

WIN ABC

Women's Information Network
Against Breast Cancer

Spring 2003

Issue I, Volume VI

Revlon Run/Walk for Women Join WIN ABC Team #112 Saturday, May 10, 2003

This year marks the 10th anniversary of the Revlon Run/Walk for Women.

Join with WIN ABC and the Entertainment Industry Foundation as we celebrate a decade of progress and hope in the fight against women's cancers.

WIN ABC Team # 112 is a proud beneficiary of the Revlon Run/Walk for Women's Cancers. Funding from this event helps support our programs and services.

Join with us as we stand shoulder to shoulder with thousands of courageous cancer survivors who defy the odds with their indomitable spirits and inspire us every step of the way.

Join with 60,000 men, women and children and feel the strength of thousands united by the power of a common dream – to cure women's cancers.

Put Saturday, May 10th – Mother's Day weekend – on your calendar! It will touch your life – it may even help to save the life of someone you love.

YOUR PARTICIPATION makes our team stronger to help in the fight against breast cancer. Register today! Call WIN ABC toll free at 1-866 2 WIN ABC (1-866-294-6222) for registration forms and/or to register on TEAM #112 visit <https://www.revlonrunwalk.com/la/secure/teamwebpage.cfm?PID=4055>

If you can't attend, you can still participate. We need team sponsors. Call us for details.

In addition, for registered participants, we have complimentary bus transportation leaving from our Covina office, seating is limited. We will be departing **PROMPTLY** (no waiting for stragglers) at 5:30am and returning around 12:30 pm. To make a bus reservation, call us with your bib number!

Please come visit us at the WIN ABC booth and we'll see you at the finish line!!!



What is Inflammatory Breast Cancer?

INFLAMMATORY BREAST CANCER

(IBC) is a relatively rare form of breast cancer accounting for about 1-4% of all breast cancers. IBC is an advanced form of invasive breast cancer that progresses rapidly. It is usually not detected by mammograms or ultrasounds and is sometimes difficult for doctors to diagnosis. It is the only form of breast cancer that is treated as an urgent situation.

How is Inflammatory Breast Cancer Diagnosed?

A palpable lump may or may not be present. The symptoms related to inflammatory breast cancer are usually the first cause of concern.

These symptoms may include :

- ⌘ Increase in breast size over a relatively short period of time
- ⌘ Itching that is unrelenting and unrelieved by medicated creams and ointments
- ⌘ Change in breast texture. Pink, red, or dark-colored area sometimes with texture similar to the skin of an orange (called peau d'orange)
- ⌘ Ridges and thickened areas of the skin
- ⌘ What appears to be a bruise that does not go away
- ⌘ Nipple flattening or retraction
- ⌘ Nipple discharge
- ⌘ Breast is excessively warm to the touch
- ⌘ Breast pain that is not cyclic in nature (may be constant or stabbing)
- ⌘ Change in color and/or texture of the areola (the dark pigmented area surrounding the nipple)
- ⌘ Swollen lymph nodes in the axilla (underarm) or above the collarbone

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"I have found that among its other benefits, giving liberates the soul of the giver."
Maya Angelou

www.winabc.org



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What is Inflammatory Breast Cancer?

(continued from page one, column one)

The aforementioned symptoms often appear with inflammatory breast cancer because the cancer is fast growing and blocks the lymphatic vessels in the breast and skin. **You should see your doctor as soon as possible if you have any of these symptoms.** All of the listed symptoms may also be present with non-cancerous (benign) breast conditions. It is important to note that IBC is often mistaken for mastitis (an infection of the breast). *When in doubt, check it out* -- WIN ABC is a strong advocate of second opinions. Different patients have different symptoms and although IBC is normally associated with infiltration of the skin lymphatic system, in some cases there may be no visible skin changes.

You Don't Have to Have a Lump to Have Breast Cancer

We have been taught and are reminded frequently by public service announcements and by the medical community that when patients discover breast lumps, they should have the lump examined by a doctor immediately. However, inflammatory breast cancer usually grows in nests or sheets, rather than as a confined, solid tumor and therefore can be diffuse (spread out) throughout the breast with no palpable mass (mass can't be felt). Lymph node involvement is highly likely. *Increased breast thickness compared to prior mammograms should be considered suspicious.*

Surprising portions of young women with IBC have their first symptoms during pregnancy or lactation (nursing). There is a misconception that young women are not likely to get breast cancer. This, along with the fact that IBC is difficult to diagnose, can lead to a delay of diagnosis allowing for a greater chance of metastases (cancer spreading beyond the breast). The median age for women diagnosed with breast cancer is 62, while the median age for women diagnosed with IBC is 52. Two thirds of IBC patients are post-menopausal at diagnosis. Men can also get breast cancer, including IBC.

Volunteers of the Quarter

Robert Blechman	Chris Goessling
Marjorie Blechman	Kevin Goessling
Linda Collins	Joan Ingman
Nancy Corti	Arlene Kantorowski
Christina Dominguez	Georgia Massaro
Jane Fisher	Bette Martin
April Ferguson	Ken Mullen
Larry Gaines	John Notarianni
Selma Gaines	Cassandra Pavlich
Cheryl Goessling	Elise Rose

How to Treat IBC

Inflammatory breast cancer is an aggressive form of cancer that can grow and spread quickly. If the inflammatory cancer has not spread beyond the breast, a mastectomy (removal of the entire breast) may be performed to remove the tumor. However, because inflammatory breast cancer involves lymphatic vessels of the skin, mastectomy alone without adjuvant therapy (chemotherapy, radiation therapy and/or hormonal therapy) can increase the chances of the cancer recurring (since the skin is stitched together after mastectomy). Therefore, other treatment options (most commonly, chemotherapy) are usually considered before surgery.

Chemotherapy (treatment with anti-cancer drugs) is often administered to inflammatory breast cancer patients before local treatment (such as mastectomy or radiation). This treatment is referred to as neoadjuvant chemotherapy. After surgery, patients with inflammatory breast cancer are usually given additional chemotherapy followed by radiation therapy to the chest wall. Many patients then undergo a course of treatment with a hormonal drug such as Tamoxifen.

Though inflammatory breast cancer is a serious illness, techniques for treating it have improved and survival rates are rising. Some recent studies have shown about a 40% survival rate five years after diagnosis. Physicians are hopeful that advances in IBC treatment will continue to improve the prognosis for patients diagnosed with this type of breast cancer.

For more information about IBC, please contact WIN Against Breast Cancer. WIN ABC offers information on a number of resources specifically for IBC and breast cancer in general that we are happy to send out free of charge.

This article was made possible through donations sent to WIN ABC for the *Domenica Bellamy Inflammatory Breast Cancer Awareness Fund*.

Adapted from the following sources:
Inflammatory Breast Cancer Research Foundation
Inflammatory Breast Cancer Help and Support Group
Dr. Susan Love's Breast Book - Third Edition




Volunteers Give Us the Wings to Fly

Meet Cara Pellegrini New Staff Member



WIN ABC welcomes Cara Pellegrini as our new Director of Program Assessment and Strategic Planning. In this position, Cara is responsible for evaluating the programs that WIN ABC currently has in place and helping to implement the most effective direction for the organization's growth.

Cara comes to WIN ABC with ten years of experience in the pharmaceutical industry and a background in business development and new product planning. She has also worked as a family counselor specializing in substance abuse recovery and women's issues and holds a master's degree in clinical psychology. Her areas of expertise include strategic planning, corporate intelligence, writing, budgeting and program development. 

Community Research Collaboration Awards

California Breast Cancer Research Program

*Orientation & Application Workshops
May & June 2003*

Workshops are being conducted throughout California to introduce the Community Research Collaboration Awards in breast cancer. *No previous research experience is necessary.*

These workshops will provide:

Basic research process orientation; Introduction to finding partners and developing partnership agreements; Assistance in brainstorming research ideas and discussing feasibility/usefulness of research questions; Overview of the CRC application process and *lunch!*

Sponsors include the CA DHS Cancer Detection Program - San Diego & Imperial Counties Regional Partnerships & WIN Against Breast Cancer (LA & San Diego events)

For more information, please call 510-987-9878 or 888-313-2277 or register on the Web at <http://www.cbcrp.org/>.




Resource Rooms Open at Los Angeles County Hospitals



Harbor/UCLA Resource Room Ribbon Cutting Ceremony

WIN ABC was proud to help establish Resource Rooms for breast cancer patients at two Los Angeles County public hospitals, Martin Luther King, Jr./Charles R. Drew University and Harbor/UCLA, where WIN ABC is implementing its Breast Buddy Breast Care Program. These two "quiet" rooms offer patients a real living room setting where they can have friends and family members with them as they are learning about their diagnosis and treatment options. There are many educational materials available in the form of books and videos, along with computers for internet access.

Partial funding for these resource rooms was provided by a grant from the California Endowment. The Breast Buddy Breast Care Program is currently funded by the California HealthCare Foundation and Kaiser Permanente.

For information about how to participate in this program, please call **WIN ABC at 1-866-2 WIN ABC.** 



Lincy Machorro, Imani Williams, P.A. and Ronald Hurst, M.D. & Staff of King/Drew Medical Center Resource Room Opening

In Memory Of

Domenica Bellamy
From
Michelle & Donald Anastasi
Kathleen Bacchiochi
Floyd Carr
CBS News
Michael & Marjorie Cutler & Family
Jim Flemming
Kris, Stephanie & Jason Gagne
Edward & Beverly Goldberg & Family
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Kimberly Schauer
From Carol Ann Selby

Jennie Schiro
From Anna Seils

Ann Yellon
From Debbie & Chuck Stein



From our President/CEO:

Betsy Mullen



In Honor Of

Martha Amalbert

A survivor!

Shirley Bender

From Cindy Farber

Melina Cimirro

From Enrichetta Potter

Helen Igoe

From Jackie Flaherty

Lynn Kinikin

From Olive Wheeler

Carol Mechanic

From Debra Balamos

Betsy Mullen

From Rachel & Elisha Nattiv

From Lisa Gordon

Albert Schorr

From Joyce & Marty Schorr

Carol Scott

From Ruth & Dell Scott

Sandra Velez

From Marlene Garcia Montes

Victoria Wheeler

From Olive Wheeler

Johnna Wrather

From Donald Hanson

Linda Wright

From Peter Gardner

Dear Friends,

As we gear up for the year's 10th anniversary of the *Revlon Run Walk for Women*, I reflect back to the early years of our organization's history and how far we have come. The work of the WIN Against Breast Cancer organization began the day that I was diagnosed with breast cancer over ten years ago. Now we have two offices, a dedicated staff of five, a committed Board of Directors and over 200 specially trained Breast Buddy patient mentor volunteers. It is an honor and a joy to serve the thousands of patients and others whom we are able to help every year. WIN ABC's Breast Buddy Breast Care Program has been nationally recognized as a new standard of care and we have made history by spearheading the creation and reissuance of the Breast Cancer Research Stamp. We have established a website that reaches individuals across the U.S. and abroad and we are just getting warmed up!

We have been able to accomplish all of this and more through the generosity of friends like you who have supported WIN ABC over the years. That is why we stand strongly by our mission: *"to increase awareness about breast cancer and ensure that individuals from all cultural and socioeconomic backgrounds received rapid access to quality health care and state of the art support, education and information..."* There is still a great deal of work to be done in our collective fight against breast cancer. Please help us continue with our mission. Every dollar counts! For those of you who donate \$250 or more this year, we have an anonymous donor who will match your gift by 50%. This is a wonderful way to leverage your donation to make an even greater impact. We hope to see you the Revlon Run/Walk on May 10!

Fondly,

Betsy

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