

# BREAST CANCER SURVIVAL CENTER

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A Non-Profit Organization Providing  
Post-Treatment Support and  
Education for Breast Cancer  
Survivors and their Families

*Scenes from 2007 Survivors  
Celebrate Life! Fashion Show*



Please let us know of others who  
would like to receive this quarterly  
newsletter.

*Editor's Note: We cannot provide  
medical advice. Consultation with  
your doctor is your best source of  
medical information.*

## Success

To laugh often and much;

to win the respect of intel-  
ligent people and the  
affection of children;

to earn the appreciation  
of honest critics and  
endure the betrayal of  
false friends;

to appreciate beauty;

to find the best in others;

to leave the world a bit  
better, whether by a  
healthy child, a garden  
patch, or a redeemed  
social condition;

to know even one life has  
breathed easier because  
you have lived. This is to  
have succeeded.

-- *Ralph Waldo Emerson*

# Breast Cancer Survival Center

Providing Post-Treatment Support and Education

December 2007 Volume 8, Number 3

[www.breastcancersurvival.org](http://www.breastcancersurvival.org)

## Coming Events

### Support/Discussion Groups 2008

January 8, 22; February 12, 26;  
March 11, 25; April 11, 25; May 13,  
27; June 10

**Fairfield County Women's Center  
Room 116, West Campus,  
Norwalk Community College.**  
6:00 p.m.

### One-day Retreats for Survivors and Family Members

April, May, September, 2008

### Weekend Retreat for Survivors

October 17, 18, 19, 2008  
Mercy Center, Madison, CT

### Ninth Annual *Celebrate Life!* Fashion Show and Brunch

October 5, 2007  
Shore and Country Club  
East Norwalk, CT



### Breast Cancer Awareness Month Candle-lighting Ceremonies

October 2008

For information, (203) 857-7304,  
e-mail [cancersurvival@aol.com](mailto:cancersurvival@aol.com),  
or see us on the web at:  
[www.breastcancersurvival.org](http://www.breastcancersurvival.org).

*Thanks to Novartis Oncology  
and the Westport Young Woman's  
League for generously underwriting this  
newsletter.*

## Dr. Carlos Forcade Explains New Breast Imaging Options to BCSC

Interventional radiologist Dr. Carlos Forcade outlined new diagnostic techniques for breast imaging, including digital mammography, ultrasound, and MRI (magnetic resonance imaging.)

These techniques are used for breast cancer screening and, in some cases, to determine the effectiveness of treatment. Dr. Forcade, a physician at Northern Westchester Hospital in Mount Kisco, New York, also explained promising chemo-embolization and radiofrequency ablation procedures for women with liver metastases now offered at his hospital.

Dr. Forcade said that there is no perfect imaging modality; each has advantages and disadvantages. There are cases when tumors show up on MRI and not on mammography, for example, and vice versa. However, mammography remains the screening workhorse, shown to improve detection of small cancers, especially microcalcifications (not detected with breast self exam) with improved staging and survival benefits.

Mammography still misses 9% of breast cancers. For women with a family history of breast cancer, BRACA genes or dense breasts, ultrasound and MRI can reveal disease obscured with self breast exam and mammography. Detecting lesions at early stages requires extreme skill - a mammographer should be doing hundreds each year and regularly attending imaging conferences. Which technique provides the best image of lesions depends on the tumor's location, breast density, and characteristics of the tumor.

Magnetic Resonance Microscopy (MRM) is basically MRI at a microscopic level.

He stated that the MRI/MRM controversy is a dead issue: women at high risk, even with NORMAL self exam, mammography and ultrasound should follow up with contrast breast MRM. Finding the smallest lesions, as we know, leads to better prognosis and survival. Not every MRM center is the same. MRM images should be able to acquire "subtraction images," and post contrast should demonstrate breast vascularization, not just lesion enhancement.

PET/CT imaging is a fusion of total body CT scan (anatomic detail) and short acting nuclear injection (physiologic activity). These scans show increased activity or hot spots in regions of more glucose metabolism, suggesting either cancer or inflammation.

PET/CT can be used to identify post treatment recurrences or the effectiveness of drug regimens in later disease stages.

For women with Stage IV disease, chemo-embolization, which involves the direct injection of drugs into liver mets, offers hope - and fewer side effects -- for women who have failed traditional chemotherapy and radiation protocols.

Dr. Forcade explained that as scans improve, diagnostic radiologists hope to be able to identify breast cancer even earlier. Despite our wish for the ideal, low-cost, 100% reliable, non-invasive screening option for breast cancer, Dr. Forcade's presentation showed that mammography remains a powerful tool. When supported by ultrasound and MRI as necessary, an experienced radiologist and our own advocacy, mammograms continue to save and prolong women's lives.

# Innovative Fundraisers for BCSC

The Breast Cancer Survival Center is blessed by many friends, old and new, who are willing to go the "extra mile" to raise much needed funds to support our mission of providing critical services to survivors and family members. This fall was an especially busy time for us. In late August, The Blue Tulip, a beautiful stationary and gift store on Black Rock Turnpike in Fairfield, held a special shopping night with a percentage of all sales benefiting BCSC. That same night, Uno Chicago Grill, also on Black Rock Turnpike in Fairfield, held a "doughraiser," where a portion of diners' checks were donated to support our program. All the employees wore pink neckties to promote the event. It was so successful that Uno repeated the "doughraiser" again at the end of October, this time including both in-house dining and take-out orders in the promotion. Speaking of food, Fairfield middle school student Ally Madar held a bake sale in October to raise funds for us. Her mom, Elaine Kosri, a Mary Kay consultant, was one of the talented makeup artists who volunteered for our fashion show this year. Consigning Women in East Harwich, MA, sold our socks and teddy bears, and BCSC board member Linda Michaud invited several dozen friends to her

home for the world premiere of "Fairfield Bunco for Breast Cancer," a night of good food, good conversation, and fun.

## Survivors Summit

Delegates representing the New England states, plus representatives from New York, New Jersey, Pennsylvania, and Maryland, gathered on September 15 at Mercy Center in Madison for the first regional Cancer Advocates Coalition survivorship summit. The Breast Cancer Survival Center in collaboration with the Lance Armstrong Foundation sponsored it. Attendees included survivors, family members, caregivers, medical professionals, and members of the not-for-profit community. It was underwritten by a generous educational grant from Novartis Oncology. Other summit supporters included Bristol-Myers Squibb, The Gap, the Cancer Information Service of the National Cancer Institute, the National Association for Cancer Survivorship, Pfizer, and Ortho Biotech.

The event was called "Touched by Cancer," and its goal was to make cancer survivorship issues a major priority, and to provide participants with tools to take back to their communities for advocacy, education, and empowerment.

This regional summit was an offshoot of the Lance Armstrong Foundation national survivorship summit held in October 2006 in Austin, Texas. Most members of the planning committee had been delegates to the 2006 summit.

Dr. Ken Miller, Director of the Connecticut Challenge Cancer Survivorship Clinic and the Yale Cancer Center was keynote speaker. Others included Page Tolbert, the Post-Treatment Resource Program, Memorial Sloan Kettering Cancer Center; Robert Boyajian, an oncology nurse in the Lance Armstrong Foundation Adult Survivorship Clinic at the Dana Farber Cancer Institute, himself a cancer survivor; and Linda Dziobek, RN, a cancer survivor and a health consultant for the RI Health Center Association, among many other notables. The closing was delivered by Suzanne Lee, President of Instant Productivity in Princeton, NJ, who specializes in tools to empower survivors to take back their lives after cancer. Local follow-up activities have already begun as a result of this summit. In Massachusetts, a state resource guide for breast cancer is being compiled, and a conference was held on the State of Breast Cancer in the Commonwealth.

## Save the Dates

October 5, 2008  
**Ninth Annual Celebrate Life!  
 Fashion Show and Brunch**  
 The Shore and Country Club  
 East Norwalk, CT

October 17, 18, 19, 2008  
**Weekend Retreat for Survivors**  
 Mercy Center  
 Madison, CT

Photo: David Santangelo



## BCSC on Display

One of many events for Breast Cancer Awareness Month, Consigning Women, an upscale women's clothing consignment shop in E. Harwich, MA, sold our Teddy Bears and *Sock It to Breast Cancer!* socks to help raise funds for our programs.

**BREAST CANCER  
 SURVIVAL  
 CENTER**

Providing Post-Treatment Support  
 and Education for Breast Cancer  
 Survivors and their Families



## Fall Survivors Retreat

Annual retreat held at Mercy Center, Madison, CT

## Take a Survey, Win a Prize

Be one of the first 20 to reply and win a pair of *Sock it to Breast Cancer™* socks

### Evaluation of the Breast Cancer Survival Center Newsletter

How long have you been receiving the Breast Cancer Survival Center newsletter?	
Have you attended any BCSC programs that have been discussed in the newsletter? If not, why?	
On a scale of 1-3 please rate the following: (1= very good/relevant, 2= somewhat, 3= needs improvement/no relevance)	
Relevance of articles	
Clarity and accuracy of material	
I feel better informed after reading the BCSC newsletter	
The newsletter makes me feel connected to other survivors	
Design of newsletter	
Please complete and mail to: BCSC, PO Box 701, Fairfield, CT 06824 Or e-mail to: cancersurvival@aol.com	Comments:

## BCSC Awareness Events Inspire

**A New Haven County** ceremony October 18 in the auditorium of Milford City Hall included lighted candle luminario bags with names of survivors placed around the stage by Milford Boy Scout Troop 1, Survivors, family members, and other supporters were treated to a performance by the Select Vocal Ensemble of Joseph A. Foran High School. The names of people diagnosed with breast cancer were read by Milford Mayor James Richetelli. Healing shawls were also made available, thanks to the Milford Young Woman's Club.



Photos CT Post

**The Fairfield County ceremony, Celebrate Life!**, a free concert and remembrance ceremony, was held on October 22 in the Westport Town Hall auditorium, and was presented as part of Westport's annual Make a Difference Week. Featured in the concert were the Greens Farms Academy Harbor Blues, The Fairfield

County Children's Choir, the Woodland Blues Jazz Trio from Staples High School, Fairfield High School senior Danielle Pulton, and Westport resident and Broadway musical performer Mary Taylor. Danielle dedicated her performance to her mother and grandmother, both breast cancer survivors.

The duet between Danielle and Mary Taylor, who had just finished treatment for breast cancer, "For Good" from the show "Wicked," is something audience members will remember for a long time. Gordon Joseloff, Westport

First Selectman, served as emcee, and Selectwoman Shelly Kassen read the names of those being remembered.

**The Hartford County ceremony** was held on October 28 in the Connor Chapel at St. Joseph College in West Hartford. The chapel was filled with luminario bags, and during the liturgy, students read the names.

## Breast Cancer In the News

**"What's Your Excuse? Why women are avoiding mammograms."** Here's a trend to nip in the bud: American women are getting fewer mammograms than they used to. Although the yearly test is the surest way to catch breast cancer early--when it can often be cured--a study by the National Cancer Institute found that the percentage of U.S. women ages 50 to 64 having mammograms dropped 7 points between 2000 and 2005. *AARP Magazine*, Nov-Dec. 2007.

**"Cancer Care Seeks to Take Patients Beyond Survival."** As a growing number of Americans are learning, surviving cancer can mean slipping into a rabbit hole of long-term medical problems--from premature menopause and sexual dysfunction to more debilitating effects of chemotherapy and radiation, like heart disease and even new cancers. The realization that cancer and its aftermath can go on for years has given rise to a medical specialty known as survivorship. At several major hospitals around the country, survivor programs financed by the Lance Armstrong Foundation are focusing on life after cancer. *New York Times*, 5/22/07

**"Excess Pounds Raise Women's Cancer Risk."** A study of more than a million British women finds that overweight or obesity is to blame for about 5% of all cancer cases. That's about 6,000 out of the 120,000 cancers affecting British women each year. *HealthDay News* 11/2/07.

**"Personal Habits and Cancer Risk. Report Cities Benefit of Diet, Exercise."** Excess body fat and red meat are linked to an increased risk of common cancers and should be avoided, the World Cancer Research Fund and the American Institute for Cancer Research said. About 40% of all cancers are linked to food, lack of exercise and body weight, the organizations said in a 571-page report. Recommendations: keep weight off, exercise at least 30 minutes a day, limit alcohol and high-fat foods. *Bloomberg News*, 11/1/07.

**"The New Ways We Fight Cancer."** The National Cancer Institute reported the death rate from cancer declined from 2002 to 2004 by an average 2.1% per year. This is an improvement over the 1.1% annual declines during 1993-2002. While part of the declining death rate is the consequence of screening, much is the result of greatly improved treatments. New therapeutic modes are in play, based on better understanding of cancers and greater advances in technologies. *WSJ* 10/18/07

# Holiday Gift Order Form

## BREAST CANCER SURVIVAL CENTER

Providing Post-Treatment Support and Education

*Sock It to Breast Cancer!™ socks*  
*Sock It to Breast Cancer!™ bear*  
*Sock It to Breast Cancer!™ T-shirts*



Selection	Quantity	Price	Total
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<b>Socks</b>			
Trouser socks, black, white, pink		\$10.00	
Sport socks, white		\$10.00	
<b>"Meg" Bear</b>			
White		\$20.00	
Light Brown		\$20.00	
Dark Brown		\$20.00	
<b>T-shirt, white</b>			
L, XL only		\$10.00	
<b>Shipping</b>			
	Under \$20	\$ 2.50	
	\$20 and up	\$ 4.50	

**TOTAL**

My Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone/e-mail \_\_\_\_\_

I Would Like to Donate \$500, \$250, \$100, \$50, \$25, Other \_\_\_\_\_  
 Please accept my tax-deductible contribution to help provide support and education to breast cancer survivors and their families.

Please make checks payable to Breast Cancer Survival Center and mail to: **BCSC, 4 Drummers Trail, Old Saybrook, CT 06475.** Thank you.

Donations are tax-deductible to the fullest extent allowed by law.

# Thank You

Many people made our eighth annual *Celebrate Life!* fashion show and brunch a success: Guest hosts Robert Laska, publisher of *The Connecticut Post*, and former BCSC model Michele Hubler; the terrific staff from Talbots in Westport and Waterford; Elaine Kosri, Tanya Redd, and other Mary Kay volunteers for the models' make-up; Arcadia Hair Salon, DMS Hair, and John Thomas Hair Studio for the hairstyling. Viola Kaposki for the beautiful table centerpieces.

From the Gendey Agency, our handsome escort, Ryan George. A special thank you to Craig Shoop from the Gedney Agency who makes this event happen. We're so grateful to Jim Hutchinson and the entire staff of Shore and Country, who make the brunch even more delicious every year. And to Marti and Bob Baker, our event hosts, and Laura Sydney for hosting our get-acquainted dessert party for models and volunteers. Thanks to our Corporate Angel, The Gap, for the beautiful T-shirts. Thanks to our Culinary Angels for underwriting this event: Lisa and Dick Cashin, Arch Chemicals, Ross and Trina Barnes, Robert and Marianne Laska, Anthony and Marlene Volpe, Catherine Sbriglio. Also, our many Culinary Cherubs, including Penny and Alan Griffith, Irene Friedman, Jan Luckingham Fable, Pat Wernig, Patricia Kondub, Jane Carpenter, Barbara Lucia, Tom and Suzy Santangelo, Diane Logan, Deb Stauch, Stephanie Thompson, Sandra Neiditz, Elaine Hoye, Cree Scudder, Nancy MacDonald, Michael and Pama Santangelo, Jeanne and Mike Ennis, Maria Morrison, Sally Lanzi, Ann Jamison, Judy and Ed O'Brien, Beverly and Larry Fleming. We could never have done this event without the support of *The Connecticut Post*, especially Lisa Turner, who designed and printed our beautiful program. Thank you to our generous raffle donors: Betsy Santangelo, Maria Morrison, Mr. and Mrs. Max Marshall, Douglas Cosmetics, Soleil Toile, Talbots, Sara Brown, Shore and Country, Lance Armstrong Foundation, Donna Schaefer, Sarah Wheeler, Barbara Murray, Mary Lou DeLuca, Gina Paterno Villalobos, Cindy Perham, Claudette Apple, Barbara Dean, Sandy Pendergast, Barbara Nutile, Prudy Stewart. And an extra big thank you to our wonderful, hard-working event volunteers, including Marianne Laska, Laura Sydney-Pulton, Danielle Pulton, Vinnie Vitale, John Capasso, Linda Michaud, Sara Carpenter Brown, Barbara Pearson-Rac, Barbara Miller, Cindy Perham, Claudette Apple, Lynn Murray, Craig Shoop, Joe Santangelo, Marlene and Jeff Stern, Michele Hubler.

For our October awareness ceremonies, special thanks to: In Milford, Marianne and Bob Laska; the staff of the Mayor's office and Mayor James Richetelli; the members of the beautiful Foran High School Select Ensemble: Jenna Riccio, Rachel Altieri, Carisa Caruso, Taylor Conant, Melissa Murphy, Taylor Manning, Miriam D'Andrea, Heather Arsenault, Jessica Kulak, Carrie Capris, Sarah Phelan, Carla Lynch, Liz Herring, Katrina Coyle, Melissa Kandrach, and Theresa Voss; Teltre Ditale from the Milford Young Woman's Club; Milford Boy Scouts Troop 1: Luke Maltais, Joshua Paton, Dan Murray, Mark Bluemer, Jason Savisky, Alex Podpolucha, Matt Ouellette, and Scout Leaders Michael Healy, Tim Savisky, and Kevin Dunlevy.

In Westport: First Selectman Gordon Joseloff; Second Selectwoman Shelly Kassen; Jeanette Linsey from the Westport Young Woman's League; Sara Rac; Frank Rac; the Harbor Blues from Greens Farms Academy; Danielle Pulton; Mary Taylor; all the members of the Fairfield County Children's Choir; the Woodland Blues Jazz Trio from Staples High School; the Westport Make A Difference Day Committee and Barbara Pearson-Rac; Linda Michaud; Laura Sydney; the Staples High School Key Club; Chris Coogan; the Staples High School Music Department; the Town of Westport. For St. Joseph College: Sister Beth Fischer, Judy and Ed O'Brien, Father David for the beautiful liturgy and student volunteers Danielle Cowee, Lauren Simard, Josni Mistry, Kelley McCarthy, Lynette Galgano, Melissa Smith.

# Wellness for Women

## BCSC, Wilton Woman's Club Panel Discussion on Women's Health Issues

With women living longer but their health concerns often eclipsed by those of husbands, children, and aging parents, the Wilton Woman's Club and the Breast Cancer Survival Center recently featured a panel of leading professionals to address the major health threats to women in perimenopause and beyond.

Nearly 100 women attended the program, "Controversies in Women's Health 2007," at the Wilton Library. Four health professionals focused on heart disease, breast cancer, and the changing exercise needs of older women, as well as the highly controversial HPV vaccine to prevent cervical cancer in our daughters, including its medical, moral and economic implications.

"With the Internet and wealth of information on healthcare, it can be hard for women to differentiate myth from fact," said Mariann Bigelow, Wilton Woman's Club program co-chair. "Also, women tend to put their own needs last, yet the happiness and well-being of the whole family depend on their vitality. Wellness must become a priority for women whether in the third or the eighth decade of life."

Renowned breast surgeon Dr. Barbara Ward, director of the Breast Center at Greenwich Hospital, discussed up-to-date inroads in breast cancer prevention, diagnosis, and treatment. Although she was optimistic concerning new early detec-

tion and treatment options, Dr. Ward stressed that the nation as a whole must address the disparity in health insurance coverage for African American and Latino women, which causes this population to be diagnosed when their disease is at a later, less treatable stage. Dr. Robert Sackstein, a local cardiologist, discussed women and heart disease, and reminded the audience that heart attacks are not just a men's killer, and that symptoms in women can in fact be very subtle. He emphasized that, although heredity plays a key role in the likelihood of a person's developing heart disease, diet and exercise are two ways that women can help protect themselves against cardiac problems.

Gynecologist Dr. Carol Fucigna covered the risks and benefits of the HPV vaccine, including its cost, how it is administered, and the various strains of human papilloma virus that are currently believed to be covered by the vaccine. Kristi Cristello, a personal trainer and former Marine, explained the various components of fitness and the unique challenges of exercise for older women, emphasizing the benefits of both cardiovascular and strength training workouts in helping prevent osteoporosis, heart disease, arthritis, Alzheimer's disease, depression, and many types of cancer.

The forum was a terrific opportunity to get needed answers about key health issues facing women today.

## Scenes from 2007 Survivors Fashion Show

