

Tips to Help Patients Get Ready for Surgery



The following tips have been written to help a breast cancer patient prepare for surgery and to get through the surgical experience as smoothly as possible.

⌘ Make sure any necessary paperwork for state disability is in order so that your claim can be processed as soon as possible. It may be useful to obtain a copy of the "American with Disabilities Act."

⌘ Discuss using a Fleet's enema at home pre-operatively with your doctor. Pain medication can cause constipation; ask your doctor about taking a mild laxative if this occurs.

⌘ Talk to your doctor before surgery about what type of bra you might need after surgery. (Bring a few different bras with you to your appointment to show your physician.)

⌘ Ask a member of your health care team to show you ahead of time what a drain looks like and explain drain care to you *before* your surgery.

⌘ Talk to your doctor or nurse about getting a temporary prosthesis for use after surgery.

⌘ Make some meals ahead of time and freeze them for later use.

⌘ Leave all jewelry and all but a few dollars at home.

(continued on page 7)



A.C.C.E.S.S.

A special program for breast cancer patients

When you're diagnosed with breast cancer, you have a lot to think about and a lot to learn. And the sheer amount of information available can be overwhelming. Fortunately, there is now a way to gather the information that is most relevant to you and your situation.

The makers of NEUPOGEN® (Filgrastim) have developed a special, customized support program for women who are receiving chemotherapy for breast cancer: the Amgen Cancer & Chemotherapy Educational Support System™ (A.C.C.E.S.S.). The information you receive is targeted to your lifestyle and your breast cancer. The goal of the program is to help you meet each challenge as it arises, from what you expect from your treatments—including nutrition guidelines and pain management—to the countless other issues that crop up. Like how to talk to your family and coworkers about your cancer experiences. How to manage your career and cancer. How to adapt your lifestyle so that you can continue to live a satisfying and fulfilling life.

When you participate in A.C.C.E.S.S., you will also have the opportunity to participate in research to increase the understanding of breast cancer, chemotherapy and its effects on women's lives. If you participate, you'll be asked to provide information about the care you receive and your overall experience throughout your cancer treatment.

This is an exceptional opportunity to add significant, real-world information to an expanding body of knowledge and make the experience of having breast cancer a little easier for the next generation. Your contribution will be priceless and confidential.

For more information, please call 1-888-634-9187.

For more information, call

a . c . c . e . s . s

AMGEN CANCER & CHEMOTHERAPY
EDUCATIONAL SUPPORT SYSTEM™

888-634-9187

www.NEUPOGEN.com

Staff

Elizabeth "Betsy" Mullen
President/CEO

Shelly Blechman
*Vice-President
Program Director*

Renée Gaines
*Community Outreach
Public Relations*

Nancy Walch
Strategic Planning Consultant

Board of Directors

Gary E. Erickson
Chair

Bradford W. Edgerton, M.D.

Dotty Ewing

Sharon Goldsmith, R.N., M.S.

Scott Karlan, M.D., F.A.C.S.

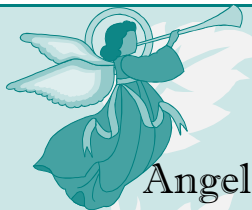
Vladimir Lange, M.D.

Carol Mechanic

Carol Scott, J.D., M.P.H.

Nina Aguayo Sorkin, L.C.S.W.

www.winabc.org



Angel Donors

Denise Bonnell-Bloch
 Brownie Troop #5125
 Meredith Church
 Marjorie Coughlin
 Yolanda DeLaRosa
 Jaci Einhorn
 Wanda Fritz
 Margaret Fujii
 Jerry Gibbons
 Shirley Glass
 Rosalinda Gonzalez
 Lisa Gordon
 Barbara Hanson
 Eileen Hennessey
 Patricia Hinshaw
 Nancy Horton
 Lillian Johnson
 Alisa Katz
 Joel Kleinberg
 Marie MacCallum
 Gretchen Maher
 Rudy & Sandra Manger
 Nancy Marcus
 Renie Martin
 Sharon McDonald
 Aurelia Nattiv
 Debra Newman
 Kathleen O'Neil
 Theresa Palomino
 Diane Reichenbach
 Justine Richard
 Nancy Ruff
 Debra Sortino
 Charles Stein
 Annette Stewart
 Joanne Tanaka
 Nancy Weisberg
 West End Trends
 Avis Wrentmore
 Linda Zimsky

Platinum Donors

Don & Mickie Parsons

Revlon Run/Walk For Women



Congratulations!

Over 62,000 people came to the Los Angeles Memorial Coliseum and 42,000 registrants participated in the race. It was one of the most successful Revlon Run/Walk events ever in the seven year history of this race. Over \$4 million dollars was raised to benefit breast and ovarian cancer research, programs and services.



Nancy Corti, Breast Buddy volunteer remembers Sri Wimenta!

WIN Against Breast Cancer was one of the top ten teams with 335 members and raised over \$28,000 for this event. We would like to thank everyone who registered with our team, who helped volunteer in our booth, at The Davis Group, and those who raised more money than ever before. And of course, to those individuals who you remembered by walking or running *in memory of* or *in honor of*, as they are our inspiration.

We look forward to seeing you at next year's Revlon Run/Walk for Women.

*Mark your calendar's now..
 Saturday, May 12, 2001*

Volunteers of the Quarter

The lifeblood of our organization is our volunteers. We'd like to thank the following individuals who dedicated themselves unselfishly so that we may achieve our goals.

Adam Blechman
 Robert Blechman
 Nancy Chain
 Nancy Corti
 Diamond Bar Rainbow Girls
 The Davis Group Gals
 Louise Fasana
 Jane Fisher
 Desirée Gaines
 Larry Gaines
 Selma Gaines
 Linda Garrett

Swenja Granzow
 Sharon Hay
 Denise Maciel
 Ken Mullen
 Peggy Mullen
 Elise Rose
 Robert Rose
 Sophie Silvera
 Marilyn Steinman
 Nancy Walch
 Donna Whitney
 Jennifer York

Volunteers give us the wings to fly.



Scrapbook



L. to R. Shelly Blechman; WIN ABC, Carol Scott; Board Member, Betsy Mullen; President/CEO WINABC, and Dr. Brad Edgerton; Board Member.



WIN ABC booth shots!



We were busy all day long. Many visitors came by to collect literature and obtain information.



Breast Buddy Linda Garrett and volunteer Jane Fisher

The Winning Spirit Awards Recognition Luncheon



Honoring

First Lady Hillary Rodham Clinton

Congressman Vic Fazio

United States Senator Dianne Feinstein

Oliver Goldsmith, M.D.

Chairman of the Board

Kaiser Permanente Southern California

United States Postal Service

Event Co-Chairs

Bill & Carol Mechanic

Mistress of Ceremonies

Jennifer York—KTLA 5 Skycam Reporter

March 28, 2000—Beverly Hills Hotel

Benefit Committee

Supervisor Mike Antonovich

Congressman Xavier Becerra

Stuart J. Bloomberg

Tova Borgnine

John Branca

Supervisor Yvonne Brathwaite Burke

Megan & Peter Chernin

Honorable Kathleen Connell

Richard Cordova

Carolyn & John Diemer

Ted Field

Councilmember Ruth Galanter

Councilmember Jackie Goldberg

Secretary of State Bill Jones

Supervisor Don Knobe

Sherry Lansing

Monica Lozano

Supervisor Gloria Molina

Mayor Richard Riordan

Lauren Shuler Donner & Richard Donner

State Senator Hilda Solis

Senator Jackie Speier

Wendie Jo Sperber

Rosalie Swedlin & Robert Cort

Kathleen A. Torres, M.P.H.

Montel Williams

Leland Wong

Supervisor Zev Yaroslavsky

Patron Sponsors



Kaiser Permanente

Lifetime Television

Sponsors



Anderson Consulting

AstraZeneca

Lauren Shuler Donner &

Richard Donner

Entertainment Industry Foundation

Regency

20th Century Fox



Winning Spirit Donors
Up to \$100


- Ron Appel
- Howard & Nikki Applebaum
- Lanie & Eric Barber
- Cessie Barbour
- David Blakemore
- Carolyn Baumwohl
- Mary-Alice Birault, Ph.D.
- Shelly Blechman
- Cynthia Broder
- Lynne Buening
- The California Endowment
- Ruth Carr
- Sandy Christiansen
- Herbert & Francine Cooper
- Krista Cochran
- Rona Cohen
- Ken & Pamela Cornell
- Edison International
- Ethicon Endo Surgery
- Cheryl Fox
- Judi Frankovech
- Larry & Renée Gaines
- Councilmember Ruth Galanter
- Kathleen Godfrey
- Sheila Goldberg
- Ellis & Marilee Golman
- Barbara Gordon
- Joyce Harris
- Harold & Lois Haytin Foundation
- Mary Heyman
- Hines & Jones
- Mary Hooper
- Michael Jeppson
- Bonnie Jones
- Ronald Karp & Associates
- Larry Kingen
- Syd & Gloria Kulchin
- Emily Lamont
- Cynthia Lebow
- Shari Leinwand
- Jill Leverton
- Sidney & Mildred Locker
- Martha Drexler Lynn
- Kay Lyou
- Amy McConnell
- Ann Marie
- Karen Mason
- Sherrill McCluskey
- JamesMcKechnie
- Bella Miller
- Janis Minton
- Councilmember Cynthia Miszkowski
- Sharon Morrill
- Ken & Betsy Mullen
- Patty Mullen
- Joan & Allen Perlof
- Susan Perry
- Bettijane Pike

The Winning Spirit Scrapbook



First Lady Hillary Rodham Clinton is presented with her Winning Spirit Award for Commitment by world-reknown artists, Steven & Sharon Weinberg.



Senator Dianne Feinstein received the Winning Spirit Award for Leadership.



Mistress of Ceremonies
Jennifer York
KTLA Skycam Reporter



Pictured L. to R. are: Congressman Vic Fazio, Sharon Goldsmith, Dr. Oliver Goldsmith and Carol Mechanic. Congressman Vic Fazio received the Winning Spirit Award for Leadership. Dr. Oliver Goldsmith received the Winning Spirit Award for Partnership.

All event participants and honorees listed have contributed to bringing the issues of women's health, breast cancer research and education to the forefront of public awareness.

This event was truly an exciting way to celebrate the accomplishments and highlight the efforts of this year's honorees. Many individuals and organizations came together to rejoice in "The Winning Spirit".



Lisa Paulsen, President/CEO of the Entertainment Industry Foundation received special recognition from Event Co-Chair Bill Mechanic

Up to \$100
(continued)



Jamie Pinn
Jodi Plaia
Sandy Turk Porter
Jeanne Prinn
Mr. & Mrs. Norman Ray
Jack & Harriet Root
Frank & Maria Russo
Ben & Elise Shwachman
Debora Stein
Lucy Stengel
Leonard Stone
Lynn & Bob Tobias
Francine & Herb Tolkin
Jane Tomlinson
United Nurses Association
Ricardo Valovis
Blanche Walch
Sherry Waldorf
Councilmember Rita Walters
Shirley Ward
Harvey Wehrmeister
David Wexler & Constance Brunig
Sharon Winer, M.D.
Judy Winick
Xelent X-Ray

\$101- 250



Elaine Agran
Raquel Aguayo-Riffel
Anonymous
Apple One Employment Services
David & Janice Blakemore
Baxter Healthcare
Citizens Business Bank
Martha Galaif
Josh & Emily Goldsmith
Dr. & Mrs. Peter Gruenberg
Scott Karlan, M.D.
Katherine Kubarski
Vladimir Lange, M.D.
Dan & Peggy Mullen
Alex Pollak
Mark Rasbach
Esther Rasbach
Jerry & Jacqueline Robinov
Jeff Robinov
Betty Rosenfeld
Carol Scott
Mike & Carrie Scott
Joyce & Larry Solomon
Marilyn Stahl
Nancy & Richard Walch
United Steel Workers of America
USPS-San Diego District

The Winning Spirit Scrapbook



Christina Applegate, actress and her mother Nancy Priddy, singer and actress and breast cancer survivor shared a beautiful 'Survivor's Moment' with the attendees.



Award Presenter Wendie Jo Sperber, Actress with Event Co-Chairs Bill & Carol Mechanic



Breast cancer survivors look on as Leonard Tucker and April Doyle sing "If You Only Knew", written by Denise Ganulin especially for the WIN ABC Winning Spirit Awards Event.



Gary Erickson, Chair - WIN ABC and Betsy Mullen, President/CEO of WIN ABC

\$251- 500



(continued)

American Medical Laboratories, Inc.
Crustacean Restaurant
Simon & Briony Bax
Benefit Partners, LLC
Discovery Health Channel
Jane Fisher
David & Catherine Goodman
Mr. & Mrs. Bert Lippman
Kaiser Permanente-Regional Offices Staff
Kaiser Permanente-Woodland Hills
Kaiser Permanente-Inland Empire
Kaiser Permanente-Harbor City
Kaiser Permanente-Baldwin Park
Kaiser Permanente-Panorama City
Kaiser Permanente-Orange County
Kaiser Permanente-Riverside
Kaiser Permanente-West Los Angeles
Kaiser Permanente-Los Angeles
Kaiser Permanente- San Diego
Kaiser Permanente-Bellflower
Kaiser Permanente-Kern County
Montel Williams
Planned Parenthood
T. Roe Price
Ruth & Dell Scott
Viking Office Products
Watson Wyatt

\$501-1000



AFL/CIO-Kaiser Permanente
American Association of Health Plans
Amgen
Bayer Corporation
Mr. & Mrs. Andy Chapman
The Permanente Federation
Sharon Goldsmith
Hilton Hotels
Nina Aguayo Sorkin
Starr Harwin
Shadyacres Entertainment
Showtime Networks
United States Postal Service
USPS- Long Beach District
USPS-Los Angeles District

\$1001-2500



Adelphia
Buck Consultants
Gary Erickson
Glaxo Wellcome
Lightstorm Entertainment
Charlene Sperber
TNT

\$2501-5000



Mentor

News Flash!!!

Breast Cancer Research Stamp update
as of July 7, 2000

As you may be aware, the Breast Cancer Research Stamp is a two-year pilot that is coming to an end as of July 28, 2000. Stamp sales have generated over \$14 million to date for breast cancer research. The awareness raised has been priceless.

WIN ABC has been working diligently over the past few months to see that this stamp continues to exist so that it may keep raising the critically needed dollars to help find a way to cure and ultimately prevent breast cancer. There are three bills, S. 2386 in the United States Senate, H.R. 4069 and H.R.4437 in the House of Representatives that will ensure the stamp's existence for another two years.

BREAST CANCER



Now, more than ever, we need your help to push these bills to the floor for a vote. We also need your help in getting additional support from your legislators, as well as making sure that these are "clean" bills without any amendments that may cause controversy and delays.

You may go to <http://thomas.loc.gov/bss/d106query.html> on the internet for an up-to-date report on the status of each bill. Just type in the bill number(s) to find

the current cosponsors. If your legislators are not on this list, we ask that you contact them via telephone, fax and/or email and urge them to support S. 2386 in the Senate and H.R. 4069 and H.R. 4437 in the House of Representatives, bills that reauthorize the Breast Cancer Research Stamp.

Use the following website directories to find your federal legislators' telephone numbers:

<http://clerkweb.house.gov/106/mbrcmtee/members/teledir/members/SenFrame.htm>

<http://clerkweb.house.gov/106/mbrcmtee/members/teledir/members/CDFrame.htm>

It is urgent that we contact the legislators who are not cosponsors right away!

Remember that time is running out on the Breast Cancer Research Stamp. If our efforts do not succeed, the stamp will cease to exist this July 28th and so will the critically needed funds for breast cancer research.

Please forward this information to as many people as possible. This needs to be a nationwide effort. Thank you for your help in achieving this goal.

We've Moved...

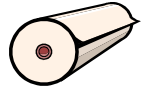


Our new home is out of this World !

OPEN HOUSE & OFFICE SHOWER!



(We're registered at Office Depot & Staples)



Our new Main Office address is:
WIN Against Breast Cancer
536 S. Second Ave., Suite K
Covina, California 91723-3043
626-332-2255 telephone
626-332-2585 fax
www.winabc.org
mail@winabc.org



Please join us for our official ribbon-cutting
ceremony with
Covina Mayor Chris Christiansen.



On Wednesday, September 6, 2000

4pm—7pm

Refreshments will be served.
RSVP 626-332-2255

All shower gifts are tax-deductible donations!





Getting Ready for Surgery

(cont. from page 1)

Tips on What to Bring to the Hospital

✂ Bring a blouse with you to the hospital that opens all the way down the front so that you can get in and out of it easily without having to raise your arms over your head.

✂ Bring a book or a portable tape recorder to use in the pre-op area and in your hospital room if a stay is required. Bring relaxation tapes or tapes of your favorite music. This will help relax you and help the time go by more quickly.

✂ Bring some lip balm to moisten your lips after surgery.

✂ If your procedure requires a hospital stay, pack a little spray bottle of water to mist and refresh yourself. It will tide you over until you can wash your hair and shower or bathe.

✂ Bring some herbal throat lozenges to help soothe your throat and freshen your breath after surgery.*

*Part 1 of a 4 part series.
Excerpts from the Breast Buddy Volunteer Curriculum©
WIN Against Breast Cancer

Breast Buddy Volunteers Needed...



Martin Luther King Jr./Drew and
Harbor UCLA Medical Centers

We need breast cancer survivors to train as Breast Buddy volunteers to mentor newly diagnosed breast cancer patient throughout their diagnosis, treatment and recovery.

Volunteers attend a two-day training session to learn how to be peer mentors and offer critical support and information to patients.

If you would like to volunteer at either of these sites, please call our office at 626-332-2255.

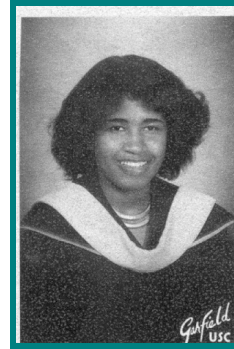
Both programs are being funded by generous grants from The California Community Foundation, The California Endowment and The Entertainment Industry Foundation.

A Loving Farewell Lori Robinson-Logan

With the passing of Lori Robinson-Logan on May 5, 2000, we have lost a dear friend and one of our Breast Buddy Volunteers.

Lori was a remarkable woman who gave of her herself unselfishly. She was an inspiration and kind to all she met. Her community benefited from her volunteerism and commitment to helping those who were in need of a kind word, encouragement or her tremendously warm smile.

Lori will always be with us as we continue to reach out to help others with breast cancer. She will truly be missed and we are thankful that we were able to have known her.



Web News! winabc.org



Shop at **iGive.com** to
Benefit WIN ABC

Did you know that now you can shop online and benefit WIN ABC? Just visit the website www.iGive.com. Register and choose WIN Against Breast Cancer as your charity. *iGive.com* offers online shoppers an opportunity to find great bargains, unique gifts and at the same time, they will make a donation to WIN ABC. Don't forget to tell a friend! With each person you refer who shops online at *iGive.com*, a donation will be made to WIN ABC. Please register today.

You can register by visiting our website at www.winabc.org on our home page, go to "make a donation", then click on the *iGive.com* banner. It's easy and convenient. Donating to your favorite cause has never been more fun!

Visit us now... www.winabc.org

Donations Received In Memory of

Edna Broad
from Linda Wright

Hannah Burford
from Scott Burford

Craig Coleman
from Linda Wright
from Larry & Renée Gaines

Audrey Denburg
from Larry Schwartz
from Linda Wright

Laureen Dunn
from Margaret McGuire

Lynda Halsey
from Margaret Bloom

Betty Klink
from Frank & Suzanne Rudy

Lori Logan
from Shelly Blechman

Alice Marcoux
from Linda Wright

Mary Marcoux
from Anne Marie Beccia
from René Marcoux

Joan Munoz
from Darlene Colmar

Enid Nagler
from Herbert & Florence Nagler

Amy Perez
from Crown City Plating

Camille Wickland
from Linda Wright

David Wilensky
from Howard & Nikki Applebaum

Sri Wimenta
from Nancy Corti

Albert Zacky
from Howard & Nikki Applebaum
from Max Malloy

Siranoush Zarounian
from Marilyn Steinman

Corporate Donors

Ivan Armove
Cars4Causes
DS Webdesigns
iGive.com
Matsumoto Flowers
Amy Shomer

From our President/CEO:

Betsy Mullen 

Dear Friends,

I would like to express my appreciation for all of the individuals and organizations who joined with us to make our first Winning Spirit Awards event a huge success! Many guests remarked that the luncheon left them empowered and encouraged. This event created a greater awareness about WIN Against Breast Cancer's programs, services and the incredible impact that the organization has on the lives of the patients and families we serve.

WIN ABC is also proud to have such tremendous support of all our wonderful team members for the Revlon Run Walk for Women. We ranked as one of the TOP 10 fundraising teams! That is a great effort to bring in vital dollars for research and support services for breast and ovarian cancer.

I am honored to announce that WIN ABC has been selected to receive a grant from the [Joseph B. Gould Charitable Foundation](#) of \$15,000 to support the Breast Aid Outreach and Education Program. Breast Aid is our national program that provides telephone support, education and information free of charge as well as connect individuals to some of our Breast Buddy patient-mentor volunteers. The California Endowment has also awarded us an additional grant of \$25,000 in support of our Breast Buddy Program for Indigent and Underserved Patients.

I am headed back to Washington, D.C. to help with the efforts on the re-authorization of the Breast Cancer Research Stamp. With your help, I hope to have great results to report in our next newsletter.

Fondly,

Betsy



Donations Received In Honor of

Kathleen Blake
from 'The Birthday Club'

Shelly Blechman
from Marilyn Smith

Renée Gaines
from Ann Marie
from Kathy Fenter

Sharon & Oliver Goldsmith
from David & Janice Blakemore
from A.J. Chapman
from Mark Rasbach
from Esther Rasbach

Florence McMillian
from Orion & Sally Von Stetten

Chris Muecke
from Lindsey Linden

Betsy Mullen
from Betty Bicknell
from Kathy Fenter
from Rosemary Folino

Nina Sorkin
from Elba Smith

Joan Wocken
from Thomas Koerber



"Fund the Fight. Find a Cure."

This newsletter is made possible through a grant from the S. Mark Taper Foundation Los Angeles, California

536 S. Second Ave., Suite K
Covina, CA 91723-3043
Telephone: 626-332-2255
Fax: 626-332-2585
www.winabc.org
Email: mail@winabc.org

NONPROFIT
U.S. POSTAGE
PAID
PERMIT NO. 27

