



# Lifeline

A Quarterly Publication of Y-ME National Breast Cancer Organization



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## Focus on Nutrition: The “Old” Rules Still Apply

“If there’s one piece of advice I would give a woman who has breast cancer, it is to get her weight under control,” says Caroline Apovian, M.D., F.A.C.P., director of the Nutrition and Weight Management Center at Boston Medical Center. “Many women today are overweight, and losing weight may give them an edge in survival and help to prevent a recurrence.”

A growing body of research supports Dr. Apovian’s advice, including a study published in 2005 in the *Journal of Clinical Oncology* stating that women who are overweight prior to breast cancer diagnosis, or who are lean but gain weight following diagnosis, are more likely to have their disease return or to die of the disease.

“We know that fat tissue raises estrogen levels, and estrogen plays a role in certain breast cancers,” she says, explaining why being overweight increases breast cancer risks. “But it’s not just estrogen exposure. Fat produces insulin which is a growth factor that can promote tumor growth.”

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## Breaking Down the Barriers to Exercise

With so much progress in breast cancer treatment options and far more survivors available for clinical studies, some researchers are now focusing on long-term benefits, says Cheryl Rock, Ph.D., R.D.



According to Rock, professor of family and preventive medicine at the Cancer Prevention and Control Program, University of California, San Diego Medical Center, breast cancer survivors who eat five servings of fruit and vegetables each day plus exercise cut their risk of dying by half. Rock and her colleagues followed 1,490 women diagnosed with early-stage breast cancer for 11 years. Their findings, published last summer in the June 10 issue of the *Journal of Clinical Oncology*, make clear that this combination of diet plus exercise was key in cutting the risk of death. Importantly, these findings were consistent regardless of weight.

Exercise is essential, Rock says, and yet it is challenging, because we are in an environment that does not encourage exercise. We can break down these barriers, however, with extensive planning and good time management.

“Being told that you have breast cancer knocks your socks off and turns your world upside down. If you can just get up and do a little walk or stretch, then mentally and physically you feel so much better.”

“Exercise doesn’t just happen for anybody, because everyone is busy,” she says. Thinking very practically, Rock runs an American Cancer Society-funded study called the Survivor’s Health and Physical Exercise (SHAPE) Study. She and her research staff help overweight breast cancer survivors design individual exercise programs that will be successful in the long term. The way to do this, she says, is to break down routines into activities that are convenient, enjoyable and that fit into your lifestyle.

For example, if you like quiet meditative kinds of activities best, you might enjoy walking alone. If you like walking but are more social, you could join a hiking club and meet like-minded people. Many sign up for gyms and health clubs, but they must be close to home or work or the inconvenience becomes an issue. In that case, exercise at home is a good option.

“Many of my study participants park their treadmill or bike in front of a TV so they can put movies on, and they put in a rack for reading. Otherwise, the

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## message from margaret



Dear Readers,

We know breast cancer is a journey, but do you think of maintaining fitness and nutrition as a process as well? I believe that it is. Eating right and getting in shape are only possible one step, one decision at a time. It can be overwhelming to approach a healthy lifestyle plan, but breaking it down into a series of small actions makes it more manageable. If you're looking for motivation, check out our cover story, "Breaking Down the Barriers to Exercise."

Another source of inspiration can be keeping a lifestyle journal. When you write down everything you eat during the course of a day, for example, you might feel compelled to make some changes. Recording your habits honestly will reveal that you feel better when you're sleeping enough, eating good food and exercising regularly. Give it a try! For tips on eating right, read "Focus on Nutrition" that starts on the cover.

Although I have never been diagnosed with breast cancer, I face the challenge of getting motivated to be healthier. It's easy to skip a workout when I'm tired, but I do find that I feel better when I exercise anyway. It helps to think of it this way: if you ignore problems your car is having and stop making repairs, the car will break. Likewise, our bodies need regular attention and maintenance.

Having a workout buddy is a great way to stay on track. Not only will you enjoy spending time with your friend, but you'll be held accountable to keep your plans. At Y-ME, we recognize the power of peer support as well. It's a relief to talk to someone who's been through breast cancer and has shared similar experiences as you. Give our 24/7 hotline a call anytime at 800-221-2141 if you ever need to talk, or visit us at [www.y-me.org](http://www.y-me.org).

Spring is the perfect time to shake off winter's doldrums and start a new healthy living program. If you need a goal, why not plan on participating in our Mother's Day Events or the brand new Ride to Empower? To learn more, see Page 10. We look forward to seeing you there!

Sincerely,

A handwritten signature in cursive script that reads "Margaret C. Kirk".

Margaret C. Kirk  
Chief Executive Officer

# letters to the editor

## Wear it and be proud

I made up a poem to go with some bracelets I was handing out to help people become more aware about National Breast Cancer Awareness Month (October). I did a 5-mile walk in memory of my mother, who died of breast cancer in 1993. I promised her that I would continue to do things to bring money to the cause and prevent others to suffer like she did.

### THINK PINK

This pink bracelet is to show support  
for breast cancer survivors young and old.  
It says to those who have been diagnosed to stand and be bold.

Wear it and be proud.  
It is pink and it speaks loud.  
Everyone that sees it will know that you care and feel free then  
to give more and to share.

This disease that we speak of affects us all.  
Please help us spread the word to get research on the ball.

Mothers, daughters, sisters and friends,  
'We must do something to save our rear ends.

~ anonymous

## We Want to Hear From You

We welcome your reactions, comments and thoughts. Please  
e-mail us at [contact@y-me.org](mailto:contact@y-me.org), write via the Web site—  
[www.y-me.org](http://www.y-me.org)—or mail to  
Y-ME,

Attn: *Lifeline* Editor,  
212 W. Van Buren Street, Suite 1000,  
Chicago, IL 60607

Please include the city and state where you live.  
Letters may be edited for length and clarity. All names and locations  
will be included unless otherwise requested.

## Basketball for the cause

Five boys from Highland Park, Ill., obtained donations for a basketball shoot-a-thon and recruited their friends for a 3-on-3 tournament for their bar mitzvah projects. Their names are Chad, Andy, Jake, Alex and Brandon. They raised \$2564 for Y-ME and will be celebrating their bar mitzvahs this year.

The boys worked hard and had fun and were very happy to make these donations. We are very proud of them!

One of the reasons they picked Y-ME is because I – Chad's mom – am a breast cancer survivor and Chad's grandma passed away from breast cancer. They wanted to raise money to help women with breast cancer.

~ Sincerely,

Sue Fox  
Highland Park, Illinois

P.S. We sent the donation in on November 16th!



*Pictured (left to right) are Chad, Brandon, Andy, Alex and Jake.*

## Calling all artists

The *Lilly Oncology on Canvas* International Art Competition and Exhibition provides anyone affected by cancer the opportunity to express the life-affirming changes that give the journey meaning. The third biennial competition invites people who have been diagnosed with cancer, their health care providers, family members, friends and caregivers to share their cancer journey through art.

Winners receive funds to donate to a charity of their choice, including Y-ME. Top prizes also include an all-expense-paid trip to New York. For more information, visit [www.lillyoncologyoncanvas.com](http://www.lillyoncologyoncanvas.com).



## Breaking Down the Barriers to Exercise

treadmill can just be another place to hang clothes,” she says laughing, repeating her advice that you should enjoy what you are doing, so you are not bored.

There are many potential barriers to exercising. By anticipating them, you can individualize a program that works for you. “The hardest thing is getting started,” says Rock. Whatever your needs, don’t hesitate to ask for help from family and friends. “Tell your husband, ‘I really need to exercise. It will reduce the risk of recurrence, as studies have shown, but I need help. Would you pack the kids off to school, so I can work out?’ If you give people a very specific request, they will be more likely to be helpful,” says Rock.

Plan multiple activities that you like to do. Walking before or after work is a great Plan A, but may not be feasible in the winter when the sun rises late and sets early, so you need alternate activities. Plan B might be a treadmill set up near the TV.

“We encourage people to cross train, too, so if you normally walk, but twist a knee, you can join the ‘Y’ and have access to a pool.” Plan C, then, could be the pool.

Another problem for some breast cancer survivors is fatigue. “It’s counterintuitive, but if you just exercise, you will feel less tired,” Rock says. She suggests that you do some “self talk” to get motivated.

Tell yourself, “I don’t have to exercise for long. I’ll just do it for 10 minutes and then see how it feels.” In most cases, when people exercise for 10 minutes, they start to breathe a little better. There is more oxygen in the brain and more blood flowing everywhere, and they say, “Oh, what the heck, I’ll do it for another 10 minutes,” and then they keep going. You may not have control over your genetic make up, but you do have control over life choices like exercise.

Gloria Suardiaz Alvarez, 50, could certainly validate Rock’s passion for exercise. Alvarez, a Y-ME National board member from Naperville, Ill., has had two bouts with breast cancer. She is a firm believer in the benefits of exercise—even during treatment.

Alvarez was first diagnosed in 2000, just weeks after her mother passed away from the same illness. At that time, she

had two lumpectomies and a 7-week course of radiation. A certified personal trainer through the American Council on Exercise, Alvarez had long been a believer in exercise. She had a personal training business for years and leads group exercise classes. With her enthusiasm, Alvarez kept exercising while going through radiation.

“I recall that most of the individuals getting radiation were crawling home and taking numerous naps,” she says. “Obviously, the therapy affected me too, but I kept a regimen of exercise. I think it helped me maintain a higher energy level and to recover quicker.”

Exercise helps her mood, too, Alvarez says. “Being told that you have breast cancer knocks your socks off and turns your world upside down. If you can just get up and do a little walk or stretch, then mentally and physically you feel so much better.”

Alvarez became a member of the Y-ME National Board of Directors in 2005. In September 2007 her cancer returned. She had a simple mastectomy with reconstruction and had to stop exercising temporarily. Within two weeks, she resumed stretching exercises, added yoga and soon after, she started walking for exercise again. A few weeks later, she was on her Stairmaster, with her doctor’s blessing.

Alvarez found her understanding of anatomy helpful when she was exercising. She suggests the importance of finding a personal trainer experienced in working with individuals who have had surgery or breast cancer.

“I absolutely felt better and the stretching made a great difference with my arm’s flexibility,” Alvarez says. “Full use and range of motion are coming back now.” Alvarez recently went back to teaching her exercise class after a 4-month hiatus, she says. “I feel unbelievably alive again. Coaching, motivating and inspiring other people to exercise has always brought me a lot of happiness, but after breast cancer, it means even more to me.”

“Exercise helps women feel invigorated and powerful,” Rock agrees. “This is very empowering.” ✧

## Buy TRIM® and support Y-ME



Purchase a variety of TRIM products and support the company as it helps Y-ME ensure no one faces breast cancer alone. TRIM will donate 25 cents from each nail clipper, toenail clipper and cuticle trimmer/pusher sold during 2008 to Y-ME with a minimum donation of \$50,000. The products are available at CVS and Walmart.

TRIM is part of the W.E. Bassett family. In 1947 after World War II, William Bassett developed his own product, a fingernail clipper of exceptional quality and design using new manufacturing methods. Today the TRIM® line has grown to include over 100 personal care implements used by customers all over the world. To learn more and to learn where you can purchase your TRIM products, visit [www.trim.com](http://www.trim.com). ✧

## Using Complementary Medicine to Enhance Well-being



Have you ever taken a yoga or meditation class? Used acupuncture to relieve a particular ailment? Had a massage to relieve pain, stress or anxiety? If you have, you are one of the many Americans who are increasingly turning to complementary medical approaches to prevent or treat illness, or to improve overall well-being. In fact, according to the results of a nationwide government survey published in 2004<sup>1</sup>, 36 percent of U.S. adults aged 18 years and older use some form of complementary and alternative medicine (CAM). That number rises to 62 percent when prayer directed specifically towards health issues is included under the CAM umbrella. Of those surveyed, 55 percent said they were most likely to use CAM because they believed that it would help them when combined with conventional medical treatments.



What is CAM, what treatments does it encompass, and how do these therapies contribute to an enhanced quality of life? The National Center for Complementary and Alternative Medicine (NCCAM), which sponsors and conducts comprehensive research and clinical trials in this field, defines CAM as “approaches to health care that are outside the realm of conventional medicine as practiced in the United

States.” The list remains fluid as conventional medical practitioners start to embrace complementary practices that are proven to be safe and effective.

Therapies that fall under the heading of CAM include whole medical systems such as homeopathic and naturopathic medicine, traditional Chinese medicine and Ayurveda.

Mind-body methods include yoga, meditation, prayer, imagery and creativity-based therapies that include art or music. Other CAM practices feature nutritional healing and herbs, body-based approaches such as massage and chiropractics and energy therapies such as reiki and therapeutic touch.

Erin Raskin, M.S., L.Ac., is a licensed acupuncturist in San Diego, Calif. Raskin’s practice incorporates CAM healing modalities derived from her extensive background in Oriental medicine, Ayurveda, homotoxicology (a natural healing science based on homeopathy), naturopathy, nutrition and hatha yoga. Raskin believes that while surgical and pharmaceutical interventions are excellent for treating emergency and life-threatening issues, CAM aids healing of chronic conditions and acute non-emergency conditions, and can very effectively improve overall well-being.

**CAM has become more mainstream  
in the hospital environment.**

“Whether by releasing endorphins, stimulating the nervous system or boosting immunity,” Raskin explains, “CAM strives to know the person and to select some combination of acupuncture points, herbs, food, exercise, postural adjustments, aromas, stress management techniques, homeopathy, massage, etc. to facilitate optimal health.”



In recent years, a growing number of physicians and allied health professionals are practicing integrative medicine, which combines conventional and CAM medical techniques to offer a total approach to health care. Moreover, CAM has become more mainstream in the hospital environment. The results of a 2005<sup>2</sup> survey for the American Hospital Association conducted in more than 1,400 hospitals throughout the U.S. show that nearly 27 percent of the responding hospitals were offering one or more CAM therapies, primarily in response to patient demand.

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Sugar is one of the worst dietary offenders. It not only contributes to extra weight but it can impair the immune system, says Dr. Apovian. The average American consumes an astonishing two to three pounds of sugar a week—much of it highly refined (in the form of dextrose, sucrose and high-fructose corn syrup) and “hidden” in processed foods such as bread, crackers, cereal, mayonnaise, ketchup, spaghetti sauce and microwave meals.

These refined sugars are “empty calories” containing no minerals or vitamins. As a result, they tap the body’s micronutrient stores in order to be metabolized (used up). When these storehouses are depleted, the body’s ability to process cholesterol and fatty acids is impeded, contributing to higher triglycerides (fats) and cholesterol—and promoting obesity because more fatty acids are stored around organs and in tissues.

“Bottom line, the nutritional advice for women with breast cancer is the same advice we’ve been promoting for years—a balanced diet that’s rich in fruits and vegetables, whole grains and lean protein,” says Dr. Apovian. “This advice isn’t new, but it’s still valid. In fact, today we have even more science to back it up.”

Women should aim for five or more cups of fruits and vegetables a day, along with whole-grain breads and cereals. “They contain phytochemicals (beneficial plant materials) and other substances that can help prevent certain cancers,” she says. Other good choices include nuts, seeds, rice, pasta and beans—complex carbohydrates—along with lean protein (fish, white-meat chicken and turkey).

“The worst foods to eat are high-fat fried foods, animal fats (such as highly marbled beef or pork, full-fat dairy products), products high in refined sugar and fast foods with little nutritional value,” Dr. Apovian notes. “Alcohol consumption has also been closely linked to breast cancer. So if you drink, limit it to one glass of wine a day.”

Dr. Apovian acknowledges that with the increasing availability of organic foods and low-fat products, it is easier than ever to make healthy choices. At the same time, it is easier than ever to be overweight, as evidenced by national statistics showing that two-thirds of Americans are overweight. Our sedentary lifestyle and unhealthy food choices are largely to blame.

While no food or diet can prevent breast cancer, good nutrition can boost the immune system, help to make the body as healthy as possible, and help keep the risk of breast cancer as low as possible. Additionally, it can help you maintain an ideal weight.

Diane Dyer, a registered dietician who is herself a cancer survivor, recently wrote, “I believe wholeheartedly in my diet as a means of helping my body minimize the risk of cancer recurrence. I now look at everything I eat in a very mindful way, asking myself, ‘How does this food nourish me? How does it promote my recovery?’ By asking these questions, I am acknowledging that food nourishes both the body and the soul.” ✧

## Small Improvements, Big Returns

Some tips for making small nutritional and fitness improvements that can yield big returns when it comes to your health:

- For breast cancer risk reduction, do at least 45 minutes of moderate activity on five or more days a week.
  - ~ Walk the dog a few more blocks, park the car farther from the mall entrance, take the stairs instead of the elevator—it all adds up.
  - ~ Buy a pedometer to track your activity level, and aim for 10,000 steps a day. 
- Read food labels and avoid products with trans-fats and high-fructose corn syrup—this simple step will automatically eliminate a lot of unhealthy foods.
- Include more “healthy fats” in your diet (avocados, olive oil, almonds and walnuts, nut butters) and avoid saturated fat (found in animal products, including dairy).
- A single 12-oz. can of regular soda contains about 10 teaspoons of sugar! Substitute flavored seltzer water—you’ll still get the fizz, with zero sugar.
- If you’re tempted by certain unhealthy foods, don’t keep them in the house.
- Plan a week’s worth of menus in advance and shop specifically for those meals.
- Substitute whole wheat pasta for white.
- Try a vegetarian meal once a week.
- Use chicken or vegetable stock instead of oil for stir-frying.
- To help you develop a healthy diet that meets your nutritional needs, seek advice from a registered dietician. Good cooking and healthy eating begin with learning about nutrition and how to prepare healthy recipes.



## Does exercise lessen the side effects of breast cancer therapies?



The role of exercise in alleviating the side effects of cancer treatment has been the subject of an estimated 70 studies thus far, according to exercise physiologist Lee W. Jones, Ph.D., assistant research professor at Duke University Medical Center. Half of these clinical trials were focused specifically on breast cancer. And about half of these were performed during treatment, with the remainder performed afterwards.

“The role of exercise in those two settings is different,” Jones says. “A lot of the studies performed during treatment looked at common symptoms, such as fatigue, a major side effect of most chemotherapies. Exercise has been shown to reduce these symptoms in clinically meaningful numbers.” The role of exercise in other areas, however, is less clear.

If you are doing nothing, you want to do something.  
If you are doing something, you want to do more.

A few investigations have looked at the effect of exercise on nausea and diarrhea, with favorable findings, but more studies are needed to know for sure. Clinical findings with immune function are unclear as well. “We know exercise improves the immune system in healthy people. We just don’t know if it has the same effect in immune-compromised individuals, such as breast cancer patients.”

Exercise is particularly beneficial with lessening anxiety and depression, Jones says. Studies with healthy individuals, as well as with adults with clinically diagnosed depression, show that chemicals called endorphins are released during exercise. Although the reasons why are not yet understood, endorphins definitely play some role in relieving stress and helping us feel good. Exercise also puts control back into the patient’s hands.

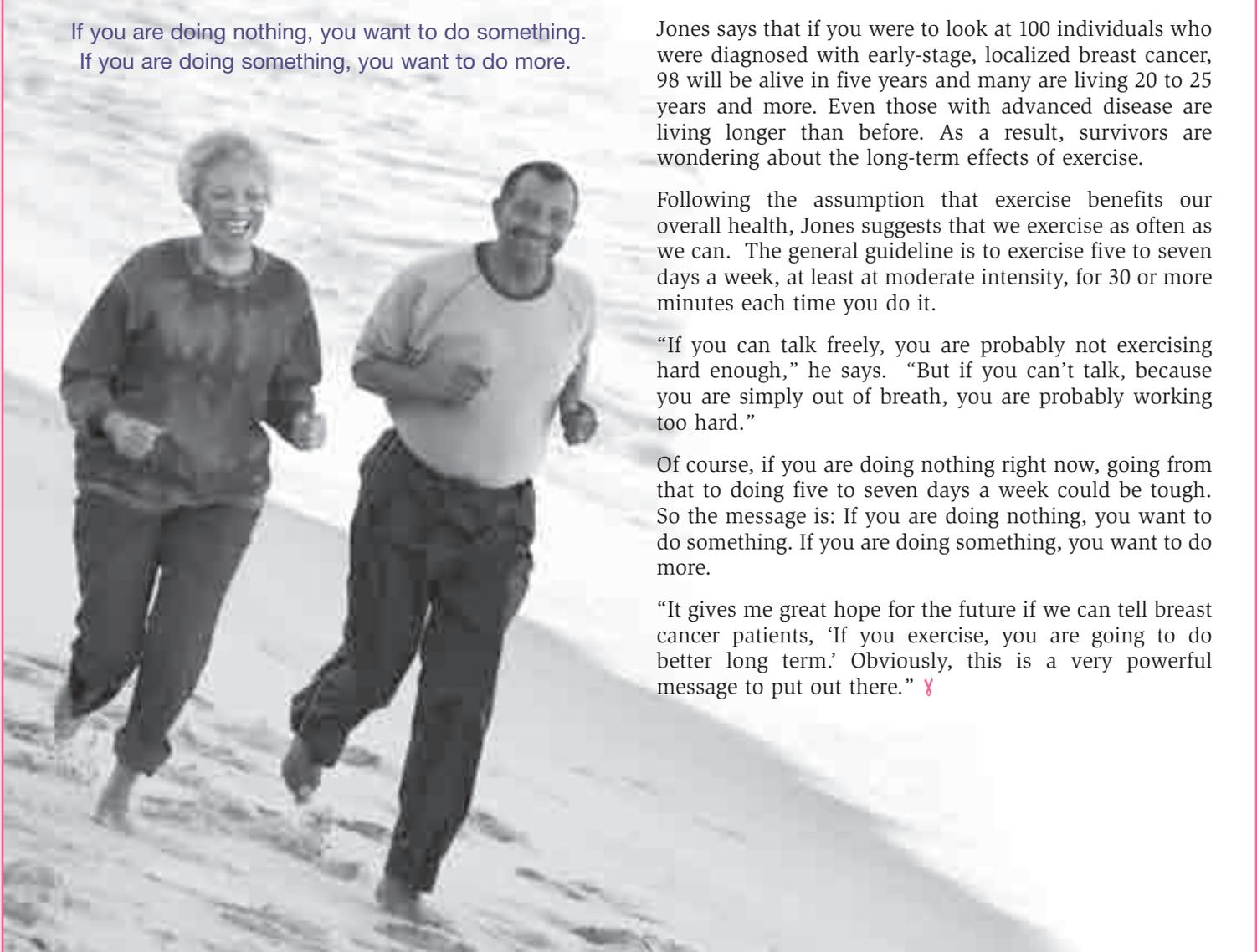
Jones says that if you were to look at 100 individuals who were diagnosed with early-stage, localized breast cancer, 98 will be alive in five years and many are living 20 to 25 years and more. Even those with advanced disease are living longer than before. As a result, survivors are wondering about the long-term effects of exercise.

Following the assumption that exercise benefits our overall health, Jones suggests that we exercise as often as we can. The general guideline is to exercise five to seven days a week, at least at moderate intensity, for 30 or more minutes each time you do it.

“If you can talk freely, you are probably not exercising hard enough,” he says. “But if you can’t talk, because you are simply out of breath, you are probably working too hard.”

Of course, if you are doing nothing right now, going from that to doing five to seven days a week could be tough. So the message is: If you are doing nothing, you want to do something. If you are doing something, you want to do more.

“It gives me great hope for the future if we can tell breast cancer patients, ‘If you exercise, you are going to do better long term.’ Obviously, this is a very powerful message to put out there.” ❧



## How to Make Good Choices on the Go

Balancing family, friends and career is challenging enough, but adding a breast cancer diagnosis to the mix means even more stress. When battling the disease and during the years following treatment, how can you maintain a healthy lifestyle while leading a busy life?

Kathleen Whitehurst was diagnosed with breast cancer in 1999 at age 49. At the time, she managed her own business, was helping her daughter plan her wedding, and her husband was the former mayor of Fresno, Calif., so they were in the public eye. Kathleen faced seven major surgeries in a 4-year period. Eating healthy and staying fit were not exactly priorities. While she faced the stress of breast cancer, she did not have the time or motivation to plan ahead, so she ended up skipping exercise and choosing fast food on many occasions. She gained weight and became depressed.

In 2002, Kathleen's perspective changed dramatically. Her daughter challenged her to do a 60-mile breast cancer fundraiser walk. Even though she was out of shape and suffered from arthritis, she trained for several months and they accomplished the walk together, raising a total of \$14,000. This experience helped Kathleen realize how important maintaining her health was. She now advises other breast cancer patients to get involved in a group activity like a walk to take their mind off the cancer (see Page 11 to learn about Y-ME's Walk to Empower). "It is important to incorporate simple exercise, such as walking, into your daily routine," she explained. "Walking for just 20 to 30 minutes most days of the week will make a lasting change. You will start to see your body look better, which will give you a boost of confidence and encourage you to exercise more." When it comes to food, she said that the key is to stock healthy food so it is easier to grab a snack while rushing out to work or an appointment.

Kathleen's experience also inspired her to create a lifestyle product to help busy women track when they need to do their next breast self-examination. The Pink DaysAgo is a gadget that counts the number of days from a woman's

last self-exam. Other DaysAgo products can also help women set reminders for various aspects of their busy lives, such as when to take medication.

As Kathleen pointed out, eating on the go is quite challenging. Most foods served at fast food restaurants are inexpensive, tasty and extremely convenient. However, they are not on the list for cancer prevention. Dr. Steven Aldana, Ph.D., principal, Lifestyle Research Group, has written *The Stop & Go Fast Food Nutrition Guide* to arm consumers with detailed information about the food and drinks served at about 100 fast food restaurants. The book can be downloaded free at [www.Fastfoodbook.com](http://www.Fastfoodbook.com). It is a good resource to keep in your car and pull out when you are running from appointment to appointment and need to grab a quick meal. The guide is based on a number of studies and the nutrition information provided by the restaurants. It breaks down calories, total fat, saturated fat, trans fat, cholesterol, sodium and dietary fiber. It then assesses how healthy each item is and provides a rating using a color-coded system: Red means stay away, yellow means consume with caution and green indicates a healthy choice.

While Y-ME doesn't endorse any products or services, these tools are a couple of examples of how to manage a busy life while battling breast cancer. Making healthy food choices and incorporating exercise into your daily routine are critical during this time and for the rest of your life. ✕

Still stressed about making good choices?

Call the 24/7 Hotline at 800-221-2141 and speak with someone who's been there.



Dr. Steven Aldana, Ph.D.,  
principal, Lifestyle Research  
Group





*“What small changes to my diet can I make today, and how do I build on those changes to achieve a healthy diet?”*



There's little doubt that the maintenance of a healthy body weight is important in reducing the risk of breast cancer in postmenopausal women, says Trulie Ankerberg-Nobis, M.S., R.D., L.D. Research also indicates that the more weight a woman carries, the more likely breast cancer will recur, be more aggressive, and carry a worse prognosis.

“If you're already at a healthy weight, that's a great step in the right direction,” says Ankerberg-Nobis, “but it's not just about the scale. It's also about how you eat. Paying attention to the fat content of your diet is critical, as research has shown that women with metastatic breast cancer actually increase their risk of dying from that disease by 40 percent for every 1,000 grams of fat consumed in a month.”<sup>1</sup> This does not mean that a woman's risk of dying is 40 percent. It means that the risk is 40 percent higher than it would otherwise have been, assuming the individual is comparable to those studied.

One thousand grams of fat might sound like a lot, but if you consider that there are five grams of fat in 1/2 teaspoon of peanut butter or one teaspoon of vegetable oil, it is easy to see how the grams add up quickly in the typical American diet. For people who eat meat, the news is even worse; according to Ankerberg-Nobis, the leanest beef is around 29 percent fat and even chicken is around 23 percent. In contrast, broccoli is 8 percent fat, and fruits and whole grains are approximately 4 percent fat. In addition, fruits and vegetables contain cancer-fighting chemicals that are not present in animal products, such as beta-carotene and antioxidants.

This creates the goal of weight maintenance through a low-fat diet, cutting down on the amount of animal-based foods consumed and increasing the amount of plant-based foods. “In my experience, many people who find they have a serious illness are ready to commit to a whole new way of eating,” says Ankerberg-Nobis. “But if you're not ready to do that, there are meaningful steps that can be taken toward the ultimate goal of letting go of the fat you're used to consuming.”

For example, if you're already in the habit of cooking your meals, you can use pan spray or add a little broth to your dishes for flavor without a lot of added fat. If you enjoy eating salad, use light or fat-free dressing that doesn't contain a lot of sugar. And if you have chicken for dinner, try cutting a 3-ounce portion in half and supplement your meal with more fruits and vegetables.

For people heavily dependent on convenience foods, Ankerberg-Nobis suggests purchasing pre-cut fresh fruits and vegetables at the grocery store. They are portable and ready to eat when you're hungry, giving you one less excuse to reach for a bag of chips.

Ankerberg-Nobis, who has taught cooking classes for The Cancer Project, also suggests that people who are working their way into a predominantly plant-based diet turn to soups and chilis when they are craving a hearty meal. The legumes that go into these dishes provide plenty of fiber, which will help cleanse the body of excess estrogen that can fuel breast cancer. Healthy cooking tips and delicious recipes are available online at Ankerberg-Nobis' Web site, [www.atlantanutrition.com](http://www.atlantanutrition.com), and at the Cancer Project, [www.cancerproject.org](http://www.cancerproject.org).

Importantly, alcohol consumption is an additional dietary risk factor for breast cancer. “Women who do not drink shouldn't start, especially if they have a history of breast cancer in the family or if they are overweight,” Ankerberg-Nobis cautions. “Alcohol impairs the liver, where lots of hormones are metabolized. This creates a problem with regard to cancers that are estrogen fed.” For people who do drink alcoholic beverages, Ankerberg-Nobis suggests limiting alcohol intake to once a month or only on very special occasions.

For men who have had breast cancer, the same dietary rules and recommendations apply. “Recruit your family as a support system when you decide to make positive dietary changes, because that will be important for your success,” encourages Ankerberg-Nobis. “But remember that these changes are healthy not just for breast cancer patients, but for everyone. Your entire family could benefit if they decide to change their eating habits, too.” ✂

#### SOURCES:

1. [www.cancerproject.org/survival/cancer\\_facts/breast.php](http://www.cancerproject.org/survival/cancer_facts/breast.php)
- Trulie Ankerberg-Nobis, M.S., R.D., L.D.  
Registered and Licensed Dietician  
[www.atlantanutrition.com](http://www.atlantanutrition.com)  
About Trulie: Ankerberg-Nobis has worked for The Physicians Committee for Responsible Medicine in Washington, D.C., and as clinical research coordinator for Dr. Neal Barnard's Program for Reversing Diabetes. Trulie has also taught cooking and nutrition classes for The Cancer Project ([www.cancerproject.org](http://www.cancerproject.org)), which has links to a wide variety of recipes.
- [www.med.umich.edu/1libr/aha/aha\\_exchlisa\\_crs.htm](http://www.med.umich.edu/1libr/aha/aha_exchlisa_crs.htm)
- [www.cancer.org](http://www.cancer.org)

### Sound off

Do you follow a diet similar to the one Ankerberg-Nobis recommends? Or do you have different habits? Share your opinions and read others' ideas on Y-ME's message boards at [www.y-me.org/diet](http://www.y-me.org/diet).



# RIDE TO Empower

## Think you have what it takes for Y-ME's Ride to Empower?

Y-ME's Ride to Empower is a destination bike ride, with route lengths ranging from a 100-mile century to less than 32 miles. The event will give participants the opportunity to meet the challenge of a long-distance bike ride and pay tribute to friends and loved ones touched by breast cancer, and to enjoy an empowering and memorable three-night and four-day experience

The Ride will take place in Solvang, Calif., October 23-26, 2008, with the century ride taking place on October 25. Ride to Empower participants are required to raise a minimum of \$4,000. In exchange for successful fundraising efforts, riders will enjoy accommodations at a 3-star hotel, with meals included. Y-ME will provide riders with fundraising and training tips so they will be successful.

### About the route

Solvang, 130 miles north of Los Angeles, is a picturesque community with Danish-style architecture located in the heart of the Santa Barbara's wine country with the Santa Ynez mountains as a backdrop. The route offers something for every level of cycling ability—from rolling country

stretches past vineyards to challenging climbs into the mountains. Solvang, which means "sunny fields" in Danish, has an average of 340 days of sunshine per year. This area is a prominent training ground for professional cycling teams and serves as host for the Discovery Channel pro-cycling team's first training camp of the year. All of this will make Y-ME's Ride to Empower an event you won't want to miss.

For more information on the Ride to Empower, visit [www.ride.y-me.org](http://www.ride.y-me.org).



## Announcing the Ride to Empower Coach: Beth Leasure



With years of racing experience, including time in Europe, Beth continues to stay fit and sharp in order to demonstrate what she teaches her athletes. She won the Masters National-Criterium

Championship in 2007 through a strategic maneuver and prefers thoughtful and soulful approaches to cycling. She is one of a few distinguished as a Power-Based Training Certified Coach by USA Cycling and is affiliated with power guru, Hunter Allen's Peaks Coaching Group. She also holds certifications from the National Academy of Sports Medicine, Power Pilates, practices yoga, enjoys running and plays Ultimate Frisbee.

Beth's coaching philosophy is to address the key elements of the total athlete: body, mind and spirit—as part of a total training program—that strives for victorious living and racing. Her goal with every athlete is for them to feel loved and respected while being challenged toward educated mastery of skills and strategy. Her integrated craftsmanship has led to multiple victories and podium appearances for her riders, whose skills from her drilling and sideline support have outwitted often stronger, more experienced competitors.



## Mother's Day is right around the corner!

There's still time to participate in our nationwide events, helping us ensure no one faces breast cancer alone. Visit [www.y-me.org](http://www.y-me.org) or call 877-Y-ME-7223 to get started.



## Save the Date!

Sunday, May 11, 2008  
Mother's Day

Spanish-language materials  
are available! Contact us to  
receive them.



## Sponsor Spotlight: McDonald's



Johanne Luth is pictured (center) at the Race in Chicago last Mother's Day with Collette Price, another McDonald's owner/operator.

Johanne Luth started her career at McDonald's 29 years ago as a crew member in her hometown of Bay City, Mich. As the years progressed, she advanced up the ladder to work many other positions, including management, mid-management and department head positions. Ten years ago, she and her husband became an owner/operator in her hometown.

Johanne now owns seven restaurants with her husband Jim and she is very active with the Women's Operator Network and Ronald McDonald House Charities. Johanne also represented McDonald's as its media spokesperson

for Y-ME's Chicago Race to Empower on Mother's Day. She has walked for two years in Chicago and spoke at both closing events and continues to be involved.

Pat Harris, Y-ME National board president and McDonald's Corporation global chief diversity officer, asked Johanne to get involved because she knew about her breast cancer story and her passion to speak publicly. Johanne said, "I celebrated my five-year anniversary in 2007."

Like so many breast cancer patients, Johanne used the Internet as a resource to obtain information and to read stories about other people's diagnoses. "After going online, I was more frightened than informed. I appreciate Y-ME because of the peer-to-peer aspect but also because of the trustworthy information Y-ME peer counselors provide to their callers."

Y-ME's partnership with McDonald's began in 1999 when McDonald's served as a local sponsor of the Y-ME Race in Chicago. When Y-ME's National Mother's Day Events program launched in 2005, McDonald's took a lead role as National Presenting Sponsor in bringing Y-ME's tradition to new cities; the partnership continues into 2008. Johanne says, "It makes me proud that McDonald's is willing to step up and get involved so actively. It reinforces the message that breast cancer touches everyone and McDonald's is committed to making a difference—and committed to helping Y-ME ensure that no one faces breast cancer alone." 



Connecticut Affiliate

## Hitting the links for Y-ME Connecticut is a win-win

The Y-ME AT&T Golf Tournament in Connecticut is a fun and healthy way to support Y-ME. The 2008 event will take place on August 18 (save the date!) and will be attended by nearly 300 golfers. The Affiliate's event is so popular that they hold it at Madison and Clinton country clubs and meet up at the Water's Edge Resort for dinner and awards.

While golf is considered a leisure sport, it can have health benefits. According to a Harvard Medical School publication, "Walking an average course for a round of golf can be as much as four miles. If you walk 18 holes three to five times a week, you'll get an optimal amount of endurance exercise for your heart. If you pull your clubs or carry them, you'll burn more calories per round, and benefit even more." Playing golf can be a good form

of aerobic exercise, and avid golfers can often improve their game through specific strength training and stretching—all important components of a fit lifestyle.

Barbara Cooney Oliver, executive director of Y-ME Connecticut, shared, "We have several breast cancer survivors who play in a group of women called 'The Pink Ladies' who play each year—can't miss them—they're all in pink shirts!" While other sports can be dominated by men, Barbara added that golf is a sport that is open to women and men, and attendance at their tournament is nearly 50-50, women and men. So if golf is your sport and you live in Connecticut—get out there and support Y-ME! For more information, visit [www.y-me.org/connecticut](http://www.y-me.org/connecticut). ✂



Northeastern Oklahoma Affiliate

## Camp Hope inspires energy and motivation

Picture this: A group of campers attending one of our fall Camp Hope retreats, a full-day retreat for breast cancer survivors who have just spent the morning talking, laughing, relaxing during a massage and creating crafts. We are located in a quiet log cabin in the middle of Tulsa, but we feel like we are secluded in the foothills of a private mountain.

At each of our retreats, we spend about 30 minutes to an hour stretching and relaxing. What we have found is that by showing our campers proper breathing and stretching

techniques, they take the new skills with them when they leave to help motivate and energize them. Feedback from campers indicates that the techniques are exactly what they needed. Finding camaraderie with a group of other survivors in a serene setting is something that will last beyond Camp Hope.

Y-ME Northeastern Oklahoma facilitates Camp Hope, a semi-annual event for breast cancer survivors. For more information, visit [www.y-me.org/northeasternoklahoma](http://www.y-me.org/northeasternoklahoma). ✂



Illinois Affiliate

## Streak Pink in the 2008 Chicago Marathon

Join Y-ME Illinois' amazing Pink Streak Marathon Team for the 2008 Chicago Marathon. Not only will you get to hang with a group of some of the most awesome runners anywhere, but you will raise money and awareness for Y-ME Illinois programs, helping to ensure that no one faces breast cancer alone.

In 2007, our Pink Streak team raised more than \$150,000 for our cause. Thank you to all our runners and to their supporters!

We expect this year's marathon to be better than ever and ask you to join our Pink Streak team. Some of the perks

of running pink include a dry-release Pink Streak running shirt, the option to participate at no charge in the Chicago Area Runner's Association (CARA) training program, one-year CARA membership (that includes a subscription to *Runner's World*), social events, fun runs, Pink Streak goody bag, pre-race dinner, fundraising help, thank-you party, a tent in the charity village and more.

To register or to learn more, contact Sara Cohen at (312) 364-9071 or [scohen@y-me.org](mailto:scohen@y-me.org), or visit [www.y-me.org/illinois](http://www.y-me.org/illinois). ✂

## San Antonio Breast Cancer Symposium in Review

The San Antonio Breast Cancer Symposium (SABCS) is an international scientific symposium for interaction and exchange among scientists and clinicians in breast cancer. Many of the treatment advances and changes to clinical practice we see are first announced at this important conference. The 30th annual SABCS was held December 12-16, 2007 in Texas.

Some highlights of research presented at the symposium include the following:

- A test called Oncotype DX can predict the likelihood that a patient will benefit from chemotherapy. New data showed for the first time that a predictive value exists for Oncotype DX in postmenopausal patients with node positive, hormone receptor positive breast cancer. Earlier data included only information on node negative patients. The test is now included in treatment guidelines for both the American Society of Clinical Oncology (ASCO) and the National Comprehensive Center Network (NCCN).
- Body mass index (BMI), caloric intake, birth weight, adolescent growth spurt and exercise are all prognostic and/or predictive factors for breast cancer. All are related to the regulation of the insulin/insulin growth factor system. With a growing segment of the U.S. population being clinically overweight or obese, increased BMI could weaken the recent decline in breast cancer incidence.
- Denosumab is a new agent to prevent bone deterioration in women who take an aromatase inhibitor. It is a monoclonal antibody administered by injection rather than intravenously. Research showed that after 12 months, a 5.5 percent difference in lumbar spine bone mineral density was apparent in the treated group over the control group.

After 24 months, the difference was 7.6 percent in favor of the denosumab arm, clearly demonstrating that the drug contributes to building stronger bones.

- Results of the ATLAS trial suggest that taking tamoxifen for more than five years (the current standard) may offer a benefit. Decreases in the recurrence and mortality rates were seen in breast cancer patients who took tamoxifen for 10 years; 11,500 women from 400 hospitals participated in the international study. Research is being conducted on the benefits of taking tamoxifen for 15 years, but those results are not yet available.
- Researchers identified a molecular profile that can distinguish potentially invasive cases of ductal carcinoma in situ (DCIS) from those that are not likely to become invasive. Traditionally, DCIS is removed through surgery, but about 30 percent will recur as DCIS or become invasive. Identifying potentially invasive cases of DCIS will help guide physicians' early treatment decisions, thereby increasing the likelihood of avoiding later stages of the disease. Two stress proteins that may be useful in predicting invasive recurrence have been identified.
- Traditional breast cancer treatment aims to kill as many tumor cells as possible, but newer thinking holds that targeting breast cancer stem cells could produce better results. Breast cancer stem cells can be identified through certain markers. One small study used Tykerb® (lapatinib) to target stem cells, causing the number in the tissue to sharply decline. If breast cancer stem cells can be eliminated, the chance of eradicating it is increased.

For more information on SABCS, visit [www.sabcs.org](http://www.sabcs.org). 

## Y-ME commemorates its 30th anniversary

This spring, Y-ME is commemorating 30 years of staying true to our mission to ensure no one faces breast cancer alone. The summer issue of *Lifeline* will be chockfull of stories from our past and plans for the future.

Keep an eye out for *Lifeline's* new design – starting with the next issue, it will have a fresh new look and feel. We'll still be covering all the topics that matter to you, but with a renewed vision for the future. We know you'll be pleased!





## Linking breast cancer to the environment?

### Breast Cancer and Environmental Research Act (BCERA - S.579/H.R.1157)

Wouldn't it be incredible to know once and for all, through peer reviewed scientific research, if breast cancer is caused by environmental factors? We may have the chance to find out!

The Breast Cancer and Environmental Research Act (BCERA), sponsored by Senate Majority Leader Harry Reid and Congresswoman Nita Lowey, is designed to research the link between the environment and breast cancer. This legislation would authorize \$40 million per year in fiscal years 2008-2012 to the National Institutes of Health (NIH).

Modeled after the successful Department of Defense Breast Cancer Research Program (DoD BCRP), BCERA would establish a peer-reviewed grant program involving consumers in the decision-making process. The NIH would award grants to conduct multi-institutional and multi-disciplinary research through a collaboration of researchers from various areas of expertise. Each grantee would be required to involve community organizations, as well as collaborate with other Centers of Excellence. Centers of Excellence are located in academic medical centers and bring together the work of their schools and departments to address women's health. ✂

*Stay tuned! Y-ME Advocacy will keep you updated on this important piece of legislation.*

To get our monthly updates, sign up at [www.y-me.org/advocacy](http://www.y-me.org/advocacy).



## Annual Advocacy Training Conference

Y-ME Advocacy encourages you to sign up for the National Breast Cancer Coalition Fund's (NBCCF) Annual Advocacy Training Conference in Washington, D.C., April 26-29, 2008. Join hundreds of national and international breast cancer activists in our fight to eradicate breast cancer.

NBCCF's yearly gathering helps participants hone their advocacy skills and learn about the latest in breast cancer science, research and policy. Hear directly about the controversies and issues from important leaders, scientists, and advocates.

Scholarships for both domestic and international applicants are available.

To register for the conference visit: [www.natlbcc.org](http://www.natlbcc.org) and click on "Advocacy Training Conference" under "Education/Training." ✂

## Project LEAD Institute® Denver, Colorado July 29 – August 3, 2008

Breast cancer advocates are crucial to our effort to improve research and treatment, and find a cure for breast cancer. Hone advocacy skills and increase your knowledge of breast cancer by attending the Project LEAD® Institute, a science training course developed by the National Breast Cancer Coalition (NBCC). The course is designed to help breast cancer activists influence research and public policy processes. Spend an intense five days in Denver, Colo. (July 29 – August 3, 2008), learning basic science, the biology of cancer, genetics and epidemiology. Sessions will highlight key areas in science in which advocates – survivors and non-survivors alike— can contribute to the fight to end breast cancer

For more information and to apply for the Project LEAD Institute®, visit: [www.natlbcc.org](http://www.natlbcc.org) and click on "Project LEAD" under "Education/Training." Applications are due May 23, 2008. ✂

You don't have to be a political person to find breast cancer advocacy rewarding and easy. Advocacy is a constructive outlet for frustration and pain felt by patients, survivors, families and friends.

Action is everything. Join Y-ME Advocacy at [www.y-me.org/advocacy](http://www.y-me.org/advocacy) and be a catalyst for change!

## Volunteer as a Telephone Peer Counselor



*“Am I going to die?”*

*“My wife was just diagnosed with breast cancer. What do we do?”*

*“How can I make decisions about my treatment when I’m so upset?”*

These are common questions asked on the Y-ME National Breast Cancer Hotline—the only 24/7 hotline staffed by trained peer counselors who are breast cancer survivors. Y-ME peer counselors help callers by giving emotional support and information about breast cancer procedures and treatment options.

“When I was first diagnosed, I was in a state of shock and I reached out to Y-ME,” says Nancy Gaul, a breast cancer survivor. Now she’s one of the voices on the other end of the line. “It’s so rewarding to be able to give back and help other people through it,” says Gaul. “You can turn a bad situation into a positive, empowering one.”

Sound good? Here’s what you can do to become a telephone peer counselor, too.

### 1. Decide if you’re ready.

If you’re a cancer survivor, like Y-ME’s peer counselors, it’s important that you are emotionally ready and in tune with your own cancer experience before you become a volunteer. Sometimes receiving a call can trigger your own emotions. If your own diagnosis upsets you, you may not be able to lend strength and support to someone who is seeking it.

### 2. Do some research.

Get on the Internet or call up an organization that interests you. Find out if it has a telephone hotline and ask about the hotline’s role. Y-ME’s mission is to ensure that no one faces breast cancer alone. Our telephone peer counselors coach callers on how to communicate effectively with their doctors and encourage patients to be key players on their health care teams. Callers can be paired with peer counselors who share similar diagnoses, ages or experiences. Telephone support at other organizations may operate in different ways.

### 3. Learn about the requirements.

Investigate the requirements and procedures for becoming a telephone volunteer at the organization you want to help. For instance, Y-ME requires counselors to be breast cancer survivors who are out of treatment for at least one year.

### 4. Determine how much time you can dedicate.

Volunteering as a hotline counselor takes time and commitment. Y-ME’s counselors are asked to commit 20 hours each month, answering hotline calls during designated shifts at home or at a Y-ME affiliate office. Contact the organization that interests you to find out the time commitment it expects.

### 5. Understand the responsibilities.

It’s important to know the kinds of responsibilities you will have as a telephone counselor. Y-ME’s counselors answer hotline calls and provide peer support, information and resource referrals. They practice basic peer counseling and crisis intervention techniques, and keep current on new developments in breast cancer. The responsibilities of counselors at other organizations may differ, so ask about their counselors’ roles.

### 6. Inquire about training.

Y-ME’s peer counselors must attend a two-day training session, pass an online certification exam and shadow an experienced peer counselor. Contact the organization with which you’d like to volunteer to learn about its training opportunities and requirements.

## FOR MORE INFORMATION

To inquire about becoming a Y-ME Hotline volunteer, visit [www.y-me.org/volunteer](http://www.y-me.org/volunteer) or e-mail [kbonen@y-me.org](mailto:kbonen@y-me.org).

*This article originally appeared in the winter issue of CR, a magazine about people and progress in cancer published by the American Association for Cancer Research. For a discounted subscription exclusive to friends of Y-ME, visit [www.crmagazine.org](http://www.crmagazine.org) and quote code C801YME.*

## Lifeline Is Available Online



If you’d like to read the current or back issues of Y-ME’s quarterly publication, *Lifeline*, you can do so by visiting [www.y-me.org](http://www.y-me.org) and clicking on Publications.



Y-ME's Web site is a wealth of information at your fingertips. Just visit us at [www.y-me.org](http://www.y-me.org) for the latest. 



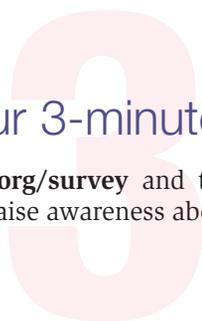
Every month features a theme with special articles and items of interest:

- March: It's "Me" Time
- April: Focus on Volunteers
- May: Commemorating 30 Years

Check back often and learn something new.

## Take our 3-minute survey!

Visit [www.y-me.org/survey](http://www.y-me.org/survey) and take a quick survey that will help us raise awareness about Y-ME's programs and services.



## We're here if you ever need us

You can submit your breast cancer and breast health questions online at [www.y-me.org](http://www.y-me.org) when you click on the "Ask Y-ME" button. A trained peer counselor who is also a breast cancer survivor will get back to you quickly.

## Y-ME is your online community

Have you visited our new message boards? Whether you want to read what others are saying or post your own notes, there's something to pique your interest at [www.y-me.org/network/forums](http://www.y-me.org/network/forums).

Topics range from the uncertainties of a new diagnosis to long-term survivorship issues. Be a part of our community and join today!



## Before and After: How Two Survivors Made Healthy Lifestyle Changes

Poet Maya Angelou says, “When you know better, you do better.” The following stories illustrate how two breast cancer survivors took what they have learned about their disease to make healthier lifestyle choices in the wake of diagnosis and treatment.

Claudia Zucker, of Cairo, N.Y., was diagnosed with breast cancer in 2002 at the age of 54. “I was a hippie when I was younger, and into all the alternative things like transcendental meditation and retreats,” she recalls. “Over time, I was in and out of doing incredibly healthy things, but I’d always had a not-well body. Then I got breast cancer.”

After a mastectomy and hysterectomy, Claudia admits she didn’t make any significant changes to her diet and fitness regimen for a while. “I’d always taken vitamins, but with a husband who wasn’t interested in nutrition, and two kids, along with the cost of organic foods, nutrition just wasn’t a priority.” As she learned more about the link between diet and cancer, however, Claudia grew more serious about what she was putting in her body.

“And overall, I’m taking it easier with life,” Claudia acknowledges. “I work less (she is a real estate broker), and am doing more things I like to do. I feel more peaceful, and feel that I’m in better shape than before.”

“I’ve gone completely organic, and eat lots of fruits and vegetables,” she says. “We have organic farms all around that produce meats as well as produce, and they’re available at local markets.” She avoids fish due to concerns about mercury and other contaminants.

Claudia has also gotten more physically active. “My husband and I decided to put in a pool with a greenhouse, so I can swim and play basketball in the water,” she says. “I also walk, and practice yoga in the mornings.” Claudia says that yoga has been very beneficial for stretching the chest muscles post-mastectomy.

“And overall, I’m taking it easier with life,” she acknowledges. “I work less (she is a real estate broker), and am doing more things I like to do. I feel more peaceful, and feel that I’m in better shape than before.”

Barbara Kaprielian, of Tustin, Calif., was diagnosed seven years ago at age 44. “I’d paid attention to exercise before my diagnosis, but not to my diet,” she admits. “It just wasn’t a priority...I didn’t think about foods being ‘good’ or ‘bad.’ And even exercise was secondary to my job and family,” she adds.

That all changed after her diagnosis. The former school principal changed jobs in order to work part-time. “That forced me to exercise daily since I didn’t have any ‘I-don’t-have-time’ excuses,” she says. She walks and does weight-training to help prevent bone loss, which is a risk of the medication she still takes.



“And I choose to be *active*,” Barbara says. “I learned to surf at age 49. I ski, and join my kids in their activities. When I first finished treatment, I was kind of down and considered taking antidepressants, but when I read about the side effects, I turned to exercise. And it’s worked for me, for my mental state.”

As for her diet, Barbara’s biggest change is to limit fats, salt and sugar. “I eat more vegetables and calcium-rich foods,” she says. “And I’m getting my kids to eat more healthy foods, too. They eat broccoli now that they know it’s one of the best cancer-fighting foods. And we keep a big jar of almonds in the pantry to snack on. No more drive throughs,” she adds. She limits her consumption of alcohol to a drink or two on weekends, something she says she didn’t really think about before her diagnosis.

“Having breast cancer completely changed my life,” she says. “It gave me a different perspective on what’s important and what’s not. It hasn’t been hard to maintain the changes I’ve made, but it’s also not as if I did it all overnight,” she admits. “I really look at it as making *lifestyle* changes, not just changes in my diet or exercise routine. And I feel much better as a result.” ✂



Barbara Kaprielian

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## Your questions answered: The ShareRing Network

Join us for a free, monthly teleconference featuring a breast health related presentation followed by a question and answer session. Participants are then divided into optional small groups for discussion, which are moderated by Y-ME peer counselors.

Visit [www.y-me.org/sharering](http://www.y-me.org/sharering) for upcoming programs and to register, or simply call us at 1-800-221-214. Everyone is welcome. ✕

Transcriptions are available at [www.y-me.org/sharering](http://www.y-me.org/sharering). Topics of past calls include clinical trials, relationships and nutrition, among others.



**Y-ME National Breast Cancer Organization™**

# mission

The mission of Y-ME National Breast Cancer Organization is to ensure, through information, empowerment and peer support, that no one faces breast cancer alone.

## Lifeline

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A growing body of evidence is pointing towards CAM's helpfulness when paired with conventional treatments for cancer. For example, the results of one clinical trial<sup>3</sup> concluded that acupressure can help manage chemotherapy-induced nausea and vomiting in women undergoing treatment for breast cancer. Another study<sup>4</sup> examined the impact of yoga on quality of life among multi-ethnic breast cancer patients. Researchers concluded that yoga is associated with beneficial effects on social functioning.

If you are considering adding complementary medicine to your treatment plan, be sure to discuss it with your medical team to help maximize all aspects of your cancer care. ✕

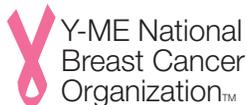
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### Editor's Note:

It's important to note that there is a key distinction between complementary and alternative medicine. The former is used in conjunction with conventional medical care, the latter is used in place of conventional medicine. Y-ME does not endorse any one therapy and recommends that all patients speak with their health care team before using CAM. Remember, medical professionals caution that patients should not use alternative medicine in place of conventional therapies.

### For more information about CAM:

- National Center for Complementary and Alternative Medicine (NCCAM)  
<http://nccam.nih.gov>  
(888) 644-6226
- National Cancer Institute's Office of Cancer Complementary and Alternative Medicine (OCCAM)  
<http://cancer.gov/cam>
- Cancer Information Service (CIS)  
<http://cis.nci.nih.gov>  
(800) 422-6237



Mid-Atlantic Affiliate

## Y-ME Mid-Atlantic's Fit for Life gives day of wellness

Held on November 4th, the day began with a keynote address from Dr. Kathryn Thompson of the Vienna Health Improvement Center. Dr. Katie spoke and answered questions on how we as women can improve our health naturally and consistently through better nutrition and allergy elimination, her focuses of study and practice.

Workshops varied greatly and included topics such as line dancing, massage therapy during and after treatment, writing as therapy, several exercise options, art therapy and ways to organize and de-clutter.

This year Y-ME Mid-Atlantic also offered a little "retail therapy" for its participants and hosted several local businesses and at-home party vendors specializing in products for female clientele and/or cancer patients. For more information about Y-ME Mid-Atlantic programs and services, visit [www.y-me.org/mid-atlantic](http://www.y-me.org/mid-atlantic).

Looking for a Y-ME affiliate in your area? Visit [www.y-me.org/affiliates](http://www.y-me.org/affiliates) or call 800-221-2141 for details.

## Have a Breast Cancer or Breast Health Question?

Feel free to call the Y-ME National Breast Cancer Hotline at 1-800-221-2141 or visit [www.y-me.org](http://www.y-me.org) to submit your questions. All online requests are answered promptly.





## Join the Sister Study to honor those you love

The Sister Study is seeking 50,000 women who have never had breast cancer, but whose sisters have, to help find environmental and genetic causes of breast cancer. Y-ME and the Sister Study continue to partner to recruit participants through at least summer 2008.

Participants complete all study activities in English or Spanish from the convenience of their home during their own time frame. Those interested in joining can visit [www.sisterstudy.org](http://www.sisterstudy.org) or call 1-877-4SISTER. If you cannot join, help promote this study! Brochures and other materials are available.

Lyn May (right) is a participant from Connecticut. Here is her story.



In our female-dominated family my sister's breast cancer at age 56 was a shock. When it happens to one of us, it feels like it happens to all of us. That is why I joined the Sister Study—to help bring attention to this illness. We must learn and teach; and

we must help all men and women—but especially men and women of color—understand that good care, knowledge and attention can save lives. As people of color, we must believe our lives are worth saving.

Participant Jean Peelen (center) lost a sister to breast cancer and has another sister and a daughter who have been diagnosed.

I want to be a part of the discovery of the causes of breast cancer, so that my six beautiful granddaughters can avoid the experience of it. I know that when my sisters and my daughter went through cancer treatment, I felt like there was nothing I could do—no way I could act to protect or support them in a big way. The Sister Study fills that gap, that “I want to help” void. This is it. This is the way we can actively protect and support our sisters, daughters, granddaughters, nieces and friends. Join the Sister Study! 



# need to talk?

## 24-hour Y-ME National Breast Cancer Hotline

1-800-221-2141 (English)\*

1-800-986-9505 (español)

\*Interpreters available in 150 languages

[www.y-me.org](http://www.y-me.org)



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