

Y W C A



Breast Cancer Support Group

What Cancer Cannot Do

Cancer is so limited....

It cannot cripple Love.
It cannot shatter Hope.

It cannot corrode Faith.
It cannot destroy Peace.

It cannot kill Friendship.
It cannot suppress
Memories.

It cannot silence Courage.
It cannot invade the Soul.

It cannot steal Eternal Life.

It cannot conquer the Spirit.

Cancer is so limited....



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YWCA's Breast Cancer Support Group

History of the YWCA's Breast Cancer Support Group

Women breast cancer survivors (Linda Jackson, Marilyn Callahan, and Patricia Lagae) and YWCA staff, Linda Gertz, recognized the need for a breast cancer support group in the Salem area. In August 1992, they started the YWCA Breast Cancer Support Group (BCSG). This group has met continually and has survived for over fourteen years to provide a safe and caring environment for women who are newly diagnosed, in the middle of treatment, struggling with reoccurrence and for women who are long-term survivors.

The YWCA BCSG allows women at different phases of their journey with breast cancer to share and talk with others who understand what they are experiencing. Fears, tears, joy and laughter make this support group invaluable to women at any stage of the breast cancer journey. We are committed to supporting one another as survivors whether newly diagnosed, in the middle of treatment or celebrating years of "no evidence of cancer."

Current structure of the YWCA Breast Cancer Support Group

Meeting times: 2nd & 4th Wednesday of the month, 5:30-7:00 PM.

Where: YWCA Salem, 325 13th St. NE Salem, OR 97301
(On the corner of Chemeketa and 13th Street)
November 2007: Expected move to the new YWCA building
located at 1255 Broadway St. NE Salem, OR 97301
For directions, please call 503-581-9922.

Who Can Attend: Women who have been diagnosed with breast cancer and/or who have had breast cancer surgery. You may bring a female guest (e.g. sister, relative, close friend) along, especially if this is a new experience for you.

Attendance: This is an open group, which means women are free to attend as desired and as needed. The meetings are not mandatory. Some support meetings may have as many as 15 to 18 women, while other meetings may have as few as 4 to 5 members.

Group Meeting Agenda:

- Group format is informal.
- Participants can choose to share or not to share.
- Generally start with introductions and a brief summary of each woman's cancer journey.
- Occasionally guest speakers are invited to present educational and/or informational materials specific to breast cancer support resources and/or services.
- Announcements given regarding upcoming breast cancer research, resources, workshops, social events and related fundraisers.

Group Facilitators:

A group facilitator is present to oversee the support group meetings and to take attendance. Generally there are six facilitators who rotate throughout the year. Facilitators are breast cancer survivors and/or have had breast cancer surgery. In addition to coordinating the group meetings, the group facilitators arrange for guest speakers. You are welcomed and encouraged to suggest guest speakers to a group facilitator who you believe can present on issues regarding breast cancer.

Cost: Belonging to and attending the YWCA BCSG is FREE.

Group Member Volunteer Positions:

- Maintain contact list (including email addresses).
- Prepare new name tags.
- Host support group potluck dinners (usually June, September and December).
- Prepare BCSG monthly flyer/newsletter.
- Maintain breast cancer resource library.
- Assist with organizing social activities and fundraisers.

Sample guest speakers/activities:

- Health and nutrition educator
- Breast cancer surgeon
- Physical therapist (discussing lymphadema)
- Exercise specialist; oncologist; counselor
- Skin care specialist
- Yoga and dance therapy
- Outdoor sports programs

Library Resources:

There is a small resource library with books, video and audio-tapes, articles and other information on breast health and survivorship issues which group participants are welcome to check out. Ask the group facilitator to view and/or to check out any library resources.

2007-2008 IMPORTANT DATES

Updated May 2007

LOCAL WOMEN'S HEALTH & BREAST CANCER AWARENESS EVENTS & ACTIVITIES

YWCA Breast Cancer Support Group Meetings

The 2nd and 4th Wednesday of each month, 5:30 – 7:00 p.m.

At the YWCA, 325 13th St. NE Salem, OR 97301. 503-581-9922 x128.

May 9 & 23	August 8 & 22	November 14 & 28	February 13 & 27, 2008
June 13 & 27	September 12 & 26	December 12 & 26	March 12 & 26, 2008
July 11 & 25	October 10 & 24	January 9 & 23, 2008	April 9 & 23, 2008

May

5

YWCA Breast Cancer Awareness Cookbook Kickoff

The cookbooks are available in May at a kick off traditionally held at Carl's Cuisine. The cookbook has a new, fun theme each year and recipes are submitted by community members to follow the theme. The cookbook is a great Mother's Day gift and reminder of the importance of early detection for the special women in your life. Visit www.ywcasalem.org or call 503-581-9922 x128.

June

15

Relay for Life of Salem - Marion County, Chemeketa Community College

An overnight event of the American Cancer Society where teams of people take turns walking and running laps to celebrate survivorship, remember those who lost their lives to cancer and raise money for the fight against cancer. Visit www.cancer.org or call 1-800-ACS-2345.

August

10 - 12

Cancer Awareness Event, Volcanoes Stadium, Keizer

Cancer survivors are invited to a night at the ball park to be honored for their strength and survival. Local health programs and organizations setup awareness tables with educational materials and survivors are encouraged to go onto the field for a special ceremony before the game. Call 503-390-2225 for more information.

August

18 - 19

Play for the Cure Softball Tournament, Wallace Marine Park

An event of the Linda L. Vladyka Breast Wellness Foundation to benefit Susan G. Komen for the Cure, Oregon & SW Washington Affiliate. Women's and coed slow pitch softball teams play to "strike out" breast cancer. Breast cancer survivors are invited to be honorary pitchers and throw out the first pitch of the games. Visit www.playfortheCure.com or call 503-363-8892.

- September**
7 - 9
Casting for Recovery, Big K Guest Ranch, Elkton, OR
Casting for Recovery provides an opportunity for breast cancer survivors to gather in a beautiful, natural setting and learn fly-fishing, "a sport for life," meet new friends and have fun. Weekend retreats incorporate counseling, educational services and the sport of fly-fishing to promote mental and physical healing, **free of cost to those selected**. Survivors must apply by June 29th and 14 women are chosen to take part. Visit www.castingforrecover.org or call 1-888-553-3500.
- September**
21 – 22
Komen Health Expo, Oregon Convention Center
The Health Expo offers exhibits of Race for the Cure sponsors, health care providers and lifestyle exhibitors. Receive health information and free product samples. You can also pick up your Race for the Cure bib number, t-shirt and commemorative pins. Breast health speakers present on hot topics throughout the Expo. www.komenoregon.org
- September**
22
Komen Survivor Celebration Luncheon
A luncheon to honor and celebrate breast cancer survivors.
For more information visit www.komenoregon.org or call 1-800-404-8241.
- September**
23
Race for the Cure, Portland's Waterfront Park
Sign up for the 16th annual Portland Race for the Cure. Visit www.komenoregon.org or call the Race Hotline at 503-553-3680.
- October**
Breast Cancer Awareness Month
- October**
6
YWCA Discover Pink Walk, Willson Park
2007 marks the 3rd annual walk in Salem to raise local awareness and kick off Breast Cancer Awareness Month. Funds raised provide breast health exams and mammograms to women in need in Marion and Polk Counties.
Visit www.ywcasalem.org or call 503-581-9922 x128.
- October**
12 -14
Casting for Recovery, Rock Springs Guest Ranch, Bend, OR
Casting for Recovery provides an opportunity for breast cancer survivors to gather in a beautiful, natural setting and learn fly-fishing, "a sport for life," meet new friends and have fun. Weekend retreats incorporate counseling, educational services and the sport of fly-fishing to promote mental and physical healing, **free of cost to those selected**. Survivors must apply by August 3rd and 14 women are chosen to take part. Visit www.castingforrecover.org or call 1-888-553-3500
- October**
TBA
Salem Hospital Community Forum
The October forum focuses on Breast Cancer Awareness and breast health issues. Visit www.salemhospital.org to learn what the breast health topic will be for the October 2007 Community Forum.

- October TBA** **Statesman Journal Women’s Show, Oregon State Fairgrounds**
A large trade show featuring local businesses and organizations that exhibit their products and services focused at women. Receive free information, product samples and giveaways. Visit www.statesmanjournal.com for more information.
- October 19** **National Mammography Day**
A great day to get your mammogram or remind the special women in your life to have one each year!
- 2008**
- January** **Salem Hospital Community Forum**
The January forum focuses on Women’s Health issues.
Visit www.salemhospital.org to learn what the women’s health topic will be for the January 2008 Community Forum.
- February** **Submit recipes to the YWCA Breast Cancer Awareness Cookbook**
Share your recipes with us for our annual breast cancer awareness cookbook. Recipes can be dedicated in honor or memory of a loved one that has battled breast cancer. Please submit recipes by April 1st to be included in the cookbook. Visit www.ywcasalem.org or call 503-581-9922 x128 for more information.
- February 26, 2008** **YWCA Women Helping Women Luncheon**
An annual luncheon to promote the YWCA and our services including the ENCOREplus Women’s Health Program. Visit www.ywcasalem.org or call 503-581-9922.
- March 8, 2008** **Issues After Breast Cancer Conference, Oregon Convention Center**
Conference provided by Susan G. Komen for the Cure, Oregon & SW Washington Affiliate for breast cancer survivors, their family and friends.
Visit www.komenoregon.org or call 1-800-404-8241.
- April** **Relay for Life of Willamette University, McCulloch Stadium**
An overnight event of the American Cancer Society where teams of people take turns walking and running laps to celebrate survivorship, remember those who lost their lives and raise money for the fight against cancer. Visit www.cancer.org or call 1-800-ACS-2345.

Support Group Contact List

The following women are breast cancer survivors who have participated in the YWCA Breast Cancer Support Group. They have volunteered to be listed as a resource for you and are available to listen and provide support if you need to just talk with someone that has shared some of the same experiences. Support is so important. You do not need to travel on this journey alone. If you have any questions, please contact Andi Kohlmeyer, Women's Health Coordinator, YWCA of Salem at 503-581-9922 x128.

Janet Brown

Phone: 503-585-5436
Email: jtb42@comcast.net
Mastectomy; no chemotherapy or radiation
Age at diagnosis: 61

Jeanette Flaming

Phone: 503-391-7329
Email: bjflaming@msn.com
Lumpectomy, bilateral mastectomy and bilateral reconstruction
Age at diagnosis: 64

Linda Keller

Phone: 503-399-8751
Email: stevelindakeller@comcast.net
Lumpectomy, chemotherapy and radiation
Age at diagnosis: 45

Mirjana Prather

Phone: 503-581-2963
Email: serbchook@aol.com
Bilateral mastectomy and full reconstruction
Age at diagnosis: 55

Linda Jackson

Phone: home # 503-371-0144 or work # 503-363-3980
Email: lindajackson@ladiesfirst.com
Bilateral mastectomy, Oophorectomy, Tamoxifen
Age at diagnosis: 36 & 39

Katie Wallace

Phone: 503-587-8958
Email: katie321@comcast.net
Lumpectomy, chemotherapy and radiation
Age at diagnosis: 55

Support Group Testimonies

I was diagnosed with lobular carcinoma in situ and invasive lobular carcinoma in October 2001. I decided to have a double mastectomy, but opted against chemotherapy. I was encouraged to consider reconstruction so I read and asked many questions. I recommend anyone facing this decision consider the options thoughtfully. I discovered reconstruction isn't for everyone. I have found the BCSG includes remarkable, caring, wise and fun women of all ages. When we gather we give and receive support in addition to sharing information and experiences.

JF Five year survivor

Two days before Christmas, 2000, I received a call from my surgeon, "The biopsy showed you have malignant invasive breast cancer. We need to schedule for a pre-surgery appointment to discuss surgical options." My life changed from that point on and took me on a new and unfamiliar journey. I was shocked as no one in my family had been diagnosed with any type of cancer. After the flood of tears, my family and close friends surrounded me with incredible support and love that held up me through surgery, chemotherapy and radiation treatment. About half way through my treatment, I found out about the YWCA BCSG. I remember my first group meeting. I showed up with my bald head and discovered other women who truly knew my cancer recovery journey. These women immediately made me feel welcomed and they calmed my fears. They helped me to realize that life does not end with a diagnosis of breast cancer. I soon enlarged my circle to include other breast cancer survivors. We have a strong connection and friendship that I believe will remain life long. Our group is a safe place to listen, to cry, to express anger, to be quiet and to celebrate amazing accomplishments discovered in our post cancer diagnosis.

LK Six year survivor

In February 2004, while riding my bike training for a triathlon, I flipped over the handlebars crossing a railroad track. When visiting the doctor, it was discovered that it had been a year and a half since I had a mammogram. After the mammogram, ultrasound and biopsy, I got the news upon returning from a trip to Israel-Palestine that I had cancer in the left breast. I had a lumpectomy and after the pathology report showed additional cancer, I had the full mastectomy of the left breast, Stage I. There was no lymph node involvement, so I had no chemo or radiation. Complimentary therapies have included acupuncture and physical therapy was included in my healing process. Participating in the YWCA BCSG right after being diagnosed and attending the *Issues After Breast Cancer Conference* one week after diagnosis gave me lots of reassurance, information and options before surgery. I look forward to helping other women in the Peer Navigator program being newly formed in our area.

JB Three year survivor

Discovering the YWCA BCSG was like finding the calm in the storm. It was the only place where I felt people really understood what I was going through. I didn't feel pitied or feared. It was a comfortable forum for getting answers to my questions. Now three years later I still attend so that I can help support others who are going through some of the same experiences.

DS Five year survivor (age 32 when diagnosed)

I was diagnosed with stage III breast cancer in March 2005 at the age of forty-five. I found a lump four months after having my yearly regularly-scheduled mammogram. Mammograms had not detected the cancer in my dense breast tissue. I had a mastectomy. Cancer was discovered in twenty seven lymph nodes. Chemotherapy and radiation followed. Physically, I was surprised to find that I withstood the treatments pretty well. My mental well-being was a different story. I picked up the YWCA BCSG booklet after one of my radiation treatments and read through it several times during the next few weeks. In late September I attended my first meeting. It has been wonderful to be with a group of people who are comfortable hearing and talking about living with cancer. These are people who realize we can't always "put it behind us" and cannot always "stop thinking about it." Living in the 'surreal world' of feeling energetic, yet facing a precarious and uncertain future, the support means a lot. The group also has plenty of room for humor, which is also vitally important. We do have lots of laughs in the midst of the serious times. When I decided to join the support group, it was largely because I wanted to be someone who is "living with cancer," rather than "waiting to die of cancer." This group has helped me to do just that.

BAO Two year survivor

I am so grateful that today when a woman is diagnosed with breast cancer she has options that many years ago I didn't have. There is so much more to healing than just physical recovery following a diagnosis and surgery. Whether recognized or not, every survivor has fears and concerns that can only be fully understood by others who have lived through it. Attending a Breast Cancer Support Group offers an immediate and caring circle of peers who are one, two, three steps ahead on the same journey and who are there to help comfort and guide new members along the way. As a veteran survivor I continue to attend meetings for many reasons; to share what I have learned in my 20 years of survivorship, to stay educated about the latest medical advances and because it is an honor to be a part of this "sisterhood" of strong and caring women.

LJ 20+ year survivor

I am a three year survivor. I had a left mastectomy January 9, 2004. I have found the support group after my surgery as the best support. The support, friendships and activities that I have experienced with these ladies has been awesome and I highly recommend it to all that have been diagnosed. We share amongst ourselves and get questions answered that no one else can answer. We welcome everyone.

VS Three year survivor

What I know is that my story is like that of so many other women. Through the YWCA BCSG, I have learned that I am not alone. I was fifty-one years old when I had a routine mammogram that led to a biopsy that led to a diagnosis of cancer. I had never had more than a cold in my life so I had to deal with the shock and denial. I had a lumpectomy with a check of the sentential nodes. This later revealed a few cancer cells (estrogen positive) beginning to enter the lymph nodes. So, back to the hospital for removal of the nodes under my right arm. With node involvement I added chemotherapy to my treatment. My thick curly hair fell out but with wigs and hats I was able to be pretty comfortable. Then onto radiation; a tedious but much easier treatment. The medical staff was fantastic and I still consider them to be friends. I have finished treatment and now take tamoxifen to prevent reoccurrences. A few hot flashes are definitely worth it. Although this has been the most difficult health challenges I have ever had, I believe that I have come through the experience with new strength. One of my best gifts has been the people I have met in the support group and in the hospital. My life is definitely richer for the experience.

JM Two year survivor

My "story": Besides support for the medical aspect of dealing with breast cancer, the group has provided me new friendships and getting involved in new activities. These activities not only support the cause, but bring friends and family together and expose you to new horizons.

LD Seven year survivor

Regarding your doctor's appointments:

- ❖ Keep a notepad handy at home to write down any questions you may have for the doctor.
- ❖ Take a notepad with you to your doctor's appointments. Or...
- ❖ Get a loved one or friend to go with you to your doctor's appointment to take notes.
- ❖ Advocate for yourself. Don't be afraid to ask the doctors for anything you feel you need.

SUGGESTIONS FOR POST SURGERY:

- ❖ Have loose fitting shirts. Soft button down is best as you will be healing from your incisions. Button down seems to work well when dealing with drain tubes.
- ❖ Don't be afraid to contact your doctor if you are having any pain or any other problems. Now is not the time to be "brave" and think you need to "tough it out."
- ❖ Have help at home. You will need this!
- ❖ Take time to rest and heal. You can let the house chores wait as your health needs to be a priority.
- ❖ Having trouble with safety/seat belts hurting while going through the healing process? Under the Oregon Revised Statutes, Oregon Vehicle Code 811.220 *Certificates of exemption from safety belt requirement*, the Director of Transportation can issue a certificate of exemption if a signed exemption form is completed by your doctor. Link to exemption form:
<http://www.oregon.gov/ODOT/TS/docs/Seatbelts/SeatbeltExemptionForm.pdf>

WHEN UNDERGOING CHEMOTHERAPY:

- ❖ Don't try to do it alone, ask for help from family and friends.
- ❖ Advocate for yourself. Don't be afraid to ask the nurses/doctors for anything you feel you need.
- ❖ Some chemotherapy contains dyes that can affect the color of your urine.
- ❖ Drink fluids throughout the day of therapy.
- ❖ Attend the American Cancer Society "Look good Feel Better" make up and skin care class for chemotherapy patients and receive wonderful free product. Take a friend with you. It's a fun class! (contact information on the next page)
- ❖ A temporary handicap parking sticker may be available to you if you are having difficulty walking any distance.
- ❖ If a store employee offers to help take your groceries to your car, let them.
- ❖ When talking to your insurance company, remember to take down the name of the person you talked to, the date and the phone number you called.
- ❖ Saturate your body with lotion to keep your skin moist. Don't forget your feet!
- ❖ Having trouble with safety/seat belts hurting while going through the healing process? Under the Oregon Revised Statutes, Oregon Vehicle Code 811.220 *Certificates of exemption from safety belt requirement*, the Director of Transportation can issue a certificate of exemption if a signed exemption form is completed by your doctor.
Link to exemption form:
<http://www.oregon.gov/ODOT/TS/docs/Seatbelts/SeatbeltExemptionForm.pdf>

Resources for Breast Cancer Survivors

YWCA ENCOREplus Program

Provides breast and cervical health education, support and access to no cost screening services for women that qualify. Wigs, scarves, bras and prosthesis have been donated to the program and are available to women at no cost.

Donations of these items are gladly accepted.

503-581-9922 x128.

www.ywcasalem.org

Salem Hospital Breast Care Program / Peer Navigator Program

875 Oak St SE, Salem, OR 97301

E-mail: lori.james-nielson@salemhospital.org

Trained breast cancer mentors provide one-on-one support and information to help individuals cope with breast cancer.

503-561-6718 www.salemhospital.com/breastcare

Mid-Valley Cancer Care Community (MVCCC)

880 Winter Street

Salem, OR 97301

Support Groups, Counseling for Individuals, Couples & Families, Living Well During Treatment Classes and Life After Treatment Classes.

503-391-4417

www.mvccc.net

“Look Good Feel Better” Program for Cancer Survivors

American Cancer Society

Women in active cancer treatment learn techniques to restore their self-image and cope with appearance-related side effects from cancer treatment. Free products (e.g. make-up and scarves) are generally provided.

1-800-ACS-2345

www.cancer.org

OHSU Cancer Institute

The official website of Oregon’s only NCI designated cancer center. Information about OHSU cancer services and clinical trials is available in an easy to use format.

www.ohsucancer.com

Susan G. Komen for the Cure

Susan G. Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

www.komen.org

Komen Breast Care Helpline 1-800-462-9273

Susan G. Komen for the Cure, Oregon & SW Washington Affiliate

Our local Komen Affiliate is a trusted resource in the community for women and their families experiencing breast cancer.

Portland, OR

1-800-404-8241

www.komenoregon.org

Breast Friends

“Helping women survive the trauma of breast cancer...one friend at a time.”

8152 S.W. Hall Blvd #301

Beaverton, Oregon 97008

503-598-8048

www.breastfriends.com

Men Against Breast Cancer

Caring about the women we love. How to best support loved ones with breast cancer.

1-866-547-6222

www.menagainstbreastcancer.org

National Breast Cancer Coalition (NBCC)

The nation's largest breast cancer advocacy group.

202-296-7477

www.natlbcc.org or www.stopbreastcancer.org

National Cancer Institute (NCI)

NCI coordinates the government's cancer research and information programs.

This website provides news and information on many NCI programs and resources.

Recent discoveries and accurate, credible cancer information.

You can also search another site that is funded by NCI at: <http://cis.nci.nih.gov/>

www.cancer.gov

American Cancer Society

1-800-ACS-2345

www.cancer.org

Association of Cancer Online Resources

A free online lifeline for everyone affected by cancer and related disorders.

212-226-5525

www.acor.org

Y-ME National Breast Cancer Organization

Provides counseling through a 24 hour hotline.

Also provides prosthetics and special bras for cancer patients.

1-800-221-2141

Email: help@y-me.org

www.yme.org

Hearts of Hope Breast Cancer Foundation

A non-profit organization that provides an integrative care program that combines traditional & proven alternative medical services for breast cancer survivors. Treat yourself to a manicure, facial or pedicure in the “pampering suite.” Enjoy the soothing qualities of a massage. Attend support seminars or educational classes. Receive counseling services. Contact this agency to find out how you can receive FREE services to qualifying breast cancer survivors.

831 NW Council Drive - Suite 121, Gresham, OR 97030

503-666-HOPE

www.heartsofhope.com

Reach for Recovery

American Cancer Society

Breast cancer survivors provide one-on-one support and information to help individuals cope with breast cancer.

1-800-ACS-2345

www.cancer.org

Harmony Hill Retreat Center

Harmony Hill’s cancer retreats are weekend residential programs that help those facing cancer and their loved ones cope with the physical, emotional, and spiritual challenges of cancer. Through stress reduction skills, guided imagery, daily support groups for learning and sharing, yoga and massage, participants facilitate their own healing and restore quality of life. It also can provide an opportunity to explore complimentary techniques that can be taken home as a toolkit for one’s continued journey.

7362 East State Route 106, Union, WA 98592

360-898-2363

www.harmonyhill.org

Medic Alert

This is an emergency Medical Information Service. You can purchase tags in the form of bracelets or necklaces to provide emergency personnel information regarding your medical condition and a person to call.

www.medicalert.org

Breast Cancer Answers Project

Provides information on clinical trials, supports patients receiving treatment and works to improve the quality of life of patients with breast cancer.

www.canceranswers.org

Magazines

MAMM Magazine
PO Box 423, Mount Morris, IL 61054-7624
1-888-901-MAMM
www.mamm.com

CURE (Cancer, Updates, Research, and Education)
3535 Worth St., Sammons Tower, Suite 185, Dallas, TX 75246
1-800-210-CURE
www.curetoday.com

Books

The following books are highly recommended by the YWCA BCSG survivors:

Your Breast Cancer Treatment Handbook, a Guide to understanding disease, treatments, emotions and recovery from breast cancer, by Judy C. Kneece, RN, OCN, 6th Edition, 2004

Dr. Susan Love's Breast Book, by Susan M. Love, M.D., fourth edition
"This is the bible for women with breast cancer"
www.susanlovemd.com

Live Longer, Live Larger, by Dr. William Buchholz and Dr. Susan Buchholz
(a husband and wife team)

The Breast Cancer Wars, by Barron H. Lerner, M.D.

Advanced Breast Cancer, by Musa Mayer

After Breast Cancer, by Musa Mayer

The Breast Cancer Book of Strength & Courage, by Ernie Bodai, M.D., F.A.C.S. and Judie Fertig Panneton. This book includes 46 heartfelt and touching stories of women with breast cancer, including one by the late Char Andrews, who was an active member of the YWCA BCSG.

Scarves, Hats, Wigs and Things

Post Mastectomy Services and Supplies

Ladies First Choice

2375 Grear Street NE

503-363-3940 or 1-800-497-8285

Breast prostheses, mastectomy bras and lingerie

Swimwear and swimforms

Partial forms and enhancers

“SOFTEE” Recovery camisoles

Bangs, caps and scarves

Kay’s World of Wigs

385 High Street

503-363-0441

This retailer has agreed to sponsor the American Cancer Society by providing a sample of various donated products (e.g. wigs, scarves, and hats) that are FREE to women who are experiencing the side effects of cancer treatment. Call Kay’s World of Wigs for more details.

Brenda Kay Hair Specialists

1975 SW 1st, Suite A

Portland, OR 97201

503-223-8092

Brenda is a specialist in hair loss due to medical treatment. The following items are on sale: wigs, scarves, hats, and caps.

Lymphedema Supplies

Oregon Glove Company

1490 12th Street SE

503-363-6031

Custom fit leather gloves to protect affected arm(s) from injury while gardening or doing household chores.

Lymphedema sleeves

You are encouraged to speak with your doctor and/or physical therapists about the need to be fitted for a compression sleeve for the arm affected by surgery.

Complementary Treatment and Therapies

The list below is just a sampling of resources available. You are also encouraged to check the yellow pages for a listing of additional contacts.

Acupuncture

Dr. Louisa Silva, M.D., P.C.
3709 Riverdale Road S, Salem, OR
503-585-9239

Complementary Medicine

Ken Weizer, ND
Naturopathic Physician
Director of Complementary Medicine
Integration Medicine Clinic
PROVIDENCE CANCER CENTER
503-216-0246 or 503-771-0805

Massage Therapy

Mid Valley Cancer Care Community
880 Winter St. NE
Salem, OR 97301
503-391-4417

Nutrition

Linda Spaulding, Certified Diet Counselor
Breast Cancer Survivor
Nutrition Educator and Wellness Lecturer
503-391-2339 Cell: 503-871-6543
E-mail: nuworldnutrition@attbi.com

Judy Forest, M.S., R.D., Registered Dietician
503-581-2739

Physical Therapy

American Physical Therapy Association
1-800-999-APTA
www.apta.org

Salem Hospital Rehabilitation Center
Orthopedic Physical Therapy
2561 Center St. NE, Salem, OR
503-561-5974 or 1-800-876-1718 ext. 5974

Web Sites at-a-Glance

For your internet research, we suggest to carefully review all website information and to check out the validity of the information. Not all internet material is valid or legitimate. There are many websites, but something useful to remember is:

- If the website ends in “.edu” the information source is part of an education system.
- If the web site ends in “.org” this usually means a non-profit organization
- If the web site ends in “.gov” this means the source is a government. organization.
- If the web site ends in “.com” this means it is a commercial or private source.

Here are some web sites frequently visited by breast cancer survivors:

Salem Hospital Regional Cancer Care Services www.salemhospital.org/cancer

WebMD www.webmd.com

Susan G. Komen for the Cure www.komen.org

Susan G. Komen for the Cure, OR & SW WA Affiliate www.komenoregon.org

Metastatic Breast Cancer Information and Support www.bcmets.org
A list serve for those with metastatic breast cancer

Women’s Information Against Breast Cancer www.winabc.com

Women’s Cancer Network www.wcn.org

National Cancer Institute www.cancer.gov

National Breast Cancer Coalition www.natlbcc.org

American Cancer Society www.cancer.org

Dr. Susan Love, M.D. www.susanlove.com

Y-Me National Breast Cancer Organization www.y-me.org

The Breast Cancer Fund www.breastcancerfund.org

Avon Breast Cancer Crusade www.avoncrusade.com

Cancer Care www.cancercare.org

Breastcancer.org www.breastcancer.org
Non-profit organization specific to breast cancer information.

ClinicalTrials.gov www.clinicaltrials.gov
Comprehensive national registry of clinical trials.

Free to be Me

This group exists in an atmosphere of cooperation and trust to meet the needs of individual members.

We are free to:

- ❖ Ask for help or give help*
- ❖ Attend meetings or skip meetings*
- ❖ Talk and share or listen quietly*
- ❖ Participate or not participate*
- ❖ Support or receive support*
- ❖ Laugh or cry or remain emotionless*
- ❖ Be happy or sad*
- ❖ Be brave or scared*
- ❖ Be passive or angry*
- ❖ Deny or accept*
- ❖ Be ourselves*