



Honoring Breast Cancer Survivors

UPPER VALLEY BREAST CANCER SURVIVORS

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Linda Porlier
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During our 23 years of compiling the Breast Cancer Survivors' pages, many of these ladies have moved, or are no longer participating at this time.

Our sincere Best Wishes to all our Survivors.
Joan Baldwin
Gale Bates
Carla Carey
Bev Carlson
Janice Clark
Terri Clarke

Floy Detwiler, M.D.
Joy Fields
Elsie Fogelstrom
Carol Hanson
Pat Hills
Sonja Hurt
Jordi Kimes
Dorothy Kellison
Wendi Krieg
Verna Lotts
Beverly Lobe

V Gay Neese-Sweat
Mary Ellen McKinney
Jodi Ostrem
Dorene Parise
Winnifred Pflugrath
Kelley Rose
Terri Scenard
Kara Shephard
Dorothy Shipley
Camille Stemm
Wendy St. Germain

Dorothy Spanjer
Lori Vanderbrink
Camieon Voss
Julie Williams

**** In Memory of these ladies who have passed away.**
Grace Clausen, Jessica Green, Mary Newberry, Marie V. Peck, Judy M. Peck-Cameron, Charlotte Turner, Elizabeth Peyrollaz, Carolyn Wilson

LOCAL SUPPORT

* Cancer Care of NCW, Inc. Our House, Wenatchee: 509-663-6964 or Email: cancare@nwi.net
* Wellness Place, Wenatchee, 509-888-9933. Support groups, and other resources.
* Cascade Medical, Leavenworth, 509-548-5815.
* Confluence Health/Wenatchee Valley Medical, 509-663-8711.
* Confluence Health, Breast, Cervical and Colon Cancer Health Program, 509-664-3415.
* EASE Cancer Foundation, Cashmere: 509-860-1322 or www.easecancer.org
* Lake Chelan Health Hospital. 509-682-3300
* Columbia Valley Community Health, Chelan, 509-682-6000
* Lake Chelan Express Care Clinic, Chelan, 509-682-2511
* Three Rivers Hospital, Brewster, 509-689-2517
* Family Health Center, Brewster, 509-689-3455
* Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT:

* American Cancer Society, (ACS) 800ACS-2345, www.cancer.org. Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK
Reach to Recovery, a one-to-one survivors' help program. New Birthdays Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog OfficialBirthdaysBlog.com or Cancer.org/circleofsharing.
* American Society for Therapeutic Radiology and Oncology. 1-800-962-7876, www.astro.org.
* American Society of Plastic Surgeons, 888-475-2784, www.plasticsurgery.org.
* AVON Foundation www.avonfoundation.org
* Blood & Marrow Transplant Information Network 1-888-597-7674, www.bmtinfonet.org
* Become a member of Love/Avon www.armyofwomen.org or 866-569-0388
* Living Beyond Breast Cancer, 888-753-5222 www.lbbc.org.
* National Breast Cancer Coalition, 1-800-622-2838, www.stopbreastcancer.org or www.canceradvocacy.org
* National Coalition for Cancer Survivorship
* Online community Cancerversary.org use to create your own Web pages
* Susan G. Komen For the Cure, 1-877-GO-KOMEN, www.komen.org
* The Breast Cancer Alliance, 203-861-0014, www.breastcanceralliance.org
* National Lymphedema Network, 1-800-541-3259, www.lymphnet.org.
* SHARE (Breast Cancer Hotline) 1-866-891-2392, www.sharecancersupport.org
* Vital Options International, 1-800-477-7666 www.vitaloptions.org
* Zero Breast Cancer: www.zerobreastcancer.org

Breast Cancer Glossary

COMPILED BY CAROL FORHAN

Survivor

Educate yourself on these terms when your doctor talks to you about breast cancer
Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.
Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.
Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobule.
Axillary: In the armpit.
Benign: Not cancerous.
Biopsy: Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.
Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.
Carcinoma: Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.
Chemoprevention: The use of drugs or chemicals to prevent cancer.
Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.
Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.
Cyst: A lump or swelling filled with fluid or semifluid material.
Duct: A channel in the breast that carries milk from the lobule to the nipple during lactation.
Estrogen: A female sex hormone produced chiefly by the ovaries.
Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.
False negative: Test results that incorrectly indicate that the tested disease or substance is not present.
Fibroadenoma: A benign, fibrous tumor commonly found in the breast.
Free radicals: Toxic atoms produced by chemical reactions within a cell.

Hematoma: A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.
Hyperplasia: Excessive cell growth.
Infiltrating cancer: A cancer that has spread from its site of origin into surrounding tissue.
In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.
Lobules: Milk-producing glands of the breast.
Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.
Lymph nodes: Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.
Malignant: Cancerous.
Metastasis: The spread of cancer cells from the site of origin to another part of the body.
Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.
Neoadjuvant therapy: Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.
Palpable: Able to be felt.
Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.
Radiation therapy: The use of x-rays at very high doses to treat or control disease.
Seroma: An accumulation of lymphatic fluid under an incision.
Content provided by MammoSite Breast Cancer Information. www.mammosite.com
Screening saves lives by helping find breast cancer early. Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.
Get your mammogram. Tell your friends, mothers, sisters, aunts, and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

Information from American Cancer Society

Wellness Place Breast Cancer Awareness Month events

SUBMITTED BY JULIE LINDHOLM

Executive Director at Wellness Place

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. To kick off this important month, Wellness Place has events the first week of October to bring awareness and support their mission of providing free support to cancer patients in North Central Washington.
Taproom at Hellbent Brewery - Wednesday, October 5
It's "Warrior Wednesday with Wellness Place" at The Taproom by Hellbent Brewing at Pybus Public

Market in honor of Breast Cancer Awareness month. All day long, they will donate \$1 for every Hellbent Pint and \$2 for every "Pint to Go" to Wellness Place (glassware included, availability limited). Also, you can write notes of encouragement to be given to our NCW cancer warriors! Do Good. Drink Beer.
Pybus Farmers Market - Saturday, October 8, 9-11 a.m.
Visit us at the Wellness Place table during the Pybus Farmers Market to learn about our nonprofit, and the free cancer services and support we provide. We will have breast cancer awareness handouts, and kids can draw "Happy Letters" to provide

a smile and encouragement for our NCW cancer warriors during their cancer journey.
Wellness Place FREE education afternoon - Saturday, October 8, 1-4 p.m.
Join us for "A Mindset of Meaning". Designed for, and free, for all cancer patients, survivors, caregivers, and loved ones. An afternoon of learning how to cultivate tools to support meaning and well-being. Registration required at www.WellnessPlaceNCW.org
Dr Chandra Villano, ND, and Kari Lyons-Price, MSW with Meditate Wenatchee will present topics including:
• Cultivate Connection- Open hearted approach to

harmonious and consistent optimal breathing, grounding, and mindful movement.
• Nutrition: Wellness Mindset- Overview of tasty Abundance Bowls & Gratitude Bowls for ease of anti-inflammatory whole foods prep, rotation, variety, and maximizing nutrition.
• The Mindfulness-Based Stress Reduction (MBSR) Experience- By design this course empowers participants to take an active role in the management of their health and wellness.
• Sleep Hygiene - High quality sleep is vital for healing and feeling and being well. Learn about an arsenal of practices for getting the

invaluable sleep you need.
"At Wellness Place we are committed to helping all cancer warriors in our community, no matter the cancer diagnosis," says executive director Julie Lindholm. "However, 1 in 8 women will be diagnosed with breast cancer during their lifetime, so for the month of October it is our mission to bring awareness and reminders to our community members to get your mammograms, and self-check your breasts regularly. The earlier breast cancer is diagnosed, the better the chance of successful treatment."

BREAST CANCER
confluencehealth.org

Allstate
Together we make a difference.
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HAVE YOU HAD YOUR MAMMOGRAM THIS YEAR?
OCTOBER
BREAST CANCER AWARENESS MONTH
Munchen Haus
709 FRONT ST | 509-548-1158 | WWW.MUNCHENHAUS.COM

State Farm
Together for Breast Cancer Awareness
Bruce Cheadle, Agent | 509-782-1659 | Cashmere, WA

