



# March 2010

FLORIDA  
BREAST  
CANCER  
FOUNDATION



## E-NEWSLETTER

Advocacy, Education, Research



**Pink Readers Guide**

[Education and Advocacy Day 2010](#)

[Education Grants](#)

[President's Corner](#)

[Aspirin and Breast Cancer](#)

[Advocate's Corner](#)

[Lobby Day](#)

[Clean and Give-- Find out how to make a difference](#)

Upcoming

*Events*



**Bosom Buddies: A Support Group for Breast Cancer Survivors**

Women's Center of Jacksonville  
5644 Colcord Ave  
Jacksonville, FL 32211  
Call Coco 904-722-3000 x224  
for more details Every Monday  
7:00pm - 8:00pm

**The Beautiful Gate Inc  
Cancer Support &  
Resource Center**

8255 NW Miami Ct #108  
Miami, FL 33150  
(305) 758-3412 Office  
(305) 758-3413 Fax

**The Wellness Community  
Every Tuesday and Thursday  
Breast Cancer Exercise**

3900 Clark Road, Building P-3  
Sarasota, Florida 34233  
For exact times contact  
(941) 921-5539

**Saturday, March 27, 2010  
UPDATE 2010: Breast, Lung  
and Colorectal Cancer**

**Research  
and Treatment**  
FREE Public

Education Program  
8:30am - 12:30pm  
Sister Innocent  
Conference Center  
4725 North Federal Highway  
Fort Lauderdale, FL 33308

**Saturday, April 17, 2010  
2nd Annual "Healthy Cancer  
Awareness Tea Party"**  
Sisters Network of Tampa Bay  
12pm - 2pm



### Saturday, April 24, 2010

Florida Breast Cancer Foundation  
Education and Advocacy Day 2010  
A One Day Conference  
9:00AM-4:00PM  
Crowne Plaza, Hollywood Beach

For more information and/or to register contact  
1.877.644.3222 / [assistant@FloridaBreastCancer.org](mailto:assistant@FloridaBreastCancer.org)



## Request for Education Grant Applications Proposals Now Being Accepted

Thanks to all the continuing support of Floridians in purchasing the End Breast Cancer specialty plate as well as in the Florida Breast Cancer Foundation's network of breast cancer supporters, survivors, and advocates fighting to end breast cancer, we have invested over \$3 million to fulfill our goal of dedicated funding for education and research programs in the state of Florida.

The Florida Breast Cancer Foundation, along with those who generously support us with their talent, time, and resources is working to better the lives of those facing breast cancer in the Florida community. Grants are awarded in support of innovative education and research programs throughout Florida.

The Florida Breast Cancer Foundation is currently offering education grants of up to \$10,000.00 for innovative projects in the areas of breast health and breast cancer education, outreach, and support targeting services not otherwise available to the medically underserved populations of Florida. Grants are available for up to one (1) year.

Those interested in applying to the Florida Breast Cancer Foundation for funding should complete the application following ALL of our guidelines and requirements. Please, ONLY Florida non-profit organizations who are currently classified by the IRS as a 501 (C)(3) and/ or 509 (a)(1), (2), or (3) with an historic interest in providing life-saving health information to Florida residents are eligible to receive grant funding.

**APPLICATION DEADLINE: May 28, 2010.**

Visit [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org) or [Click Here](#) to obtain an application.

## President's Corner



"In like a lion, out like a lamb" is how the poets have described March. It's the start of Spring, the prelude to Passover and Easter, the harbinger of the warmth of summer to come. For those with breast cancer, the ravaging lion continues throughout their treatments and often for a time after their treatment is over. We at the Florida Breast Cancer Foundation are committed to ending breast cancer through advocacy, education, and research.

We partner with several Florida research institutions to ensure that cutting edge research is being done here to benefit Floridians. We offer Breast Health 101 to ensure that education about healthy breasts and breast cancer is available to all our communities. We go to Washington DC in large numbers in May to lobby for federal funding for important breast cancer programs like the Department of Defense Congressionally Directed Medical Research Program in Breast Cancer, as well as to lobby for legislation to ensure equal access to quality health care for all.

We are a small staff, however, and we need you to help us accomplish all these aims. We need you to volunteer to help, to spread the word about the work of the Foundation, to become advocates, and accompany us to Washington. We need your time, your talents, and your treasure. We will continue to work hard on your behalf, but it takes us all. If we work together, we will be able to cage that raging lion so future generations do not face its ravages.

Together we **WILL** end breast cancer!

*Deb Haggerty*

Florida Breast Cancer Foundation President

Tap Root Community Center  
1483 Tampa Park Plaza  
Tampa, FL  
Please RSVP  
contact\_us@sistersnetworktampa.org  
or Phone: 813.471.3745

### Saturday, April 10th, 2010 Pink Diamond Ball and Silent Auction

Woman 2 Woman  
Breast Cancer Foundation  
6pm - 10pm  
Renaissance Marriott Hotel  
1230 South Plantation  
Pine Island Road  
Plantation, FL

For more information contact  
954.730.7338

### Monday, April 12, 2010 Susan G. Komen Presents Our Community's Response to Breast Cancer Facing Breast Cancer as a Jewish woman

7:00pm  
David Posnack Jewish  
Community Center  
5850 South Pine Island Rd  
Davie, FL 33328

### Saturday, April 24, 2010 Florida Breast Cancer Foundation Education and Advocacy Day 2010

A One Day Conference  
9:00am-4:00pm  
Crowne Plaza,  
Hollywood Beach

For more information and/  
or to register contact  
1.877.644.3222 /

[assistant@FloridaBreastCancer.org](mailto:assistant@FloridaBreastCancer.org)

### May 20 - 22, 2010 Cancer, Culture, & Literacy Conference

7th Biennial Conference  
Three-day conference,  
which also offers  
a pre-conference  
skill-building workshop  
on day one, will present results of  
theoretical, educational,  
scientific,  
and public health  
significance on the topic of cancer,  
culture and literacy.  
Sheraton Sand Key Resort  
Clearwater Beach, FL  
[www.moffitt.org](http://www.moffitt.org)

### May 22-25, 2010 National Breast Cancer Coalition Annual Advocacy

Training Conference  
Renaissance Hotel  
999 9th Street, NW,  
Washington, DC

[Click Here](#) for more details  
Jane Torres  
Scholarships Available



## Aspirin Cuts Risk of Death After Breast Cancer

Breast cancer survivors who take aspirin regularly may be less likely to die or have their cancer return, U.S. researchers reported.

The study of more than 4,000 nurses showed that those who took aspirin usually to prevent heart disease had a 50 percent lower risk of dying from breast cancer and a 50 percent lower risk that the cancer would spread.

"This is the first study to find that aspirin can significantly reduce the risk of cancer spread and death for women who have been treated for early stage breast cancer" said Dr. Michelle Holmes of Harvard Medical School, who led the study published in the Journal of Clinical Oncology.

"If these findings are confirmed in other clinical trials, taking aspirin may become another simple, low-cost, and relatively safe tool to help women with breast cancer live longer, healthier lives" Holmes added in a statement.

Holmes and her team studied 4,164 female registered nurses taking part in the Nurses' Health Study, an ongoing analysis of a wide range of health issues.

They started in 1976, looking at who took aspirin, watching for breast cancer and all causes of death until 2006. Over this time, 341 of the nurses died of breast cancer.

Women who took aspirin two to five days a week had a 60 percent reduced risk of their cancer spreading and a 71 percent lower risk of breast cancer death. Six to seven aspirins a week lowered the risk of spread by 43 percent and the risk of breast cancer death by 64 percent.

Most of the women were taking low-dose aspirin to prevent heart attacks and stroke.

Other drugs in the same class as aspirin also apparently lowered the risks, too. These drugs, called non-steroidal inflammatory drugs or NSAIDs, include ibuprofen and naproxen but not acetaminophen, also known as paracetamol.

There was not enough data on these drugs to give a clear answer. The researchers said they are not sure how aspirin and other NSAIDs may affect tumors but it could be by lowering inflammation. Other studies have shown that aspirin and ibuprofen can lower colon cancer risk, for instance.

"Aspirin has relatively benign adverse effects compared with cancer chemotherapeutic drugs and may also prevent colon cancer, cardiovascular disease, and stroke" the researchers wrote. It affected both estrogen-positive tumors and those not fueled by the hormone.

Holmes' team stressed that patients should not take aspirin while undergoing radiation or chemotherapy because of the risk of side effects.

Aspirin can cause stomach bleeding so it should not be taken without a doctor's supervision.

VIDEO: [Click here](#) to watch Dr. Manny discuss this study on America's Newsroom

Article from: [Fox News](#)

June 24 - 26, 2010  
5th Annual Joining  
FORCES Against  
Hereditary Cancer  
Lake Buena Vista Palace  
Orlando, Florida  
[www.facingourrisk.org/conference](http://www.facingourrisk.org/conference)

To have your breast cancer health-related events added, please submit to [jessica@FloridaBreastCancer.org](mailto:jessica@FloridaBreastCancer.org) at least one month prior to the event.



**Help End Breast Cancer**

**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. As of February 2010 our Specialty License Plate sales have exceeded \$3,000,000.00 to date.

Visit your local tax collector's office or tag agency to purchase your specialty plate today for only \$30.00 in addition to the regular fees or log on to [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org) to purchase or renew your plate online and see how your contribution is being used on education and research grants.

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



**CLEANING OUT YOUR CLOSET, HOME OR OFFICE?**

Why not let your clutter go to raise money for a great organization and cause?

Have you ever considered donating your items while helping to raise funds to end breast cancer at the same time?

If so, the Florida Breast Cancer Foundation in partnership with American Thrift in Hollywood Florida can help make that a reality.

**Make your donation today!**

We'll even pick it up!  
**CALL TODAY**  
to schedule your pickup.

**1-888-492-GIVE (4483)**

## Advocate's Corner: Toni Muirhead



The 10th Annual Conference for Young Women Affected by Breast Cancer in Atlanta, GA seemed like a sea of pink, fuchsia, and every other shade of pink imaginable. They arrived in force with an energy and determination to experience a weekend of fun, education, and to reconnect with friends they met at other conferences. The atmosphere seemed less than serious with the frivolous hats, husbands walking around wearing a bra in support of their wife's organization, campy pictures to take back home to remember friends, and back again the fairy godmother sprinkling fairy dust on attendees. Quickly though it was apparent that the attendees were here to do serious work as well.

The workshop sessions included topics on how to survive and thrive after treatment was completed, how to cope with the toxicity of treatment, how to manage lymphedema or prevent it from occurring. Other topics of interest were understanding your pathology report, a closer look at Triple Negative Breast Cancer, money and legal issues, supporting the caregiver, breast reconstruction, and body image. If that isn't enough to think about there was a talk on workplace rights; the Breast Cancer Legal Project was there throughout the weekend. Mindfulness Meditation workshop offered tips on living in the moment. Fertility and Pregnancy was discussed, seeing pregnant survivors or proud moms showing their baby off was truly a memorable moment. Grandma holding her grandchild as her daughter received a massage was visual testament to freezing your eggs prior to treatment.

Listening to a young survivor tell her inspiring story of caring for her sister as she battled breast cancer and then lose her only a few weeks ago is something I will long remember. But seeing this beautiful young woman with her head covered in a flowing scarf tell about her journey from being a caregiver, to patient, and wanting to do right by her sister as she told her story it was remarkable.

Three Oncology Massage Therapists including myself worked for 3 days to offer chair massages. I was especially grateful that the other 2 Massage Therapists were located on the Society for Oncology Massage website. We had the training not only to offer safe massage to the attendees, but to also offer evidence-based research on the benefits of oncology massage during and after treatment for cancer. We shared information with the attendees on simple stretches to help with the side effects of surgery, relaxation techniques, and caregiver massage during their massage time with us. We were touched by their comments on how much it meant for us to give our time and be there to help them deal with the chronic issues of tight muscles, scar tissue after surgery, chemotherapy, and radiation treatment. I was also able to offer private Lebed classes as I finished their massage. I turned on the music and demonstrated the lymphatic opener; they were thrilled to know that there was a program designed for them that could help with their lymphedema and promised to search out an instructor when they went home.

Visit [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org) Advocacy page or [Click Here](#) to read the rest of Toni Muirhead's experience at The 10th Annual Conference for Young Women Affected by Breast Cancer in Atlanta, GA.

American Thrift Store  
330 S. State Road 7 Suite 4041  
(behind Denny's)  
Hollywood, FL 33023



**Jane Torres  
Scholarship Fund**

Scholarships are available to attend Project LEAD®, The National Breast Cancer Coalition's Annual Advocacy Training Conference, Team Leader Training, The San Antonio Breast Cancer Conference, and other breast cancer conferences/training.

For more details about the Jane Torres Scholarship and the official application please visit [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org) and click on the Jane Torres Scholarship tab.

### **Breast Cancer Resources**

1250 East Hallandale Beach Boulevard  
Suite 501  
Hallandale, FL 33009  
(877) 644-3222 Toll Free  
(954) 454-4156 Phone  
(954) 454-4158 Fax

[assistant@floridabreastcancer.org](mailto:assistant@floridabreastcancer.org)  
[www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org)

#### **Annie Appleseed Project**

#### **NBCC**

#### **Chemotherapy**

#### **Women and Cancer**

#### **IBC Support**

#### **Force**

#### **Sharsheret**

#### **Positive Hope**

#### **Advocacy Groups**

**American Cancer Society**  
1 (800) ACS-2345

**Army of Women**  
1 (866) 569-0388

**National Breast Cancer Coalition**  
**(NBCC)1 (800) 622-2838**

#### **Redes En Acción**

#### **Sisters Network**



## Join Us in Washington D.C. and make 2010 a Year to Remember!

Calling all Floridians! The Florida Breast Cancer Foundation is excited to bring you information about NBCC Annual Advocacy Training Conference! The national conference will be held May 22-25, 2010, in Washington DC, at the Renaissance Washington Hotel.

The conference is being planned around the theme "Peeling Back the Pink," to emphasize what is really happening in breast cancer today, to look beyond the surface, and to understand where we still need to go. The goal is to train and empower every advocate who attends to play a meaningful role in our mission to end breast cancer.

First-time attendee or returning participant, there's something for everyone:

- \*Attend sessions on the latest breast cancer news and science
- \*Discover the most effective advocacy strategies
- \*Learn how to influence decision-makers
- \*Network with advocates from around the world
- \*Participate in Lobby Day the largest gathering of breast cancer advocates on Capitol Hill

### Register Today!

Visit <http://takeaction.stopbreastcancer.org/site/PageServer?pagename=2010Conference>  
/ conference or call 866.861.4492

Scholarships available according to need through NBCC!  
Florida Breast Cancer Foundation also has scholarships opportunities  
For more details visit [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org)  
and click on the Jane Torres Scholarship tab.

For more information about joining FBCF at NBCC Washington Lobby Day  
contact Jessica Parker  
toll-free 1.877.644.3222 / [Jessica@FloridaBreastCancer.org](mailto:Jessica@FloridaBreastCancer.org)

## Visit and Join



on



Become a fan of FBCF on [Facebook](#) and follow us on [Twitter](#). View our photos, leave a comment, join a discussion, share your story, see what exciting events we have coming up and more! Get involved and find out what is new with ending breast cancer.

[Facebook](#) and [Twitter](#) help us stay connected and hear what you have to say. Become a fan on [Facebook](#), follow us on [Twitter](#) and remember to tell a friend.

Together we **WILL** end breast cancer!

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

[Breast Cancer Network of Strength](#) 1(800) 221-2141

[Young Survival Coalition \(YSC\)](#)  
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](#)

[A Caring Touch for Cancer](#)

[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 Cancer Trial](#)

[Breast Health Global Initiative Cancer Care](#)

[Centerwatch Clinical Trials](#)

[Gilda's Club Worldwide](#)

[ICC Intercultural Cancer Council](#)

[John W. Nick Foundation, Inc.](#)

[Lance Armstrong Foundation](#)

[Lauren's Light](#)

[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

### Our Mission

The Florida Breast Cancer Foundation 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, we welcome 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 Foundation.

### Our Goals

- \* 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.

**National Women's Health Resource Center 1(877) 986-9472**

**People Living with Cancer**

**Road to Recovery**

**Susan Love Research Foundation**

**The Wellness Community**

**Warrior Wear, Inc**

**Well Spouse Foundation**

**Woman 2 Woman**

**World Health Organization**

I am pleased to enclose my tax deductible gift to the Florida Breast Cancer 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 to:

1250 East Hallandale Beach Boulevard, Suite 501, Hallandale, Florida 33009 or make a secure donation online at [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org).