

WINABC™

Women's Information Network
Against Breast Cancer

Summer 1999

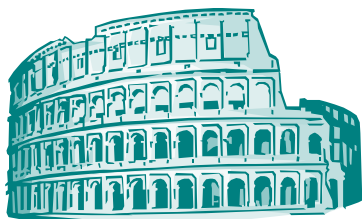
Volume I, Issue III

Revlon Run/Walk for Women

*Sponsored by
The Entertainment Industry Foundation*

Los Angeles Coliseum – May 8, 1999

It is a Mother's Day event that some mothers and daughters were unable to attend. Yes, the placards on the back of the runners and walkers said it all. "I'm participating in memory of "my mom" or in honor of "my sister." So many people who cared so much. They run or walk *in memory of or in honor of* someone who



has faced the battle of breast cancer.

Emotions ran freely, from enthusiasm to sorrow. There was passion on

the faces of each runner and walker participating along the streets of Los Angeles adjacent to the Los Angeles Memorial Coliseum.

The finish line was flooded with those who have completed their mission; some with tears streaming down their faces, others with smiles and still those with somber expressions. They were young and old, male and female. Those who participated included young mothers with strollers, husbands, families, friends, teenagers and the lone walker. There was the fastest of runners and the determined patient who is still undergoing chemotherapy.

We want to thank Revlon, the Entertainment Industry Foundation, the Davis Group and each of our team members who once again made this event a memorable day.

There were 43,000 individuals who registered along with 7,000 spectators, volunteers and vendors in attendance. This year this event raised \$4.4 million to benefit breast cancer research.

You can continue to support the Revlon Run/Walk and its beneficiaries year round by calling the Davis Group at 310-395-6779.

To join Team WINABC #112 call 626-332-2255.

Breast Reconstruction After Mastectomy

Are you considering breast reconstruction? How do you choose a good plastic surgeon? Which questions do you ask the plastic surgeon? Will your insurance cover this procedure? How long is the average recovery period?

Thousands of women have successfully completed breast reconstruction after having a mastectomy. Many women may also benefit from immediate breast reconstruction performed at the time of their mastectomy surgery.

Reasons for reconstructive surgery vary widely. There is no set age that women need to be in order for them to feel that this procedure is beneficial. Women, both young and mature, have found that, by having reconstruction, they reclaim their sexuality and the ability to feel like a "whole" woman again.

Recently, Breast Buddies, Lynn Garcia and Denise Maciel were interviewed by *Lifetime Television for Women* for the *New Attitudes* television show. They revealed their personal views of breast reconstruction and their reasons for choosing their particular procedures. "I had breast reconstruction for me. No one else, just me." said Lynne Garcia who had a delayed free flap procedure.

Also sharing their stories was thirty-year-old Zenayda Fuentes and twenty-eight year old Kirsten Fountaine. Zenayda decided to have immediate breast reconstruction with an expander. She said she chose this procedure and met with her plastic surgeon prior to her mastectomy because she knew that she wanted to feel "as normal as possible" after surgery. Kirsten is still awaiting reconstruction and looks forward to her surgery this August.

Breast reconstruction surgery is an option for many women. Age is not a determining factor for women choosing reconstruction. Women both young and in their 70's opt for this procedure.

(continued page 3)

Staff

Elizabeth "Betsy" Mullen
President/CEO

Shelly Blechman
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.

Mary S. Harris, Ph.D.

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.

Kathleen Winslow





Angel Donations

Tom & Ofelia Askren
 Rolaine Bash
 Dan & Julie Bauer
 Margaret Bloom
 H.E. Bolinger
 Len & Betty Brass
 Howard & Lisa Brass
 Casa de los Champions
 Sue Coleman
 Kelsey & Paige Cornell
 Peggy Crosby
 Rebecca De Ramos
 Deanna Fainelli
 Fred Feldheim
 Fran Freedman
 Wanda Fritz
 Larry & Renée Gaines
 Rose Gonzalez
 Lisa Gordon
 Leticia Guillen
 Chuck & June Kaufman
 Lynn Kinikin
 Ed & Linda Le Blanc
 Kay Lyou
 Carol Lewis
 Betty Lollock
 Rene A. Marcoux
 Nancy Marcus
 Susan McGuire
 Joanne McNair
 Brenda Miller
 Madeline Miller
 Joy Molinari
 Joyce Nagler
 Herbert & Florence Nagler
 Susan Nash
 Darlene Neibrand
 Holly Nelson
 Jamie Pinn
 Marie Rowe
 Frank Russo
 Alyson Saunders
 Vickie Schiller
 Martin and Joyce Schorr
 Larry Schwartz
 Olivia Schwartz
 Russell & Syma Sherratt
 Neva Sullaway
 Barbara Tamanaha
 Paula Tanguay

We're on the Web! winabc.org

We are pleased to announce our brand new website designed and created by DSWEBdesigns. It has been a rewarding project and we know that many will benefit from the sites contents .

Our website is designed to continue to reach newly diagnosed patients and their families by disseminating relevant information to those individuals at a time when they need it most. It was constructed to offer immediate assistance to those individuals who are surfing the net!

The visitor has many options to choose from including: current breast cancer information, WIN ABC's programs and services, the Breast Cancer Research Stamp, the WIN ABC story and volunteer opportunities.

You may also register for a monthly Breast Self-Examination reminder and sign in as a visitor as well as complete a questionnaire to receive information about breast cancer. We've also made it easier for those who wish to contribute to WIN Against Breast Cancer in memory or in honor of someone special. So, what are you waiting for?

Go visit us now... www.winabc.org



Coming this Fall – *New Attitudes*- Lifetime Television for Women. A special segment about Reconstructive Surgery after Breast Cancer. WIN Against Breast Cancer, Dr. Vladimir Lange and the *Be A Survivor* multimedia package will be highlighted. Produced by Tanya McRae. Watch your local TV Guide listing.

Breast Buddy Training...

WIN ABC is now accepting applications for the fall Breast Buddy Training Course.

The Breast Buddy Program at King Drew Medical Center in Los Angeles, California needs volunteers. For individuals interested in becoming volunteers for this program, please contact WIN ABC at 626-332-2255.



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.

Robert Blechman	Dan & Peggy Mullen
Nancy Corti	Barbara Pettigrew
Diamond Bar Rainbow Girls	Elise Rose
Yolanda Duron	Marilyn Steinman
Jane Fisher	Adrian Vecchione
Zenayda Fuentes	Brenda White
Kirsten Fountaine	
Desirée Gaines	
Larry Gaines	
Selma Gaines	
Lynne Garcia	
Linda Garrett	
Arlene Kantorowski	
Lori Logan	
Denise Maciel	

*Volunteers give us
the wings to fly.*



Left to right: Shelly Blechman, Program Director; Elizabeth "Betsy" Mullen, President/CEO; and Renée Gaines, Community Outreach and Public Relations

Pictured above is the WIN ABC staff at the *San Diego County Medical Society Alliance Annual Fashion Show* which was held in March. This annual event was sponsored by Nordstrom with WIN Against Breast Cancer as the beneficiary. WIN ABC plans to use the proceeds to bring the Breast Buddy Program to a local hospital in San Diego, California.



Breast Reconstruction

cont. from page 1)

How do you find a good plastic surgeon?

Start with a:

- ☞ Recommendation from a friend who had a similar procedure.
- ☞ Recommendation from a family doctor or operating room nurse.
- ☞ Board-certified by American Board of Plastic Surgery.
- ☞ Listed by the American Society of Plastic and Reconstructive Surgeons (ASPRS) (847-228-9900).
- ☞ Has privileges to do your procedure at accredited hospital.
- ☞ Completed residency in a specialty related to your procedure.

Incomplete ways of choosing a plastic surgeon:

The Yellow Pages listing
Media mention

Other advertising
General physician



Warning!!!! Maybe this doctor isn't for you if they:

- Do not have hospital privileges for your procedure.
- Are certified in an unrelated specialty.
- Are unwilling to answer your questions.
- Have completed residency in an unrelated specialty.
- Have an unprofessional office or personal appearance.
- Are impatient or have an arrogant manner.
- Pressure you to add unnecessary procedures.***

*** Information supplied by the American Society of Plastic and Reconstructive Surgeons

“Fund the Fight.
Find a Cure.”



The Breast Cancer Research Semi-Postal Stamp is available at your local post office for \$.40 each. The amount over the regular first class stamp rate will go directly to breast cancer research. 70% of the proceeds goes to the NIH and 30% goes to the DOD Breast Cancer Research Program.

To order by telephone, call the USPS at 1-800-Stamp24.



Wishes Can Come True..

WIN ABC relies on in-kind donations to help us direct more of our funds to our programs and services. In the past, your generosity has been overwhelming. If you have a product or service you wish to donate, please call us.

This is our Wish List:

- ★ TV & VCR combination unit
- ★ Printing services for our letterhead and brochures
- ★ A color laser printer MAC and PC compatible
- ★ Video production services
- ★ PC computer for desktop publishing
- ★ Digital Camera both MAC and PC compatible
- ★ Scanner for MAC computer

Breast Cancer Research Stamp Update

The United States Postal Service announced on April 1, 1999 that \$6 million has been raised for breast cancer research in the past eight months. The stamp is an overwhelming success and an additional 89 million stamps have been printed to help meet the demand.

WIN was pleased to play a major role in securing the nation's first fundraising stamp. This unique stamp is a two-year pilot that will run through July 2000. Initially it was estimated that this stamp could raise \$16 million for breast cancer research. It looks as though the stamp will meet and possibly beat those targeted sales figures. If sales continue at this rate, it is expected that this little "affix" will be "sticking around" for a long time.

Please mail all your cards and letters with this stamp. Wouldn't it be great if this stamp outsold all of the states' lotteries?

Donations Received In Memory of

Jared Blechman

from Marty & Joyce Schorr
from Russell & Syna Sherratt

Elissa Merrimom

from Carol Lewis

Jean Klein

from Len & Betty Brass
from Howard & Lisa Brass
from John Laing Homes

Enid Nagler

from Herbert & Florence Nagler

Evelyn Paredes

from Madeline Miller

Joy Burton

from Shelly Blechman

Ofelia Askren

from Shelly Blechman

In honor of

Teresa Cook

from Marie Rowe

Rita Emerson

from Sandy & Marty Milden

Alice Marcoux

from René A. Marcoux

Madeline Miller

from Debbi & Mike Miller
from Ed & Linda Le Blanc

Betsy Mullen

from Daniel & Julie Bauer

Irma Perez

from Letiticia Guillen

Dr. Stanford Schwimer

from Vicki Schiller, MD

Betty Small

from Peggy Crosby

Connie Varela

from Frank Russo

Chris Walker

from Lynn Kinikin

Jean Coopersmith

from Phil Moore, Terry Davis
from Bruce and Sarah Rudolph

Betsy Mullen

from Jane Jorgensen

Renée Gaines

from Lulu Jacobsen

Holly Bergen

from Marji Kerridge

Mary Jane Moffitt

from Jane Anderson

From our President/CEO:

Betsy Mullen



Give the Gift that Always Keeps Giving

A group of lovely ladies from San Diego, California meets every year to celebrate their birthdays. Instead of gifts, they ask that donations be made in their honor to WIN ABC.

Kathleen, Linda, Jaci, Sharon, Chris, Eileen, Renie, Annette, Linda, Barbara and Diane are part of a very special birthday club. Why not start one for you and your friends today?

Remember your loved ones and honor special individuals in your life with a donation

Your donation of \$25 will allow WIN to provide, free of charge, a breast cancer information packet sent to 5 newly diagnosed patients.

Your donation of \$50 will allow us to receive educational materials that are distributed free of charge to 100 patients.

Your donation of \$100 will allow WIN ABC to produce and distribute 50 Breast Cancer Resource Guides.

Your donation of \$250 will allow us to train 10 Breast Buddy volunteers who can then provide one-on-one support and education to as many as 50 newly diagnosed breast cancer patients.

Thank You for your help, *Betsy*

4

Corporate Donations In-Kind

Arlen Medical Education Products
Downtown Marriott
DS Webdesigns
Regency Outdoor Systems
Meniscus, LTD.
Schering-Plough Oncology
Ms. Dionne Warwick

Birthday Group

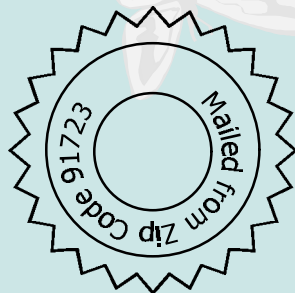
Kathleen Blake
Jaci Einhorn
Barbara Hanson
Eileen Hennessey
Renie Martin
Sharon McDonald
Chris Muecke
Diane Reichenbach
Annette Stewart
Linda Turnbull

We're on the Web!
www.winabc.org

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

19325 E. Navilla Place
Covina, CA 91723
626-332-2255
Winabc.org
Email: winabc@flash.net

NONPROFIT
U.S. POSTAGE
PAID
PERMIT NO. 27



Women's Information Network
Against Breast Cancer
WINABCTM