that doesn't go away, frequent headaches, often with vomiting, sudden eye or vision changes, or sudden unexplained weight loss, make sure you report it to an adult. The majority of the time these symptoms will not be from cancer, but if it should be, early detection is the key to treatment.



Did You Know?...

Although there are many types of cancer, just four of them account for 50% of all cancers in the U.S.: lung, colon, breast and prostate.

ACTIVITY #3: Learn About It

1. Research one of the listed cancers for more information. Use a variety of resources. You may want to interview a doctor or nurse, too. Make sure you have specific questions to ask him or her.

Write a clear paragraph explaining what you have discovered, including common symptoms, diagnostic tests used, stages, and various treatment methods.

2. Science is making huge advances in understanding and treating many diseases. Look through the Sun Sentinel, go to www.SunSentinel.com, or use other sources for an article on new medical diagnoses and treatments. Do an oral report to your class on what you have found out.

SURVIVOR STORY #1: Meet Patty Navarro

When were you first diagnosed with breast cancer? Was it during a regularly scheduled physical, or did you seek your doctor's opinion after recognizing that something might be wrong?

I was diagnosed with breast cancer in February, 2007. I was having pain in my right breast over the holidays of 2006, and then I had felt a lump.

What form of treatment did you follow and why?

My oncologist recommended that I move forward with either a lumpectomy or mastectomy of my right breast. It was my decision to move forward with a bi-lateral mastectomy followed by 18 weeks of chemotherapy. I chose to do the bi-lateral mastectomy because I didn't want to have to worry about cancer coming back in my breasts in the future. I just wanted the cancer out of my body.

How did you keep your spirits up as you underwent treatment, what sources/tools did you turn to, to stay positive?

I relied on my faith in God and surrounded myself with positive people. I also tried to do things that made me happy when I had the energy. I also did acupuncture every week during my chemo treatments. I truly believe that this therapy helped my recovery tremendously. On the days I was feeling well, I would go for a walk and enjoyed nature or I would exercise in the pool.

How has your experience with breast cancer changed your perspective, and what advice would you give to anyone being treated for breast cancer?

I listen to what my body is telling me. I have also realized how important it is to have loving family and friends who are there for you unconditionally.

How long have you been a survivor?

One year.

What is the most important lesson you have learned from surviving breast cancer?

I amaze myself how strong I can be internally and externally if I put my mind to it.

What advice would you give to anyone just diagnosed?

Stay positive and don't drive yourself crazy researching on the internet!

What is the most personal experience you can share about going through breast cancer?

It's been difficult seeing the changes when I look in the mirror, but I have to keep reminding myself that I am still the same person on the inside – but stronger!

Are there any people who played an instrumental role to help you through the illness?

My mom, dad, sister, and boyfriend at the time were my main sources of strength.

Now that you are cancer free/in remission, do you have any new goals/life outlook?

I want to continue to help others who may be new to this disease. Also, I will continue to tell everyone I know to listen to their body and have their annual mammograms. I also want to live life to the fullest with no regrets!

Did your illness lead you to become involved in any charity work?

Yes. I have been involved with American Cancer Society's Making Strides Against Breast Cancer and am currently on the walk committee. My employer, JM Family is the presenting sponsor of the Ft. Lauderdale and Boca Making Strides walk.



Making Strides is the American Cancer Society's premier event to fight breast cancer.

Hope starts with Making Strides Against Breast Cancer.

• The American Cancer Society Making Strides Against Breast Cancer is a noncompetitive walk that unites communities to honor and celebrate breast cancer survivors, to educate women about prevention and early detection, and to raise money to fund lifesaving research and support programs to help eliminate breast cancer as a life-threatening disease.

• Since 1993, four million walkers have raised more than \$280 million through Making Strides. In 2007, nearly 500,000 walkers across the country collected more than \$50 million to help fight breast cancer.

• Making Strides events range in distance from five kilometers (3.1) miles to five miles, depending upon location. Individuals of all ages are welcome to participate.

• Most Making Strides events do not require a registration fee. Participants are encouraged to collect donations that may be turned in on the day of the event or donated online. Easy-to-use online fundraising tools are available at www.cancer.org/stridesonline

Know the Facts on Breast Cancer in the United States.

• In 2008, nearly 200,000 people in the United States are expected to be diagnosed with breast cancer. Approximately 40,000 people will die from the disease.

• Breast Cancer is the most frequently diagnosed cancer in women and the second leading cause of cancer death in women after lung cancer.

• The five-year relative survival rate for breast cancer that has not spread to the lymph nodes or other locations has increased from 80 percent in the 1950's to 98 percent today. Recent declines are attributed to a combination of early detection, including mammography, and improvements in treatment.



With the help of Making Strides participants, the American Cancer Society is leading the fight against breast cancer.

• We fund cutting-edge research leading to the lifesaving treatments like tamoxifen and Herceptin.

• We advocate for women to have access to mammograms and lifesaving treatments, regardless of income.

• We provide free programs and services that improve the quality of life for cancer patients and their families in more than 3,400 communities across the country. Our Reach to Recovery matches newly diagnosed breast cancer patients with survivors who can guide them through their journey with the disease.

• We offer free mammogram email reminders at www.cancer.org/breastcancer to all women who sign up.

• We are here anytime, day or night, to help everyone everywhere needing cancer information, support, or resources at 1-800-ACS-2345 and www.cancer.org/breastcancer

For more information about Making Strides Against Breast Cancer and how you can get involved, call 1-800-ACS-2345, or visit www.cancer.org/stridesonline

American Cancer Society Programs

The American Cancer Society's free, comprehensive patient services and programs help with the emotional, physical and psychological needs associated with cancer. Please contact your Patient Services Center for eligibility criteria.

LOOK GOOD... FEEL BETTER

Our **LOOK GOOD...FEEL BETTER** licensed volunteer cosmetologists teach cancer patients techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

HOPE LODGES

The American Cancer Society's **HOPE LODGES** offer lodging and emotional support for cancer patients. In Florida, there are Hope Lodges located in Gainesville and Tampa. Other resources may be available for outpatient lodging.

MAN TO MAN

MAN TO MAN is an educational and support program for men with prostate cancer. It offers a confidential forum to discuss concerns and become better informed on related issues. Also available on a **one-on-one** basis.

CANCER RESOURCE ROOMS

CANCER RESOURCE ROOMS are available in local communities. In addition to cancer information, free donated items such as, wigs, breast prostheses, bras and turbans may also be available. Quantities are limited.

I CAN COPE

I CAN COPE is a free educational program for people facing cancer – either personally or as a caregiver. This program provides participants with reliable information, peer support and practical coping skills.

ROAD TO RECOVERY

Through **ROAD TO RECOVERY** trained volunteer drivers transport patients to and from cancer treatment. Other transportation resources for treatment may be available.

REACH TO RECOVERY

REACH TO RECOVERY provides support and education to individuals dealing with the emotional and physical effects of breast cancer. Trained breast cancer survivors serve as role models to breast cancer patients after breast surgery. **Early Support** is provided to women facing a breast cancer diagnosis on a one-to-one basis.

RESOURCES, INFORMATION AND GUIDANCE

Our **RESOURCES, INFORMATION AND GUIDANCE** service assists people in making informed decisions by providing:

- Answers to questions about cancer, prevention, detection and symptoms.
- Information about quality-of-life issues, including pain management.
- Referrals to local, state and national resources.
- Help identifying financial assistance for lodging during eligible out-of-town treatment, cancer-related pain medications and transportation to and from eligible cancer treatment.

R.O.C.K. PROGRAMS

R.O.C.K. stands for Reaching Out to Cancer Kids. Patients must be referred by their pediatric oncologist to participate in the following programs:

- **R.O.C.K. Camp** provides children with cancer an opportunity to experience the fun and adventure of a week-long summer camp in a safe environment.
- **Families R.O.C.K. Weekend** is an educational and fun retreat for families who have a child who is newly diagnosed.
- The **College Scholarship Program** helps make dreams come true by offering college scholarships to qualified Florida students with a history of cancer.
- **R.O.C.K.** also supports research, education, advocacy and service programs related to childhood cancer.

SURVIVOR STORY # 2: Meet Jacqueline Gray

When were you first diagnosed with breast cancer? Was it during a regularly scheduled physical, or did you seek your doctor's opinion after recognizing that something might be wrong?

I was diagnosed with breast cancer in January of 2007. I went for a regularly scheduled physical, and my doctor prescribed a Mammogram as well as a Diagnostic Ultrasound.

What form of treatment did you follow and why?

My doctor performed a biopsy on me in March of 2007; following the biopsy I was scheduled for a lumpectomy in April of 2007. I was diagnosed with Stage 1 lobular carcinoma. Six weeks after surgery I began radiation therapy. My doctor informed me that even though surgery is done it doesn't guarantee that the cancer is gone. Radiation helps to prevent the growth of cancer. My oncologist performed a HERS Test as well as an Oncotype Test on me to determine my likelihood of my cancer returning. At that time it was determined that I did not need chemotherapy. However, it has been an ongoing process of many doctor visits and testing, such as PET Scan, MRI and Mammogram.

How did your support network of family and friends help you as you underwent treatment?

If it had not been for the support of my family and close friends I would have been a basket of nerves. They rallied around me to keep me going. My husband did not leave my side during the entire process. He went with me to all my appointments and stayed until I came out. As a survivor, 90% of your recovery is those that surround you.

How did you keep your spirits up as you underwent treatment; what sources/tools did you turn to stay positive?

I am a very spiritual person. My main source was prayer and reading my Bible. I didn't allow myself to think negatively about my disease. I embraced my disease which helped me to begin my own organization to help women to deal with breast cancer.

How has your experience with breast cancer changed your perspective, and what advice would you give to anyone being treated for breast cancer?

Breast cancer for me has been a beginning to an end. I live to encourage women to pay attention to not only their breast but their bodies. I live to be a spokeswoman for the advocacy of breast health programs and Women's Health Issues. I live to live. I live to encourage. I live to educate.

How long have you been a survivor?

I am one year and 6 months living as a survivor.

What advice would you give to anyone just diagnosed?

My advice to anyone that has been diagnosed is that it is not a death sentence. Understand your disease. By understanding your disease it makes you vigilant about your treatment. This puts you in the strongest position to do, to see, and to experience with confidence, and without limits a life will lived. Don't quit, ever and you will live.

How has this changed your perception of yourself and life in general?

I embrace every precious moment. I breathe every breath with a renewed freshness. I love those I haven't even met yet. I advocate for change.

How did your family react?

When I was first diagnosed everyone was in shock. I wasn't quite yet forty, and the news of me having breast cancer devastated us all.

Now that you are cancer free/in remission, do you have any new goals/life outlook?

My goal is to fulfill my mission and vision of Woman to Woman Breast Cancer Foundation, which supports women by promoting regular examinations, early detection and aggressive treatment for those suffering from breast cancer. No woman should have to face the consequences of breast cancer as a result of the inability to pay for treatment and medicine. My life is now centered on making someone else's life better, which has been affected by this disease. My outlook is one of commitment to the advocacy of these issues facing women today. Again, I live to live.

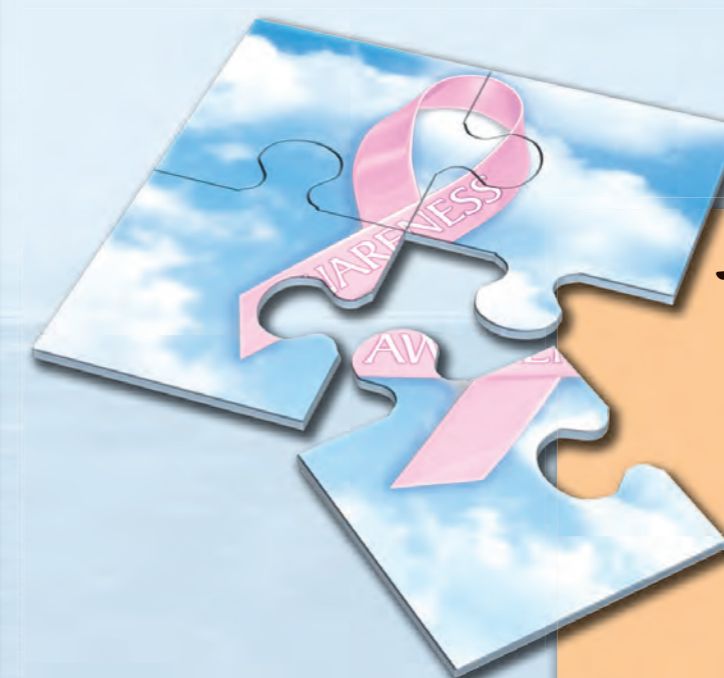
Did your illness lead you to become involved in any charity work?

Emphatically yes. It encouraged me to begin my own foundation which gripped the essence of my very being. My mission in life is to make sure as many women as I can help get through this disease.

ACTIVITY #4: Resource List

Go to your local library, online or contact the American Cancer Society for information on resources available to help someone diagnosed with breast cancer. Make a comprehensive list to share with your classmates and family members

Activity 4: LA.1.1.12.6.2.1; LA.1.1.12.6.2.3; HE.C.2.4; HE.B.3.4



THINK ABOUT IT:

Like to be a volunteer? Many of the cancer support organizations can use an extra pair of helping hands. Maybe you can do a school or club fundraiser, offer to drive someone to the doctor, or babysit to give a parent a break. Think about what you can offer and then go for it.



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PINK HEALTH FAIR
SATURDAY, OCTOBER 25TH
10AM TO 4PM

Presentation by Cancer Doctor
Triple Touch II Presentations
Education Advocacy Literature
Massage Stations
Fitness Presentations
Blood Mobile

EVENT IS FREE TO THE PUBLIC!

Located at the southeast corner of I-75 and
Pines Blvd in Pembroke Pines (Exit 9A)
www.TheShopsAtPembrokeGardens.com



Making Strides Against Breast Cancer is a great way to fight back against breast cancer and provide hope to all people facing the disease. Join us for the Broward County Making Strides Against Breast Cancer walk on Saturday, October 11, 2008 at Huizenga Plaza, 32 East Las Olas Boulevard, Fort Lauderdale, FL 33301
<http://makingstrides.acsevents.org/broward>
954-564-0880

SunSentinel
Life's Victories
Celebrating Breast Cancer Survivors

In Remembrance Of Family And Friends Touched By Cancer



Please visit The Shops at Pembroke Gardens Guest Services Office to obtain a free card for your message.