

# WIN ABC

Women's Information Net-  
work

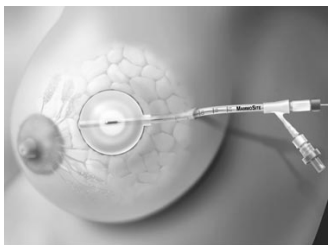
Winter 2002

Issue 1, Volume V

## MammoSite® RTS: Broadening Access to Breast Conservation Therapy

Janice Smith is 64 years of age, lives in South Florida, her husband died from lung cancer. When she was diagnosed with breast cancer, the memories and fear came flooding back. Opting for something other than radiation beam treatment for her localized cancer, she found a doctor who specialized in brachytherapy. In five short days her radiation treatment was completed. That was in August 2001 and she said it was the best decision that she could have made.

Coral Quiet, M.D, the Primary Radiation Oncologist at Arizona Oncology Services in Scottsdale, Arizona, has placed twenty-six MammoSite catheters in breast cancer patients. Dr. Quiet states, "Not everyone is suitable for the MammoSite because of the shape of the cavity left by the mass; however, it does fit a large percentage of patients" and for those the MammoSite does not fit, she recommends the multi-plain catheters. The MammoSite offers patients reduced duration



for radiation treatment. Conventional radiation therapy traditionally lasts six to seven weeks.

The consultation for this procedure should occur as soon after surgery as possible and insertion of the catheter should be performed within a couple of weeks post surgery, even before chemotherapy begins. The procedure can also be done for patients who have already begun chemotherapy.

Many early stage breast cancer patients still choose to have a mastectomy, but a growing number opt for a less invasive course of treatment. This

## Breast Reconstruction Using a Combination Tissue Expander/ Long-Term Implant

For many years, women contemplating breast reconstruction following a mastectomy have faced a limited number of surgical options. Among their range of choices have been flap procedures, which use a woman's own tissue to reconstruct her breast; and two-stage breast implant reconstruction surgery, which involves placement of a tissue expander implant, followed by a second operation to remove the tissue expander and insert a long-term breast implant. It is important to note that breast reconstruction procedures often include additional surgery to reconstruct the patient's nipple and areola and further surgeries to make needed adjustments.

For women who choose breast reconstruction, a procedure often referred to as single-stage breast reconstruction has emerged that is gaining wider use among plastic surgeons.

This type of reconstruction can be a viable option for women because breast implants are available that can double as both a tissue expander and a long-term implant. Such innovation has enabled plastic surgeons to restore natural breast appearance, while at the same time eliminating an additional surgical procedure.

The combination tissue expander/long-term implants differ from standard implants in that they have a removable fill tube attached to them, which enables surgeons to inject small amounts of saline into them for several months during routine office visits following a woman's main reconstructive surgery. Over time, a woman's body slowly adjusts to the gradual growth of the implant in the same manner her body adjusts to the gradual growth of her abdomen during pregnancy. When the implant has been expanded to a size and shape that mirrors the patient's natural breast, the fill tube is easily removed, the expander/implant seals itself and this main step of reconstruction is complete, thus eliminating the need for an additional surgery to remove a temporary tissue expander implant with a long term implant, which has historically been the case.

Whenever a patient is faced with the decision of having a mastectomy, the options of a skin-sparing

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

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only enhances the  
desire to give."  
-Walt Whitman*

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# Update: WIN ABC's Breast Buddy® Program

*How did you feel the last time that you helped someone?*

How do you think they felt when you helped them?

Well, our newly trained Breast Buddy patient mentor volunteers have an opportunity to find out!

WIN Against Breast Cancer was proud to collaborate with a number of medical centers to facilitate Breast Buddy Breast Care Program volunteer trainings this year.

Among the medical centers that have the Breast Buddy Program where these trainings were held, are Kaiser Permanente, Fontana and Scripps Polster Breast Center in La Jolla, both in California.

WIN ABC is also collaborating with the Martin Luther King Jr./Charles R. Drew University and Harbor/UCLA, medical centers to educate and support newly diagnosed breast cancer patients. Both medical centers are located in Los Angeles, California. This unique program provides state-of-the-art education and peer support in both English and Spanish to underserved breast cancer patients. Individuals are empowered to play an active role in their health care and learn how to obtain the information they need to make crucial treatment decisions in accordance with evidence-based guidelines.

The most valuable component of this program is the Breast Buddy volunteer, someone who has "been there" and "done that." Who better to offer encouragement and hope? Breast Buddy volunteers convey a powerful message that "You CAN get through this! Just look at me!"

That is why we are so proud to be able to bring this unique and wonderful program to indigent and underserved diagnosed patients in two public hospitals.



**King/Drew Breast Buddy Training Graduates**  
**LtoR: Front Row: Marquise Garnes, Nanette Johns, Frances Toston and Maria Gonzalez,**  
**Back Row: Dottie Mitchell, Mildred Branch, Annie Turner and Rita Burton**



**Breast Buddy Volunteer training session at the Scripps Polster Breast Center.**



**Harbor/UCLA Breast Buddy Volunteer Graduates**  
**LtoR: Lincy Machorro, staff, Francene Taylor, Graciela Fernandez, Melissa Burla, Nanette Johns, Terassa Rogers, Josefa Thomas and**



**Mary Wilde, M.D., Chief of General Surgery, Scripps Polster Breast Center teaches our "Breast Cancer 101" module to the Breast Buddy Volunteers.**



# Survivor's Stories



**Diana Rabb**

**One year ago I survived a mastectomy and breast reconstruction.** I'd been diligent about my annual mammograms and, in previous years, I had been called back for additional views. Last year was not a false alarm; it was the real thing—microcalcifications in my right breast.

A biopsy done here in Orlando confirmed widespread DCIS (Ductal Carcinoma In Situ). Not knowing where to turn, I went to a compassionate oncologist in Orlando where I live. The first thing he said was to head out to Los Angeles, California to meet with Dr. Mel Silverstein of USC, the top authority on DCIS. He said he was smart, sensitive and conservative.

I went into over-drive; I didn't know if I had time to spare. I got my family organized and made my way to Los Angeles; it was Tuesday. I had a surgical biopsy on Thursday. I returned home to play the waiting game, crying out of context and being more irritable than usual. By Friday night, Dr. Silverstein phoned with the results.

I knew that I wouldn't hear half of what was said and he suggested the speaker phone. He said "I wish I was calling with good news." I honestly didn't hear anything else he said. My mind became a fog of dry ice. I depended on my husband to summarize the rest of the conversation to me.

After speaking to people at WIN ABC and others who had undergone surgeries, I decided to fly back to Los Angeles for the mastectomy along with a latissimus dorsi flap breast reconstruction.

As a nurse, no amount of preparation could have gotten me ready for this surgery. I have never experienced anything like it. It took me days to even glance down at my breasts, something I had to do with my doctor looking on.

Having the support of my wonderful husband who stayed by my side every moment was what pulled me through. Being diagnosed with breast cancer was the most life-changing event. Breast cancer forced me to slow down and smell the roses a bit more. I've




**Patti Brant and Maggie Higgins**

**In July 2001, I was diagnosed with breast cancer.** After the initial shock lessened, I followed my doctors' rigorous path of chemotherapy, surgery, more chemotherapy and radiation. Although the experience was occasionally frightening, exhausting and challenging to say the least, with the help of wonderful medical staff at Kaiser Permanente and the support of friends and family, I am recovering.

In addition to a fine surgeon and oncologist, Kaiser Permanente also has a wonderful Breast Care Coordinator, Laura Ward. Laura put me in contact with my "Breast Buddy", Suzanne Killingsworth, who is a fellow teacher in my school district. Having been through many of the experiences I was enduring. Sue gave me great advice and helped to keep my spirits up.

After about a year of the healing process, I decided that I wanted to do something to support research into better treatments for breast cancer patients. With the help of Patti Brant, one of my older and dearest teaching friends, we decided to host a wine tasting and dinner at Patti's ranch in Mt. Baldy, California to raise money for WIN Against Breast Cancer's Breast Buddy Breast Care Program.

On a warm evening in early October, surrounded by pine and oak forests, with the faint sound of Baldy Creek in the background, we enjoyed a wonderful evening of wine donated by local vintners and friends and a fantastic meal catered by Patti and her "staff" of good friends and relatives.

This special evening for the seventy-five guests raised more than \$3,500 for WIN Against Breast Cancer. Not only did everyone have a great time sampling the delicious food and sipping on a variety of wonderful wines, we all made a serious contribution to support WIN Against Breast Cancer. I am very thankful  for

## In Honor

**Ellie Deutsch**  
**High School Graduation**  
From Chris Muecke

**Diana Hess-Fisher**  
From Grayce & Sid Hess

**Renée Gaines**  
From Vivian Olivas

**Lena Impellizzeri**  
From Fran Spinelli

**Toby Krause**  
From Anne Fingerhut

**Tammy Lesin**  
From Judith & Irving Feld

**Debbie Hess-Norris**  
From Grayce & Sid Hess

**Ellen Lopez**  
From herself to celebrate her last treatment!

**Nancy Marcus**  
From Myrna Bauman

**Carol Mechanic**  
From Debra Balamos

**Atonisha Monroe**  
From Justine Richard

**Dan Mullen**  
From Bonna & Don Rasmussen

**Betsy Mullen**  
From Susanne & Bruce Fisher

**Jane Nowell-Ruffetto**  
From Peter Nowell

**Sgt. Atkins, Ms. Berry, Sgt. Herberts and Ms. Yolanda Robinson-Adams**  
From Maud Ellen Katherine Robinson

**Pat & Gary Phillip**  
From Pat & Walter Allen

**Pat Sherman**  
From Marilyn Ellis

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Honor  
Of

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30th Wedding Anniversary  
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**Andrew Martinez's  
First Birthday**

**From**  
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Jeanette Luna  
Michael Martinez  
Robert Martinez  
Patricia Ramirez  
Rupa & Gilbert Rangel  
Armida Rangel  
Viki & Scott Stewart

## New San Diego Address

We invite you to come visit our new office in the beautiful Gas Lamp Quarter historic district of downtown San Diego.

Our new location is:  
**WIN Against Breast Cancer  
656 Fifth Avenue, Suite I  
San Diego, California 92101  
619-233-8868 telephone**



A **BIG THANK YOU**, to all of our wonderful volunteers who give unselfishly of themselves all year long. **You are a blessing!!!**

## R&B Auto Center Event Raises Money for WIN ABC

R&B Auto Center in Fontana, California hosted it's Third Annual Car Sale to benefit WIN ABC on the weekend of October 11, 12 & 13. The event included a kickoff luncheon with many of the area's civic leaders. Community partners in the event included Cardenas Markets and Arrowhead Credit Union.

Betsy Mullen, WIN ABC's Founder/President, was the keynote speaker for the luncheon bringing her message of hope to those in attendance. There were over 110 individuals who came to network, support and meet the WIN ABC's staff.

WIN Against Breast Cancer is grateful for the continued support of R&B Auto Center and



## Entertainment Industry Foundation (EIF) Presents Grant for WIN ABC's Breast Aid™ Program



**LtoR: Sally Bowman, Joe Umbrino, Renee Gaines, Judy Davis,  
Lisa Paulsen, Shelly Blechman and Lilly Tartikoff.**

At a reception at UCLA, WIN ABC was awarded funding from the Entertainment Industry Foundation's President/CEO, Lisa Paulsen and Revlon Run/Walk event Co-Founder, Lilly Tartikoff. This funding represented a portion of the proceeds raised at the 8th Annual Revlon Run/Walk for Women. It was a wonderful afternoon with all the beneficiaries being congratulated on the tremendous work that each organization does to support the community for those dealing with cancer. Other beneficiaries included REVLON/UCLA Women's Cancer Research Program, National Cancer Research Alliance ,USC/Norris Comprehensive Cancer Center & Hospital Ovarian & Breast Program, and weSPARK. It was exciting to meet everyone and to hear about the terrific programs of all the beneficiaries. This funding supports our **Breast Aid™ Education and Outreach Program**. Breast Aid provides educational books, pamphlets, video and audio tapes (in English and Spanish) to assist breast cancer patients, their families and the community-at-large. Up-to-date information is quickly disseminated through mail and telephone support. Services are free of charge and include information about breast cancer screening and treatment options and

Save the Date!  
May 10, 2003  
Revlon Run/Walk  
Join WIN ABC's  
Team #112

**MammoSite RTS:  
Broadening Access to  
Breast Conservation Therapy**

*(continued from pg 1, column 1)*

approach, called breast conservation therapy (BCT), usually involves tumor excision via lumpectomy, followed by radiation therapy to reduce the likelihood of recurrence.

*(continued on page 5, column 1)*

Although breast conservation therapy allows a woman to save her breast, 50 percent of patients with early stage breast cancer still choose to have a mastectomy despite comparable long-term recurrence and survival rates. According to a National Cancer Institute study, an estimated 25 percent of lumpectomy patients do not receive any follow-up radiation treatment, with the chances of forgoing this therapy increasing the farther away a woman lives from a radiation treatment center.

Proxima Therapeutics has developed a device that is used to internally administer a site-specific, prescribed dose of radiation during a five-day course of therapy. The U.S. Food and Drug Administration (FDA) recently cleared this device, called the MammoSite Radiation Therapy System (RTS). MammoSite



expands the range and flexibility of post-surgical treatment options for breast conservation therapy. Because of the less-invasive nature and short duration of the treatment, MammoSite could make it easier for more patients to consider the choice of

lumpectomy and radiation therapy and also provides physicians with an important new tool for the practice of breast conservation therapy.



The MammoSite RTS internally delivers radiation directly to the tissue surrounding the original



tumor, minimizing radiation exposure to the rest of the breast, skin, ribs, lungs and heart. During the lumpectomy procedure or shortly thereafter, the deflated MammoSite balloon is placed inside

the tumor resection cavity. The applicator shaft, a tube connected to the balloon, remains outside the breast. Once in place, the balloon is inflated with saline to fill the cavity, the catheter site is dressed and the patient may go home. The balloon remains inflated for the entire time that the patient is receiving radiation therapy. The patient returns to the hospital for treatment on an outpatient basis where a radioactive "seed" is inserted within the inflated balloon, beginning a one-to-five day sequence of

**Reconstruction Using a  
Combination Tissue  
Expander/Long-Term Implant**

*(continued from pg 1, column 2)*

mastectomy and immediate breast reconstruction should be discussed. Depending on the type of reconstruction chosen, immediate reconstruction leaves patients with more options and mastectomies can then be tailored to those options.

*(continued on page 5, column 2)*

*FDA Approved Addition of a Combination Tissue Expander/Long-Term Implant to the Mentor Adjunct Study\**

In November of this year, the Mentor Corporation received FDA approval to add Smooth Becker implants to its Adjunct Study. The Mentor Adjunct Study is a clinical study to give women in need of breast reconstruction access to silicone breast implants. Becker breast implants are the only postoperatively



adjustable, combination tissue expander/long-term implants currently available for breast reconstruction.

Featuring two independent shells, they provide both the feel of silicone gel and the volume flexibility of saline. It is important to note that Becker implants are



investigational devices limited by federal law to investigational use. These products are available only to physicians participating in the Mentor Adjunct Study or physicians recognized as clinical investigators identified in an approved Investigational Device Exemption for core augmentation.



**Pre-implantation**

Patient after a mastectomy and before breast reconstruction surgery.

**The implant is placed in position.**

It is then filled with the initial desired volume of saline. The injection dome is attached to the fill tube and placed beneath the skin, close to the incision.

**Expansion of the implant is achieved by injecting saline.**



This is done through the skin and into the

In Honor Of

**Maggie Higgins  
Celebration Party**

**From**

- Charles Anderson
- Mr. & Mrs. B. Benson
- Mr. & Mrs. D. Bode
- Myrna Bodner
- Mr. & Mrs. R. Bowser
- Patti Brant
- Mr. & Mrs. J. Broecker
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- JoAnn Simpson
- Janine Slueter
- Catherine Smith
- Mr. & Mrs. E. Soehnel
- Judy Suter
- Nancy Willey
- Mr. & Mrs. T. Williams

In Memory Of

**Socorro Rico  
From**

- Boehme Family
- Sonia Dumansky
- Jeanette Luna
- Michael Martinez
- Robert Martinez
- Patricia Ramirez
- Rupa & Gilbert Rangel
- Armida Rangel
- Viki & Scott Stewart
- Karen Walsh
- Loretta & Peter Yanez



From our President/CEO:

*Betsy Mullen*



In Memory Of

**Lem Cabrera**

From Enrichetta Potter

**Zenayda Fuentes**

From Alex Baires

**Lowell "Bud" Geist**

From Anna Seils

**Gertrude Goldstein**

From Janet Halpern

**Jacqueline Goodman**

From David Goodman

**Albert "Poppy" Improta**

From Lawrence I. Schwartz

**Mary Marcoux**

From Renée, Larry & Desirée  
Gaines

**Irene Moore**

From Felix Taylor

**Enid Nagler**

From Jeff Nagler

Florence & Herb Nagler

**Joyce Schlosberg**

From Lawrence Schwartz

**Nina Scope**

From Shelly Blechman

**Edith Shelton**

From Linda & Marv Wright

**Joyce Snyder**

From Joan Gessing

**Joan Wocken**

*Dear Friends,*

We know that breast cancer affects not only the person diagnosed but also a patient's family, friends and co-workers. The following scenario is similar to those we often encounter.

Janet contacted WIN Against Breast Cancer in a panic. **"My sister, Carol, has just been diagnosed with breast cancer! What do I do?"** Our staff offered to call her directly. **"No, she is terrified and cannot speak. Could you please call my father, Robert? Please, speak to her husband as well."**

When people are overwhelmed and do not know which way to turn or even what questions to ask, WIN ABC stands ready to help. We inform and support not only the patient but also each patient's support system.

In the above situation, we sent information to Carol and her husband, to her sister, Janet, and her father, Robert, as well. We all spoke on the telephone and discussed many options to help Carol make informed treatment decisions and obtain the outcome that she desired.

In a recent letter to WIN ABC, her father writes. **"In our darkest hour you lit a light, and though we saw little, we saw enough to allow your guidance to move us forward."**

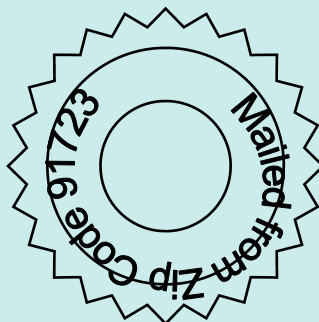
WIN Against Breast Cancer's programs and services are made possible through the ongoing generosity of our donors. Throughout the Holidays and the New Year, please think of that next patient and family who contact our organization, scared and confused. Help support WIN ABC so that we can continue to guide others as they confront the challenges of breast cancer.

***Wishing you and yours a Happy and Healthy Holiday Season!***

Happy Holidays!!!



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