



ENewsletter

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Our Mission

Florida Breast Cancer Coalition Research Foundation (FBCCRF), affiliated with the National Breast Cancer Coalition, is a non-profit grassroots organization dedicated to the eradication of 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.

6 Steps to a Healthier Life for You and Your Family



Honoring Jane Torres



On May 9, 2007 the Florida Breast Cancer Coalition Research Foundation and Friends honored Jane Torres for her years of hard work and dedication to the Coalition and the cause to eradicate breast cancer.

A scholarship fund has been established to honor Jane Torres, the founder of the Florida Breast Cancer Coalition Research Foundation. Jane has recognized the lack of funding for breast cancer research and education, and is a critical and driving force behind increasing research dollars and fighting for a greater awareness of the emotional and financial needs of women with breast cancer. Jane believes that the only way breast cancer is going to be stopped is through innovative, collaborative research funded by Federal Government. She understands the power of speaking face to face with

There is a growing body of evidence showing that healthy lifestyle factors such as eating well and exercising regularly provide significant health benefits. If you combine these risk-reducing habits with limiting your exposure to substances that promote disease, you'll benefit even more.

Here are a few suggestions

- 1. Sleep eight hours a night** in total darkness to encourage normal melatonin levels. A good night's sleep may be one weapon in the fight against cancer because melatonin has cancer fighting properties. The hormone seeps from a pea-size gland in the brain when the lights go out at night. It's the reason you get sleepy when it's dark and current research indicates that melatonin also puts cancer cells to sleep.
- 2. Use personal care products without harmful chemicals** that may alter hormones like parabens or phthalates (Dibutyl Phthalates DBP) Diethyl Phthalate (DEP), Diethylhexyl Phthalate (DEHP). Phthalates are hormone mimicking chemicals used in common household products and used to make plastics soft and flexible. They are found in hair spray, deodorant, nail polish, hair gel, mousse, lotions, perfumes, fragrances, and many cosmetics.
- 3. Avoid alcohol.** Studies have found that regular, moderate use of alcohol affects the levels of important female hormones, especially for postmenopausal women whose bodies make much less estrogen and progesterone than before they entered menopause. Studies show a weak association between alcohol consumption and breast cancer in women who drink one alcoholic beverage a day. However, about 2 to 5 drinks per day, may be associated with a rate of breast cancer that is about 40% higher than the rate for non-drinkers.
- 4. Use "wet cleaning"** rather than dry cleaning which contains "PERC" (Perchloroethylene). If you must use traditional dry cleaning with PERC, open

her legislators and is relentless in her efforts to educate our policy makers. She refuses to accept "no" from the legislators. Jane fights for those women who will come after her. She is fighting for all of us.

The Jane Torres Scholarship Fund will allow more Florida Breast Cancer Coalition Research Foundation members to attend and acquire Advocacy Training. They will be inspired and empowered by having the opportunity to learn state of the art research data from world renowned scientists and meeting with Florida legislators on current breast cancer issues. The lessons we learn from Jane and others like her can be shared as a result of this fund.

To contribute to the Scholarship Fund or to obtain a Scholarship application please contact the the Florida Breast Cancer Coalition Research Foundation, 1835 E. Hallandale Beach Blvd. Hallandale, FL. 33009 or by calling (954) 454-4156.

Help End Breast Cancer



Breast Cancer Facts

In Florida, an estimated 1,125 cases of breast cancer are diagnosed every month. Each year over 40,000 Americans

the plastic bags on your clothing in an open space and air them out before putting them in a closet or on your body. Solvents, such as PERC are under study for breast cancer and are associated with other cancers.

5. Learn better ways of handling stress.

Although more research needs to be done, levels of the stress hormone cortisol, rise with increased stress. High levels of cortisol suppress immune response by reducing natural killer cell activity. Natural killer (NK) cells are important in surveillance against malignant cells and responsible for destroying viruses and tumor cells. Studies suggest that imbalances in cortisol levels can cause tumors to grow faster.

6. Learn to read labels and become an informed consumer. By law all skin care products must be labeled with the ingredients in descending order of their quantity in the product. A good rule of thumb is to divide the ingredient list into thirds; the top third usually contains 90-95% of the product, the middle third usually contains 5-8% and the bottom third, 1-3%.

Stress Management and Breast Cancer



The Department of Psychology and the Division of Biobehavioral Oncology, Prevention, Epidemiology, and Control of the Sylvester Cancer Center are conducting an NIH-funded intervention study to examine the effects of stress management on health and quality of life in women recently diagnosed with breast cancer (Stages 0-III). Participants must have recently had surgery for breast cancer, have not yet begun chemotherapy or radiation treatment, and have fluency in English. Eligible women will participate in weekly group sessions over a

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 in Florida.

To date, over \$700,000 in scientific and educational grants have already been awarded. Visit our local tax collector's office or tag agency to purchase your specialty plate today for only \$27.00

Paget's Disease of the Breast



Paget's disease of the breast, is a rare condition occasionally misdiagnosed as a skin disorder. The name is sometimes confused with that of one of the other various diseases named by Sir James Paget after himself. This lack of recognition plus its seemingly benign early symptoms make Paget's disease of the breast too often overlooked. The breast tumors that often accompany it can then also be missed.

Paget's disease of the breast is a factor in less than 5% of all breast cancer cases. It is usually found in older women, although younger women and even some men have been diagnosed. Paget's disease of the breast starts in the breast ducts and extends to the skin of the nipple and to the circle of the skin (Areola)

period of five weeks and will be compensated for completing three assessments (Questionnaire packet, Saliva collection, and blood draw). If you are interested in participating or would like further information about this study, please contact the study coordinator, Janny Rodriguez at (305) 284-2220 or jannyr@miami.edu



Back in April 2006, the Development Committee of FBCCRF was in its initial phase of planning a fundraising/ development program for the upcoming fiscal year. Part of the challenge was identifying innovative, meaningful programs that would advance the basic mission of FBCC and FBCCRF. From these discussions the idea emerged that by working through religious congregations in Florida, we could reach women with vital information on breast cancer with the goal of increasing early detection and saving lives.

The initial idea took hold and has now blossomed into the FBCC Interfaith Program. Through the passionate support of one individual, his family and friends, FBCCRF support, over \$100,000 has been committed to get the program off the ground.

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 Faith in Education Program has achieved the following milestones to date:

around the nipple. About 95% of those who get it have either DCIS or an invasive breast cancer, and about half of these will have a detectable underlying lump at the time of diagnosis.

Symptoms

An early symptom indicating Paget's is the flaky or scaly skin that appears on the nipple accompanied by slight itching or redness. Later, there may be tingling, thickening of the skin, a burning sensation, a sore on the nipple that will not heal, or an inverted nipple. Some women may also experience a discharge from the nipple that is bloody or straw colored. Paget's usually appears on one breast but it is known to appear on both simultaneously.

Diagnosis

Symptoms may seem to heal themselves and may not cause any discomfort, but it is important not to assume they were harmless. Go to the doctor if you have or have had any of the indications. If your doctor tells you that you have a skin condition ask about the possibility of Paget's, which is treatable. A nipple skin biopsy is used to determine the diagnosis. If breast cancer is present, early detection is the key.

Resources

The following websites were consulted for this report and may be helpful to you:

www.cancer.gov

www.mayoclinic.com

www.cancerbacup.uk/info/paget.htm

- Raised funds in excess of \$100,000.
- Hired a full-time Program Director, Ms. Tilicia Johnson (Tilicia joined the staff of FBCCRF on October 16, 2006).
- Prepared grant applications for ongoing support of the Interfaith Program.
- Developed a program budget for the current fiscal year.
- Established an Oversight Committee that meet bi-monthly.
- Contacted numerous religious organizations and individual congregations seeking their involvement and support.

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.

Tribute Funds

What is a Tribute Fund?

You can establish a Tribute Fund in the name of the person you would like to honor or remember. As well as honoring your loved one's life, it will also contribute to our mission.

- You can donate or raise money for the Tribute Fund now and as far into the future as you wish. We will keep you informed on gifts made to the Fund.
- Your contribution helps us fulfill our mission to eradicate breast cancer.

What if I do not raise additional funds?

We understand that these funds, while bringing some comfort to others, will not be everyone's choice. If this is true for you, please rest assured that you need to take no further action. The gift you have already made is very gratefully received and has already been put to good work.

How can I raise additional funds?

There are many ways that family and friends can make further contributions to the Tribute Fund.

Here are some examples:

- Single donations on anniversaries, special occasions or significant dates

Upcoming Events



Drive Home the Cure

June 1, 2007

7 p.m. - 9 p.m.

Bal Harbour Shops
9700 Collins Ave.
Bal Harbour, FL. 33154

RSVP Required:

drivinghomethecure@nicolshelleymodels.com

Links Event

October 20, 2007

Next In Line at Grove Isles

October (Date to be Announced)

Jewelry Event in Coral Springs

October 25, 2007

Emerging Topics in Breast Cancer & Environment Research

November 8-9, 2007

www.bcerc.org

www.eh.uc.edu/growingupfemale

- Regular monthly sustaining gifts
- Organizing a fundraising event that people pay to attend
- Getting sponsorship from friends and family to undertake a challenge

What do I do now?

If you would like to set up a Tribute Fund, please call Marjorie Aloni, our CEO at (954) 454-4156; or email Marjie@fbccrf.org. She will be glad to answer your questions.



Clinical Trials and Resources for Minorities and Undeserved Populations

Federal health leaders unveil new programs to recruit more minorities into clinical trials. Two projects among

first to address cultural and linguistic barriers. At a time when ethnic minorities and undeserved populations face significant disparities in the diagnosis and treatment of cancer, asthma, and other serious diseases, federal government leaders recently met in Houston to inaugurate two innovative programs intended to overcome one of the reasons for these disparities; lack of participation in clinical trials.

In conjunction with Baylor College of Medicine and the intercultural Cancer Council (ICC), officials from the U.S. Department of Health and Human Services' Office of Minority Health and Office on Health Disparities announced two complementary projects, CLAS-ACT (Culturally and Linguistically Appropriate Standards and Clinical Trials) and Backpack (A set of tools for researchers) that are among the first to apply new ways to reduce the cultural and linguistic barriers keeping many undeserved patients from participating in clinical trials.

Volunteers & Interns Needed!



Join a community of women affected by breast cancer, dedicated to providing support, information, and hope.

Public Relations/ Marketing Interns

You should have good written and oral communication skills, excellent computer skills, and web savvy. Work approximately 5 - 10 hours a week.

Volunteer Office Assistant

Help coordinate mailings, filing, and maintaining the office supply inventory.

Please contact Marjie Aloni at marjie@fbccrf.org or by calling (954) 454-4156.

The outgrowth of Eliminating Disparities in Clinical Trials (EDICT), a joint initiative of Baylor and ICC, the project will provide new resources, examples and models for those who design clinical trials and for those who work with minority and undeserved patients at the community level.

**For additional Information Contact
Cindy Karra at (202) 974-5009**



ASK WHAT YOU CAN DO TODAY

Host an Event

- Walk/Skate/ Bike/ Dance-A-Thons
- Cocktail Parties
- Fashion Shows
- Girls Night Out - An evening of shopping during which local stores contribute a percentage of their proceeds.
- Bowling Parties
- Silent Auctions
- Penny Wars - A great project for schools and student groups in which classes compete to collect the most change.
- Blue Jeans Day - Employees make a donation in order to wear jeans to work.
- Raffles
- Breakfast in Bed - On college campuses, students can treat their friends or themselves.
- Car Wash
- Sports Tournaments - Teams pay a fee to play in the competition.

Contact us at (954) 454-4156

Are you a FBCCRF Member?

Don't forget to join or renew your membership. Annual dues are only \$50. Membership benefits include getting the E-Newsletter, Action Alerts, Quarterly Newsletter and invitations to FBCCRF programs mailed directly to your home, along with eligibility for FBCCRF Scholarships to national events, e.g. the NBCCF's Annual Advocacy Conference. But the greatest benefit is knowing that you'll help the FBCCRF continue its long tradition of making breast cancer issues a top priority in the public and private sectors through advocacy, education, and research.

Send your check to the **Florida Breast Cancer Coalition Research Foundation** 1835 E. Hallandale Beach Blvd. # 191 Hallandale, Florida 33009

Include your name, address, and contact information.

Visit www.fbccrf.org for a membership form and additional information.
Membership dues are tax-deductible.

We can end breast cancer together

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

Please accept my gift of:

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Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

This gift is a Tribute to: _____

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