



ENewsletter

Our Mission

Florida Breast Cancer Coalition Research Foundation (FBCCRF), affiliated with the National Breast Cancer Coalition, is a non-profit grassroots organization dedicated to ending breast cancer through advocacy, education and research.

Our purpose is to raise awareness and mobilize the population of Florida to ensure:

- * Sufficient government and public funding for breast cancer research.
- * Quality health care for all without fear of discrimination.
- * An environment free of carcinogens.

To achieve our mission, FBCCRF welcomes all who are committed to ending the breast cancer epidemic. We have made great strides, but much more needs to be done, especially here in Florida. We need your involvement in the Florida Breast Cancer Coalition Research Foundation.

Our Goals are to:

- * Educate ourselves regarding current scientific data and research on the causes and cures of breast cancer, legislative issues regarding breast cancer, and environmental factors playing a role in breast cancer.
- * Educate local, state, and national decision makers regarding issues pertaining to breast cancer.
- * Educate and involve other organizations in our mission.
- * Educate and involve the men and women of Florida of our mission.

A Story of Hope

"Hope is a thing with feathers that perches in the soul and sings the tune without the words and never stops at all." - Emily Dickinson

When you are diagnosed with cancer, you go through a myriad of feelings: am I

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going to live, how long will I live, how bad is it, and the list goes on and on. A year before I was diagnosed my mother-in-law had succumbed to breast cancer after battling it for a year. My aunt on my mother's side had been diagnosed a few years before but suffered no ill effects and succumbed from Parkinson's disease and not cancer.

I was diagnosed with breast cancer in 1993, then my mother's other sister was diagnosed, and then my brother's wife was diagnosed. It was like breast cancer had invaded every aspect of my life. So many thoughts went through my head. I also wondered how could this be, was there any more of it in our family that I did not know about...

Yes, there was, I found out as I began talking with my mother. My maternal great-grandmother had died of breast cancer in the late 1800's before there was much known about cancer at all, much less breast cancer. I found out about other cousins on my mother's side of the family that had also been through the breast cancer experience, one of whom was 16 years old at the time but it did not defeat her as she is in her seventies now. But there is one cousin whose story has brought me more hope and inspiration than I can ever imagine for hers is truly what I call a "story of hope".



Emma was diagnosed with breast cancer when she was 33 years old. The cancer was in one of her lymph glands, which resulted in a radical mastectomy. "There was no chemotherapy back then, only the knife," she said. Talking about her cancer is not something that comes easily for her.

"A long time ago people were ashamed," she says. Which is why she said most people died because they "waited too late." Emma said, "I can remember when I went into surgery, there were so many young doctors there to watch the operation." The doctors told her that she was cut so terribly that she was in the hospital for six weeks.

After she had the surgery, there were no follow-up treatments, only a few x-rays. "I didn't heal for eight months and I finally had to go to New Orleans. I could not do anything with my arm. I had it strapped down to my side but it didn't bother me," she says. Emma would not believe the doctors when they told her she would not be able to use her arm again and so she began to exercise the arm herself (and this was long before we had Reach to Recovery volunteers to tell us to exercise our arms).

Her husband helped her to raise her arm every day and she eventually regained use of it. Several years later her husband died and she was left to raise their three young sons all alone. Emma has done a little bit of everything from working in the fields, helping run the dairy farm that they owned, and finally teaching 4th grade for 40 years. Cancer never got in her way. Emma says that she had an aunt die of cancer and credits that for saving her own life. The aunt that she speaks of is my great-grandmother whom I spoke of earlier in this article. There have been other cancer survivors in her immediate family since. Her granddaughter, a survivor of over 20 years, and also a great-granddaughter. I am sure her story has given them much hope too. "I know science will find a cure someday" she has said.

Emma is the one that keeps me hopeful year after year since my diagnosis. For what I have saved 'til now is truly the best part of the story. Emma was diagnosed with cancer at the age of 33 in 1928 and in 1999, Emma was 104 years old. A story of hope? Yes, I would say so, wouldn't you?

- Lila Jane Givens Miller



Breast Cancer Facts

In Florida, an estimated 1,125 cases of breast cancer are diagnosed every month. Each year over 40,000 Americans die from breast cancer. Breast cancer not only affects the person with the disease, it affects everyone, family, friends, and co-workers.

Make a Difference!

Purchase the End Breast Cancer license plate, and visibly show your support in helping to end breast cancer. The funds generated from this license plate are used to support breast cancer research and education in Florida.

Visit your local tax collector's office or tag agency to purchase your specialty plate today for only \$27.00 in addition to the regular fees. Or log on to www.fbccrf.org to purchase or renew your plate online.

The Department of Highway Safety and Motor Vehicles is now offering specialty plate gift certificates. This new program allows anyone to purchase a specialty license plate as a gift for a motor vehicle registrant.

Visit your local DMV or Tag Agency and purchase a Specialty Plate Gift Certificate today!



8th Annual Conference for

Young Women Affected by Breast Cancer

Join us for the Annual Advocacy Training Conference

& Lobby Day

February 22 - 24, 2008

Hyatt Regency Jacksonville
Riverfront
Jacksonville, Florida

www.youngsurvivorsconference.org



Register today! [Registration Form](#) [Scholarships](#) [Hotel Info](#) [2007 Conference Highlights](#)

Check out these NEW and EXCITING Workshops

Breast Cancer, Facebook and Social Networking Sites - Find out how to reach new audiences on the Web!

Introduction to Epidemiology - With Project LEAD faculty member, Dr. Robert Millikan.

False Hope: Learning from the Past and Current Issues Around Clinical Trials - Lessons learned from the bone marrow transplant story to apply today.

Patient Experience and Patient Choice - Learn how breast cancer patients can make truly informed decisions.

Understanding Genomics and Proteomics - What do these terms mean for breast cancer?

Scholarships available based on need, but significantly limited this year. Early submission is highly recommended.

Scholarships are also available through the FBCCRF Jane Torres Fund. See the information below to learn more.

- [NBCCF Domestic Scholarship](#)
- [FBCCRF Jane Torres Scholarship](#)

[Visit the Conference website](#) for daily Updates.

2008 Annual Advocacy Training Conference

Renaissance Hotel
999 9th Street, NW
Washington, DC 20009
Main Number: (202) 898-9000
Hotel Fax: (202) 962-4440
Reservations: 1 (800) 266-9432

April 26 - 29, 2008

**JOIN US FOR LOBBY DAY
TUES, APRIL 29, 2008
9:00am - 4:30pm**

**For more details
www.stopbreastcancer.org**

Jane Torres Scholarship Fund

The Jane Torres Scholarship Fund was established by the Florida Breast Cancer Coalition Research Foundation to assist individuals interested in obtaining education and training in breast cancer research and advocacy.

The scholarship fund was established to honor Jane Torres, the founder of the Florida Breast Cancer Coalition Research Foundation. Jane has been a critical and driving force behind the increase in funding for breast cancer research over the past 12 years on both the National and State levels. Jane believes we will end the breast cancer epidemic through quality cutting-edge research. She has effectively educated policy makers on the need to fund more of this research, helping to increase Federal funding from 90 million to over 800 million, and by raising more than 1.3 million dollars in Florida for breast cancer research and education.

Jane strongly believes that to achieve our goal, we must have advocates who are trained and educated in the science of breast cancer and current breast cancer

research data and who know how to practice effective advocacy strategies. Therefore, the Jane Torres Scholarship Fund was established to allow Florida Breast Cancer Coalition Research Foundation advocates to attend:

- Project LEAD®, a science course for breast cancer advocates that trains them to critically analyze breast cancer research and influence research committees and other breast cancer decision-making bodies.
- The National Breast Cancer Coalition's Annual Advocacy Training Conference which teaches participants the latest in breast cancer research, science and public policy, and sharpens their advocacy skills.
- Team Leader training to prepare grassroots advocates to serve as delegation leaders for NBCC's Washington Lobby Day on Capitol Hill.
- The San Antonio Breast Cancer Conference, the Association of Clinical Oncologists Conference, and other leading scientific and medical conferences.

Scholarship recipients must be members of FBCCRF and have met the prerequisites for each of the programs. The total amount of scholarship funds awarded to an applicant will depend on the applicant's financial need, number of qualified applicants, funds available for the given year, and the total expense associated with the specific program.

In order to qualify for scholarship funds, a completed application must be returned to FBCCRF, Attn: Jane Torres Scholarship Fund, 1250 East Hallandale Beach Boulevard, Suite 501, Hallandale, Florida 33009 no later than 2 months prior to the program the applicant wishes to attend. Applications may be obtained by calling (954) 454-4156 or by email to assistant@fbccrf.org.

All applications shall be reviewed by the Advocacy Committee, which will make recommendations to Jane and to both the FBCCRF and FBCC Boards of Directors. We encourage all interested individuals to apply for partial or full scholarships. If you have any questions, please feel free to call FBCCRF at (954) 454-4156.

Increasing Awareness about the Risk of Breast Cancer Recurrence and How to Reduce It

Emmy Award winner and Oscar nominee actress Felicity Huffman and the Entertainment Industry Foundation (EIF) have joined with AstraZeneca to increase awareness about the risk of breast cancer recurrence and how to reduce it.


In a national broadcast and print public service campaign, Felicity Huffman is serving as an ambassador for the Women's Cancer Programs of the Entertainment Industry Foundation and AstraZeneca in a public service announcement (PSA) to help raise awareness among breast cancer survivors about reducing the risk of recurrence.

Felicity is one of the stars of "Desperate Housewives" on ABC, and EIF is the leading charitable arm of the entertainment industry. Through its Women's Cancer Programs, EIF is dedicated to raising awareness about the importance of early detection of breast and reproductive cancers, providing funds to advance treatment research, early detection methods, and supporting community programs that assist those affected by cancer.

Keep your eye out for this important campaign in your favorite magazines and on television.

**7TH ANNUAL
HEART & STAR DINNER -
A CELEBRATION OF LIFE
BEYOND CANCER**

FOUR SEASONS HOTEL MIAMI,
THE GRAND BALLROOM
FEBRUARY 26, 2008
6:15 RECEPTION
7:15 DINNER



HONORING:

DEBBIE CURTIN
Champion of the Human Spirit

MEHMET BAYRAKTAR
Champion of the Community Spirit

DR. ROBERT DERHAGOPIAN
Champion of the Healing Spirit

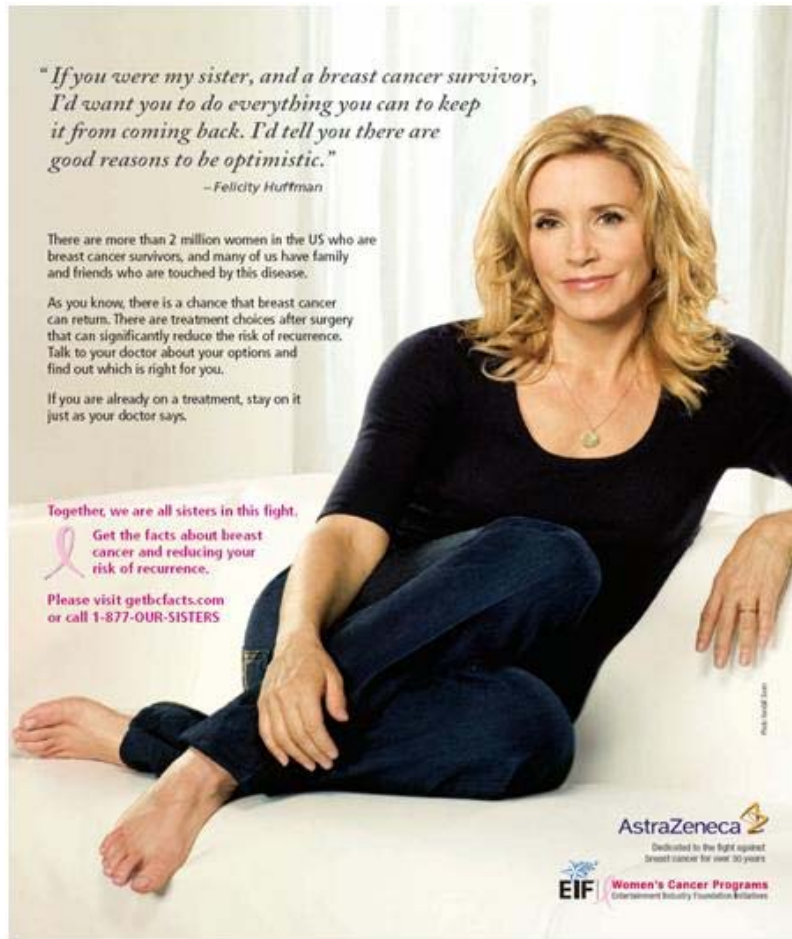
TO BENEFIT:

the wellness community
greater miami
cancer support, education and hope
at the dorfman & jorge m. jensen center

Make a Difference!



- Volunteer your time
- Celebrate a life by making a donation in someone's honor



- Make an In-kind donation
- Host a Fundraising Event
- Take an FBCCRF "End Breast Cancer" license plate banner to your local tag agency

Resources

[FBCCRF](#)
1250 East Hallandale Beach
Boulevard, Suite 501
Hallandale, FL. 33009
(954) 454-4156

[Annie Appleseed Project](#)

[NBCC](#)

[Chemotherapy](#)

[Women and Cancer](#)

[IBC Support](#)

[Force](#)

[Sharsheret](#)

[Positive Hope](#)

Advocacy Groups

[American Cancer Society](#)
1 (800) ACS-2345

[National Breast Cancer
Coalition](#)
1 (800) 622-2838

[Redes En Acción](#)

[Sisters Network](#)

[Susan G. Komen for the Cure](#)
1 (877) GO KOMEN

[Y-Me National Breast Cancer](#)
1 (800) 221-2141

[Young Survival Coalition](#)
1 (877) YSC-1011

Government agencies

[Centers for Disease Control &
Prevention](#)

[National Cancer Institute](#)
1-800-4-CANCER

[National Institutes of Health](#)

Additional Support and Information

Study Shows Exercise Can Improve Quality of Life in Breast Cancer Patients

Women diagnosed with breast cancer should either start exercising or keep exercising. This is the message from a new study in the *Journal of Cancer Survivorship* by Catherine Alfano and colleagues at the Ohio State University. The study of over 500 women who had survived breast cancer highlights how physical activity, and more specifically, the intensity and amount of physical activity you do before and after cancer treatment can affect future symptoms and your quality of life.



Cancer symptoms and those brought on by its treatment can have a huge impact on everyday life. Physical symptoms commonly include fatigue, post-surgery pain, hormone-related symptoms such as hot flashes, sweats, palpitations, urinary incontinence, and cognitive and mood changes. Psychological effects such as anxiety and depression are also common. Physical symptoms exacerbate anxiety as they are a constant reminder of the cancer and add to the worry about whether it will recur. Some of these symptoms are seen in cancer survivors as long as 20 years after the cancer has gone.

Participants in this study from New Mexico and western Washington were asked to score their levels of pain and physical sensation, hormone-related symptoms, sexual interest/dysfunction, fatigue, and physical health-related quality of life at 6, 29 and 39 months post-diagnosis. They were also asked to quantify their physical

activity levels based on household activity, moderately vigorous activity, vigorous activity, and sports/recreational activity at these times. The authors expected to see higher levels of activity being related to fewer physical symptoms and higher health-related quality of life.

Surprisingly, women who had done a lot of exercise before their cancer had no fewer symptoms than those who had not done much exercise. However, the biggest difference in cancer-related symptoms and quality of life was seen in those who either maintained or increased their activity levels over the cancer experience. Increased physical activity, especially post cancer, was consistently related to better everyday functioning and reduced fatigue and bodily pain. This was most marked in those who did regular vigorous or sports/recreational activity compared to moderate or household activity.

An added bonus of this study was that it showed that those who maintained vigorous activity levels reported less weight gain and cared more about their appearance. Since excess body weight is associated with increased recurrence of breast cancer and lower survival rates this can only be a good thing.

The message then is clear: It is never too late to start. Even for those doing little exercise at diagnosis, starting some form of vigorous exercise should have a significant positive effect on life after its successful treatment. What we need to know now is what type of activity is best and why.



Support the work of the Florida Breast Cancer Coalition Research Foundation with www.goodsearch.com. Its so simple & costs nothing!

Do you routinely or occasionally search the internet? Why not support the Florida Breast Cancer Coalition Research Foundation while surfing the net. Just go to www.goodsearch.com (rather than yahoo, google, etc.) type in "Florida Breast Cancer Coalition Research Foundation" and begin searching the internet. Everytime you search money goes to your favority charity, FBCCRF. Give it a try and help us everytime you surf and search the web. The more you use the site the more money will go to the work of the Florida Breast Cancer Coalition Research Foundation. So be sure to tell your friends, family, and colleagues to use www.goodsearch.com



The Faith In Education program is a free, hands-on breast cancer education and awareness initiative. The program focuses on educating underserved, under-insured and uninsured women on breast cancer, prevention, screening, and local healthcare resources. This outreach project engages communities of all socio-economic levels and religious denominations, but has particular interest on low income and underserved communities. The program's mission is to develop and expand faith communities' participation in breast cancer education activities to help lessen the impact of breast cancer in Florida.

Faith In Education also offers an additional component which is the Congregational Training Initiative (CTI). CTI is an exclusive training session designed for women's groups, health groups or any interested group of

[American Association for Cancer Research](#)

[American Cancer Society Cancer Survivors Network](#)

[American Society of Clinical Oncology](#)

[Association of Cancer Online Resources](#)

[Association of Community Cancer Centers](#)
(301) 984-9496

[Be Bright Pink](#)

[Breast Health Global Initiative](#)

[CancerCare](#)

[Centerwatch Clinical Trials](#)

[Gilda's Club Worldwide](#)

[Lance Armstrong Foundation](#)

[Living Beyond Breast Cancer](#)

[Men Against Breast Cancer](#)
1 (866) 547-MABC

[National Asian Women's Health Organization](#)

[National Cancer Institute Surveillance Epidemiology and End Results \(SEER\)](#)

[National Coalition for Cancer Survivorship](#)

[National Lymphedema Network](#)
1 (800) 541-3259

[National Women's Health Resource Center](#)
1 (877) 986-9472

[People Living with Cancer](#)

[Susan Love Research Foundation](#)

[Well Spouse Foundation](#)

[World Health Organization](#)



congregants within your congregation. This two-hour training, also provided by CIS, will cover a basic, but in-depth overview of the disease, types of breast cancer, stages, treatment methods and much more!

The Faith in Education Program includes the following key components:

- Inclusion of congregations of any religious denomination that have the support of their religious leader.
- Identification of a volunteer Breast Cancer Education Coordinator who will lead the education program in the congregation.
- Creation of a training program for Coordinators to learn the communication of early detection practices and healthy living regimens.
- Establishment of an assessment and measurement component that will measure pre-program levels of knowledge and activity and compare them with post-program levels.

The reaction of the religious community has been uniformly positive and enthusiastic. We are very excited about this program and its potential to educate and save lives.

For more information about the Faith In Education program or to schedule a Congregational Training, contact Jessica Parker at (954) 454-4156.

SAVE THE DATE

to Join FBCCRF in honoring
Kathy Durham , FBCCRF Board Member



To someone in need, an open door represents so much ... a welcome ... an invitation ... an opportunity ... a pathway to new hope.

Each outreach month, legions of Florida Breast Health Initiative volunteers walk door-to-door throughout South Florida's needy neighborhoods on a mission to educate women about breast cancer detection and treatment. By opening the door, a woman can literally save her life.

Thanks to the commitment of the South Broward Hospital District and Memorial Hospital network, more doors will now be open. Memorial Hospital's Mobile Mammography Van enables FBHI to bring free mammograms to the very neighborhoods where they are needed.



2007 FBHI
First Annual
Open the Door
Honoree
Kathy Durham



To recognize Memorial for supporting and growing FBHI's efforts, we invite you to join us as we salute

**South Broward Hospital District
Vice Chairman
Kathy Durham**

A financial and banking executive, Kathy never thought that breast cancer could touch her life. Her courage, along with access to care, helped her through the crisis. Now, thanks in part to the vision of Kathy and women such as FBHI Founder and Executive Director Andrea Ivory, the message of hope and help can be spread to other South Florida women who might not otherwise have the opportunity to learn from their experiences.

Join us by attending and sponsoring the Florida Breast Health Initiative's first annual fundraiser: the "Open the Door Event." You'll enjoy fabulous food, drinks, entertainment and a Silent Auction on March 28th, 2008, at Shula's Miami Lakes from 6:00 p.m. until 9:00 p.m.

Master of Ceremonies: Calvin Hughes, WPLG Channel 10 Morning News Anchor

Full Field Digital Mammography

A new type of mammography equipment called full-field digital mammography has generated a good deal of press during its first year of availability in the United States. Mammography remains the best method of early breast cancer detection. However, traditional film-screen mammography is limited in its ability to detect some cancers, especially those occurring in women with radiographically "dense" breasts. For this reason, extensive research efforts to improve mammography have occurred. Digital mammography offers theoretical advantages compared to film-screen mammography for cancer detection.

What is digital mammography?

Conventional film screen mammography uses low energy x-rays that pass through a compressed breast during a mammographic examination. The exiting x-rays are absorbed by film (x-ray film) which is then developed into a mammographic image that can be held and looked at by the radiologist. This traditional process is analogous to personal photographic cameras and photographic film where light is focused on the film and developed to produce a negative which can be printed as a picture. With digital mammography, low energy x-rays pass through the breast exactly like conventional mammograms but are recorded by means of an electronic digital detector instead of the film. This electronic image can be displayed on a video monitor like a TV or printed onto film. Again, this is similar to digital cameras that produce a digital picture that can be displayed on a computer screen or printed on paper. The radiologist can manipulate the digital mammogram electronically to magnify an area, change

contrast, or alter the brightness.

Most radiographic imaging is currently done by digital means including CT scans, ultrasound, MRI, nuclear scans, and the some standard radiographs such as bone or chest examinations. Mammography was the last area of radiologic imaging to use digital technology due to the unique needs of mammography. The high resolution and contrast needed to produce excellent quality mammographic imaging exceeds all other areas of digital imaging. For this reason, the technology to produce digital mammography is very complex, expensive, and time consuming to develop reliable systems. Patients undergoing digital mammographic examinations will see few differences during the examination itself. There is more equipment in the room which includes a small TV monitor which allows the mammographic technologist to view the mammogram in several seconds instead of developing films and waiting ten minutes to see an image. Breast compression, unfortunately, is still required to produce optimal images at the lowest possible radiation dose.

Digital mammography offers potential and practical advantages over film screen mammography by improving contrast and signal to noise ratios. These may allow better cancer detection. Near instantaneous image acquisition and the ability to transmit images electronically around the world are also significant advantages. One can have a mammogram at a remote site with the images sent, displayed, and interpreted at a medical center. However, the most important scientific application is the potential to use advanced computer and electronic technologies to manipulate the image in order to better "see" certain breast tumors that are currently difficult to visualize on film screen mammography systems. These applications include direct computer-aided diagnosis (computer reading of mammograms), 3-D imaging, dual energy mammography, and the contrast-enhanced mammography. Most of these processes remain in the development stage.

Digital mammography is in its infancy similar to CT and MRI scanning of 20 years ago. Current technology offers similar imaging quality to film screen mammography at a much faster speed benefiting women undergoing biopsies and reducing the number of call-backs. On-going advances in electronic and computer technology are expected to produce improvements in digital mammography that would allow better breast cancer detection especially in those women with radiographically dense breasts.

Mark Helvie, M.D.
Professor of Radiology, Director of Breast Imaging Division
University of Michigan Medical Center, Ann Arbor, MI.

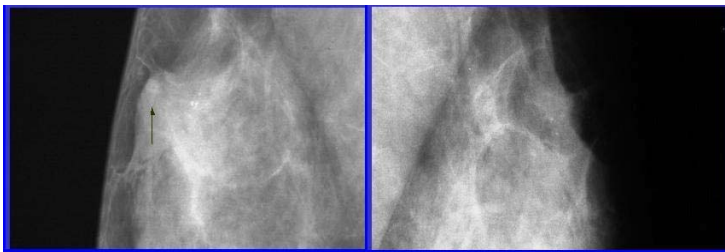


Figure 1

Figure 2

Full field digital image (Fig. 1) shows a small mass with calcifications (arrow). Notice that mass is better demonstrated on the digital image than on the standard film screen mammogram (Fig. 2). This mass turned out to be an invasive cancer.

Shop with Igive.com and support FBCCRF

Change YOUR online shopping into support for a truly worthy cause.

Support the Florida Breast Cancer Coalition Research



Foundation just by shopping online at over 689 online stores. Right now, your web surfing can help too: when you visit online stores through iGive.com, it counts as an entry in iGive.com's Surfathon sweepstakes for a chance to win a \$1,000 donation! They're giving away \$1000 to 5 winning causes every month for 10 months! We hope you'll join to help gain more chances to win - just join iGive.com for free and check out their stores. You don't even have to buy anything!

If you do happen to make a purchase through iGive.com within 45 days of joining, iGive.com will donate an EXTRA \$5 to your favorite cause! With over 689 participating stores, it's easy to find the things you need AND support a good cause.

How it Works:

1. Join iGive.com to support Florida Breast Cancer Coalition Research Foundation.

It's free, safe, and easy to join. [Click Here to Join Igive.com](#)

2. Shop through iGive.com OR just surf their stores.

Their online mall features trusted online retailers like Lands' End, Staples, NORDSTROM, JCPenney, eBay, Expedia.com, Barnes & Noble, QVC, & PETSMART to name just a few!

3. Watch the \$\$ roll in for Florida Breast Cancer Coalition Research Foundation!

Up to 26% of EACH purchase is donated, plus a bonus \$5 donation if you shop within 45 days. The more stores you visit, the more chances to win a \$1,000 donation during the Surfathon!

MORE INCENTIVES for iGive.com Shoppers:

- >FREE SHIPPING deals from great stores
- >SALES & COUPONS to save you money
- >VIRTUAL KARMA from supporting YOUR favorite cause
- >\$5 FREE donation when you shop within 45 days!

I am pleased to enclose my tax deductible contribution to the Florida Breast Cancer Coalition Research Foundation.

Please accept my gift of:

\$1000 \$500 \$100 \$50 \$35 Other _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

This gift is a Tribute to: _____

Please Notify: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Celebration Birthday Anniversary Memorial Other _____

Please cut this out and send it along with your donation

1250 East Hallandale Beach Boulevard, Suite 501, Hallandale, Florida 33009

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