



help

Healthy Environment for a Living Planet



Bea DeLizio, Dr. Michael Maffettone, Pamela Diorio, Congressman Michael Forbes, Antoinette Castiglie-Falciano, Lorraine Pace, President Bill Clinton, and Carmen Imbo.

A Visit with the President

by Antoinette Castiglie-Falciano

On Saturday, August 1, 1998, a group of breast cancer activists and healthcare professionals gathered at the fire house in Amagansett, NY. President Bill Clinton and First Lady Hillary Rodham Clinton were spending the weekend in the Hamptons and the President was scheduled to give his weekly radio address from the Amagansett Fire House. Since the topic of the address was to be the Patients Bill of Rights, the audience comprised both healthcare providers and active healthcare consumers.

Joining Congressman Michael Forbes, who supports the bipartisan Patients Bill of Rights, and attending at his specific request were Breast Cancer Help members Lorraine Pace, Bea DeLizio, Carmen Imbo, Pamela Diorio, and myself.

After proceeding through security clearance and assembling in the meeting room, the guests waited for the President's arrival. When he and the First Lady entered the room, the audience responded enthusiastically. The President indicated that he would give the radio address first, and that afterward we would have a chance "to visit."

That is exactly what we did. In fact, a friendly visit is an accurate way to describe our time with the President.

WITH THE PRESIDENT AND FIRST LADY

Said Breast Cancer Help Co-President Lorraine Pace, "It was exciting to be able to speak with the President of the United States on a one-to-one basis. I was extremely impressed with Hillary Clinton's graciousness, sincerity and willingness to help us in our fight to find the cause of breast cancer and its cure. When I handed her a pink rhinestone breast cancer ribbon pin, she hugged me, thanked me and immediately put it on."



Father Thomas V. Arnao (right), Co-President of Breast Cancer Help, meeting the Pope in Rome.

Spotlight on Father Tom RECEIVES POPE'S BLESSING FOR HIS WORK

by Antoinette Castiglie-Falciano

Breast Cancer Help's current Co-President, Father Thomas V. Arnao, has been one of the group's guiding lights since its very beginning in the mid 1990's. He came to the issue of breast cancer awareness through his ministry as a parish priest at Our Lady of Lourdes parish in West Islip, NY.

It was there that he became acquainted with Lorraine Pace. He first knew her as a parishioner but ultimately became a friend to her and her family.

One day in 1992, Lorraine called him and he sensed an unusual urgency in her voice. When she went to see him she told him that she had been diagnosed with breast cancer.

Father Tom knew that her faith would help her, but in an effort to strengthen her further, he asked her how she could turn this experience around and use it as a way to alleviate the suffering of others. Lorraine left to consider his challenge.

I too will pray for you and the work that you undertake.

— Pope John Paul II to Father Tom

Twelve hours later she called him to say, "I've given myself 12 hours to feel shock, hurt, and anger. Now I'm going to



Father Tom

(continued from Page 1)

give the rest of my life to finding the possible environmental cause of this disease; and Father Tom, you're going to help."

With that, Father Tom's commitment to the cause of fighting breast cancer began in earnest.

Lorraine went on to spearhead a mapping project designed to pinpoint occurrences of breast cancer geographically. After that she began a group in West Islip geared toward promoting research into the cause, prevention and cure of breast cancer.

She wanted the group to represent a cross-section of survivors, clergy, physicians, and business people. She also thought it important for the group to include men, since they too were the victims of this disease in the loss of their wives, mothers, daughters and sisters.

Father Tom could certainly attest to this reality through what he was observing in his own ministry. He was burying many women whose husbands and children came to him for counsel. He saw firsthand the devastation caused by this disease, and his observations were confirmed by a number of his fellow priests who were experiencing the same thing in many communities on Long Island.

Lorraine's group ultimately evolved into Breast Cancer Help, and Father Tom brought his unique sensibility to the group, initially as Vice President and currently as its Co-President.

ABOUT FATHER TOM

Ordained a priest for the diocese of Rockville Centre, NY, on May 8, 1982, at St. Agnes Cathedral, Father Tom was assigned to his first parish, Our Lady of Lourdes, in West Islip, NY, until 1988, and then assigned to Our Lady of Lourdes in Malverne, NY, until 1992. Thereafter, he began full-time studies at Catholic University of America in Washington, DC, pursuing a licentiate degree in canon law.

In 1993 he completed this course of study with honors and was assigned to the Marriage Tribunal of the Diocese of Rockville Centre. As a canon lawyer and tribunal judge, he focused mainly on annulment.

In September 1997 he was sent to Rome to pursue a doctorate in canon law at the Pontifical University of Saint Thomas Aquinas in Rome where he is currently writing his doctoral dissertation. In Father Tom's absence, Lorraine Pace serves as Acting President of Breast Cancer Help.

From its earliest days, Breast Cancer Help focused on the environment as the first place to look for a

A Visit with the President

(continued from Page 1)



First Lady Hillary Rodham Clinton with Pamela Diorio and Antoinette Castighe-Falciano.

Lorraine Pace and Geri Barish with the First Lady.



We all had a chance to meet first with Mrs. Clinton and then with the President. We took pictures with them and the President was very willing to sign autographs.

Commented Bea DeLizio, "It was the experience of a lifetime to be in the same room and shake hands with the President and First Lady. I enjoyed their warmth and friendliness and the pictures we took will hold special memories. It was also important to me to have the opportunity to represent Breast Cancer Help."

Carmen Imbo saw the meeting as an opportunity to "emphasize the need to continue research and to encourage the President to spend more money on research," while Pamela Diorio expressed the hope that meeting with breast cancer survivors "would help the President put our health issues into perspective by attaching faces and names to the thousands of women who have walked down our road."

When my own turn came to greet the First Lady, I was impressed by her friendliness and her command

of the issues. She is a genuine supporter of the need to promote education and awareness. In introducing myself to the President, I emphasized the need to continue fighting this disease.

In response the President commented, "Bless you for all you're doing."

In retrospect, I realize that the day was special not just because it was a celebrity event, but because our grassroots group was able to personally experience the encouragement and support of our highest elected official and the First Lady. It underscored the fact that eliminating breast cancer is everyone's fight regardless of rank or position, and it helped inspire us to keep fighting.

possible cause of breast cancer, lobbying for studies of drinking water and pesticide use. As the group grew in size and enthusiasm it began fund-raising efforts to support research.

Breast Cancer Help became involved in the successful efforts to introduce the breast cancer awareness stamp, to initiate the Walk for Beauty (which supports both the Unique Boutique program in Stony Brook Village, and the Carol M. Baldwin Breast Care Center at Stony Brook University Hospital and Medical Center), and to sponsor a fashion show which has been its biggest fund-raiser to date.

Father Tom has, of course, continued to counsel women and offer a message of hope. Even from Rome he maintains contact with the group. He

appreciates the fact that the group is composed of members of varying talents and areas of expertise who have found support and friendship because they share the common goal of fighting breast cancer.

Last spring, Father Tom had the opportunity to meet the Holy Father, Pope John Paul II in Rome. Of this meeting Father Tom says, "I assured him of my prayers for his good health and the unselfish work of his hands. He then smiled at me and said, 'I too will pray for you and the work that you undertake.'"

How exciting to consider that even Pope John Paul II will be praying for Father Tom, Breast Cancer Help, and those whose lives will hopefully be enriched and encouraged by our work!

Fashion Show Thank-You's

\$10,000 RAISED FOR
BREAST CANCER RESEARCH



Breast cancer Help was pleased to host its second Fashion Show fund-raiser on September 24, 1998, at Villa Lombardi's in Holbrook, NY.

With almost 500 guests attending, the evening raised \$10,000, which we have donated to the Carol M. Baldwin Breast cancer Research Fund (this fund supports breast cancer-related research projects at SUNY-Stony Brook's University Hospital and Medical center).

We would like to thank all those who contributed to the success of this evening.

Photo above left: Members of Breast Cancer Help.
Photo at left: The Grand Finale.

SPECIAL THANKS TO OUR GRAND PRIZE CONTRIBUTORS:

Earthrite Recycling, Cory B. Fashions, Jay's Appliances, Stephen M. Ruvitso, Ridgewood Savings Bank, Felix Grucci, Canoe Place Inn, P.C. Richard and Son, Bud Harrelson, Royal Caribbean Lines, Foxwoods Casino, Domoni Hair Salon, Florence Building Materials, Pristine Limo, Friends Limo—and thanks to everyone else who contributed to our Chinese Auction.

THANK YOU TO THE FOLLOWING SHOPS THAT PROVIDED THEIR BEAUTIFUL FASHIONS:

Cristie Lingerie, Chico's Casual Clothing, Michael's Leather, Cotton-tails, Laura Ashley, Jones New York Country, Crabtree and Evelyn, Dress Barn, Roger's Tuxedos, and Estelle's Dressy Dresses.

Thank you to Shear Instincts for hair and makeup of models; GIT Productions for donating their DJ services; Earthrite, T. Carlton Salon, and Glaxco Welcome for donating table gifts.

Thank you to the following honorees who have helped in the fight against breast cancer:

Governor George Pataki who was instrumental in signing into law Senator Kenneth LaValle's cancer education bill; Senator Alfonso D'Amato who has increased funding for breast cancer research; Senator Owen Johnson and Senator Caesar Trunzo were the first elected officials to fund the breast cancer mapping project; Senator Kenneth LaValle for sponsoring the cancer education bill for junior and senior high school students; Assemblyman Paul Harenberg and Assemblyman Steven Englebright for securing \$100,000 to acquire equipment in the Department of Radiation Oncology at University Hospital and Medical Center at Stony Brook for breast and prostate cancer patients; Assemblyman Robert Sweeney for co-sponsoring a bill for the treatment of persons screened for breast, cervical or prostate cancer; County Executive Robert Gaffney for sponsoring the first and only breast cancer rally at the H. Lee Dennison Building in Suffolk County; Brookhaven Town Supervisor Felix

Grucci for supporting the efforts of Breast Cancer Help; Town Supervisor Peter McGowan for approving the breast cancer mapping from the Planning Department; Congressman Michael Forbes for helping to get both breast cancer awareness stamps approved; Congressman Rick Lazio for getting the bill passed for the toll-free clinical trials helpline; Congressman Peter King for supporting the breast cancer stamp and other breast cancer issues; Allen G. Meek, MD, for giving up his personal time to help in the fight against breast cancer; and Mike Jacabacci for supporting the efforts of Breast Cancer Help.

Our two media honorees were Christine Sheahan of *Networking* magazine for her continuous coverage of breast cancer issues island-, state-, and nation-wide; and Liz Tonis of *Suffolk Life* who was the first to cover breast cancer issues in Suffolk County.



Breast Cancer Help Participates In Fund-Raising Efforts To Help Fight Breast Cancer



IN MEMORIAM
Theresa Parissidi

WALK FOR BEAUTY

Once again, on a beautiful Sunday morning in September, the streets of Stony Brook Village were alive with the vibrant enthusiasm of hundreds of walkers assembled to participate in the 5th Annual "Walk for Beauty... in a Beautiful Place." The date was September 20, 1998, and the 6K/4K route started at the Stony Brook Post Office, wandered through the streets of Stony Brook and ended back at the Village Center.

The ever-increasing crowds taking part in this event demonstrate the community's resolve in fighting breast cancer. Included among the walkers were members of Breast Cancer Help whose Co-President, Lorraine Pace, was one of the founding organizers of this event. Funds raised from the "Walk for Beauty" are used to support the Carol M. Baldwin Breast Cancer Research Fund and the Walk for Beauty Fund.

The Walk for Beauty Fund was established in 1995 by the Ward Melville Heritage Organization, Stony Brook University Hospital and Medical Center, and Breast Cancer Help, and is dedicated to helping cancer patients with financial need to purchase special self-image items such as wigs and breast prostheses, that may be needed to foster healing.

For more information, please call (516) 751-2244.

A SPLENDID EVENING WITH THE STARS

For the second consecutive year Breast Cancer Help donated the proceeds from its fashion show to the Carol M. Baldwin Breast Cancer Research Fund. The fashion show represents Breast Cancer Help's major fund-raising effort and raises approximately \$10,000 annually. As supporters of the Carol M. Baldwin Fund, Breast Cancer Help members attended the Carol Baldwin Gala, "A Splendid Evening with the Stars... Takes Manhattan," on Saturday, October 24, 1998, at the Grand Hyatt Hotel in Manhattan.

The Carol M. Baldwin Breast Cancer Research Fund supports breast cancer research at Stony Brook's University Hospital and Medical Center.

For more information about the Carol M. Baldwin Breast Cancer Research Fund, please call (516) 444-7663.



*Walk for Beauty
organizing committee.*



*Breast Cancer Help
members after
the walk.*

At the Baldwin Gala.



Janet Franquet and husband.

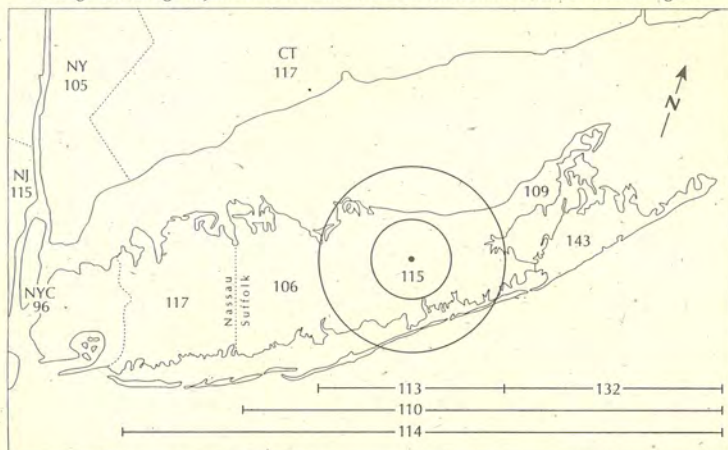


*Lorraine Pace, Billy Baldwin,
and Donna Cirincione.*

Understanding the Breast Cancer Map of Long Island

by Roger Grimson, PhD

Average annual age adjusted breast cancer rates for concentric circles and other regions*



* The circles have radii of 6 and 15 miles. Census tracts comprise the basis of analysis, so the rates for the circles are rates of combined census tracts whose outer borders correspond as closely as possible to the circles. The average annual rates are based on the period 1988 - 1993.

This map is a result of work done by the recent Suffolk County Environmental Task Force. An unexpected finding is that the age-adjusted breast cancer incidence rate on the South Fork, 143 cases per 100,000 women per year, is significantly elevated compared with western Suffolk County and compared with itself 10 years ago.

The South Fork breast cancer rate during the 1980's was approximately 72 per 100,000 women per year, so, during the 1990's the rate has doubled. (Population growth and changes in age structure are taken into account in computing rates, so these factors are not a "cause" of the increased rate.)

The Suffolk County Health Department independently confirmed this observation and showed that most of the increase in the rate reflected relatively more diagnoses of breast cancer among younger women.

The Health Department is preparing to fund a study to determine why the South Fork experienced such a large increase in the number of breast cancers among its residents. (Further discussion of this pattern is provided in the Task Force's epidemiology report which is available from Dr. Roger Grimson, Department of Preventive Medicine, University at Stony Brook, Stony Brook, NY.)

Breast cancer rates for other nearby regions are provided on the map. The horizontal lines below the map indicate regions of Long Island and their rates. For instance, Suffolk County's rate is 110 cases per 100,000 women per year (second of the three lines).

Comparisons of rates among different states and with the USA (SEER sampling areas) need to be interpreted with caution.

Efforts are currently underway to foster uniformity among the various states' methods of calculating rates regarding the role of *in situ* cancers, second primary tumors and tumor recurrences. Currently, small differences in state rates (but not rates within a state) may be attributed to differences in the way states count these events.

For more information, or to find out how you can help with the vital mapping projects, please call these coalitions.

\$4.8 Million LI Breast Cancer Mapping Project

In May 1999, more than five years after Congress ordered it to do so, the National Cancer Institute finally approved the development of a \$4.8 million computerized map of environmental problems and breast cancer cases on Long Island.

Researchers said the geographic information system (GIS) will be by far the most ambitious of its type ever attempted in the U.S. When completed in an estimated two years, the system will allow researchers to look for links between cancer rates and pollution sources neighborhood-by-neighborhood in Nassau and Suffolk counties.

This is good news, long in coming—in fact, there would be no GIS if it weren't for the breast cancer mapping that Lorraine Pace started in 1992 in her home, before founding Breast Cancer Help!

LI Breast Cancer Coalitions Currently Involved in Breast Cancer Mapping

Brentwood/Bay Shore
Breast Cancer Coalition
(516) 273-4074

Huntington Breast Cancer
Action Coalition
(516) 547-1518

North Fork Breast
Health Coalition
(516) 722-3827

South Fork Breast
Health Coalition
(516) 726-8606

Town of Islip
Breast Cancer Coalition
(516) 968-7424



Breast Cancer Help Participates In Environmental Conference

An environmental conference was held at Stony Brook University's Health Sciences Center on April 13, 1999. The conference was sponsored by Promote Long Island and University Hospital and Medical Center at Stony Brook, along with Breast Cancer Help, the South Fork Breast Health Coalition, and the North Fork Breast Health Coalition.

The topic of the conference was "How to Protect the Natural Resources on Long Island." Discussion focused on environmental issues including quality of water, and methods of organic farming and gardening.

Promote Long Island is an organization devoted to enhancing the quality of life on Long Island. It enlists the support of businesses and citizen groups in examining social, economic, health, education and other issues with a view toward continually improving Long Island as a place to live and work.

Lorraine Pace is on the board of Promote Long Island and is Chair of the Environmental Committee. In this capacity she has control of \$200,000 in media advertising time which will be used to advertise Breast Cancer Help's fund-raising activities and to promote education and awareness of environmental issues on Long Island.



Participating as panelists in the discussion were:

- Lorraine Pace
Co-President, Breast Cancer Help, and Breast Cancer Education Specialist, University Hospital at Stony Brook
- Jeanne Fontana
President, Promote Long Island
- Jack Becht
Peconic Water Corporation
- Jason P. Boyle
Organic Answers
- Crow Miller
Agri-Balance Organic Consultants
- Betsy Perrier
Meadows and Woods Natural Landscapes
- Roger Grimson, PhD
Biochemist, SUNY-Stony Brook

Two LI Teens Concerned About Breast Cancer

by Donna Cirincione

Meghan Curran, a resident of West Islip, NY, was awarded a gold medal at the annual Future Homemakers of America (FHA) National Convention in New Orleans in July 1998. She gave an illustrated talk on the topic of "Fighting Breast Cancer in West Islip." Her presentation focused on the alarming rate of breast cancer in West Islip, and about fund-raising activities in the community to increase awareness.

Meghan, who is currently a freshman at West Islip High School, earned the trip to the national convention by previously winning a gold medal at the New York State FHA convention in Rochester, NY, in April of last year.

She had contacted Lorraine Pace, founder and Co-President of Breast Cancer Help, to help her with this project. Lorraine provided her with educational materials, statistical information, and survey results.

Another local teenager, Kathleen A. Schroder, a senior at Centereach High School, made breast cancer the focal point of her Girl Scout project. Kathleen received the Girl Scout Gold Award, which is the highest award in Girl Scouting. The award was presented to her at a ceremony which took place on March 9, 1999.

For all gold project award Kathleen coordinated a Breast Cancer Awareness Day which was held at the Assumption of the Blessed Virgin Mary Roman Catholic Church in Centereach, NY. Throughout the course of the day girls listened to speakers, and also watched video and slide presentations.

Special guests consisted of legislators, surgeons, breast cancer advocates, and breast cancer survivors. Lorraine Pace also participated in the program.

We commend both of these young women for jobs well done!



Kathleen Schroder receives her award from Felix Grucci and Pat Strebel.



Meghan Curran receives the gold.



Inquiring Reporter

Dynamic Area Telethermometry

FOR EARLY DETECTION OF BREAST CANCER

by Bea DeLizio

To learn more about dynamic area telethermometry—what it is, and how it's used for early detection of breast cancer, I interviewed Dr. Donald P. Harrington, Chairman and Professor, Department of Radiology, Stony Brook University Hospital and Medical Center.

Q: What is the difference between hyperthermia and thermography?

A: Hyperthermia is the treatment of malignancy with heat, while thermography is the process of making a temperature map of tissue for the purpose of diagnosis.

Q: What is the basis for the use of this technology in healthcare?

A: Early attempts in the 70's and 80's to use thermography to image malignancy were unsuccessful. Static temperature maps are very nonspecific and hot regions can result from a multitude of things besides malignancy. The new technology we are investigating came from the Department of Defense Ballistic Missile Defense Initiative (sometimes referred to as "Star Wars").

This technology allows the acquisition of 100 images per second and has a temperature resolution of 0.001 degrees centigrade. These characteristics allow for dynamic analyses of temperature profiles and it appears that tumor profiles are different than normal tissue.

Q: What is the name of the equipment being used in early diagnostic research?

A: The dynamic area telethermometry (DAT) system was developed by Dr. Michael Anbar at SUNY-Buffalo. The first four systems in the world are just now available from OmniCorder Technologies. The radiology department at SUNY-Stony Brook's University Hospital has entered into a research agreement to perform some of the initial clinical evaluations of this systems.

Q: How does it work?

A: Hundreds of thermal or infrared images are required of the breast. Normal tissue temperature fluctuates as the vasculature undergoes normal constriction. Malignancies, however, apparently do not demonstrate these normal temperature oscillations and may be identified based on this.

Q: How effective is it, and how sensitive is it?

A: We do not know the effectiveness or sensitivity of this new imaging technology. That goal is the target of the present research.

Q: What are the risks using thermography in breast imaging?

A: There is absolutely no risk associated with DAT. The device passively detects the infrared naturally emitted from the breast.

Q: Is DAT being studied at Stony Brook?

A: We are studying the effectiveness and sensitivity of this new technology. The unit will be available for our study at Stony Brook's Carol M. Baldwin Breast Care Center in the early spring of this year.

Q: If a woman were interested in participating in this study, what should she do?

A: She should call the Carol M. Baldwin Breast Care Center at (516) 444-4550.

Scientific Notation

Dynamic Area Telethermometry Research for Detecting Breast Cancer

by Doris R. Weisman, NP, MS

Since the beginning of civilization people have been aware of the presence of heat in a painful area. Healers used cold herbs on warm areas they considered the site of the evil disease. Over time little was explored to determine why focal temperature elevated in abnormalities. Only very recent technology and research have achieved a better understanding of the why and how of thermal application and its use in diagnosing and managing disease better.

An older technology called thermography was studied in the 1970's for its potential for detecting breast cancer. In thermography a static temperature image of the breast was made and hot spots often correlated to cancer. While the method is non-invasive and painless, it had poor specificity for cancer.

A breakthrough in this technology may be the ability to examine temperature over time to examine blood circulation. The local temperature of the breast is controlled by vessel dilation (warmer) and constriction (cooler).

Nitric oxide (NO), one of the body's normal chemical messengers affecting such flow, is also produced in abundance by cancer cells of the breast. This overflow of NO causes a temperature pattern that does not change much with time.

Normal breast temperature rises and falls due to normal vessel function. Dynamic area telethermometry (DAT) seeks to use this "fingerprint" to detect cancer. This new, most effective method being researched is the measuring of this thermal activity by DAT.

DAT analyzes temperature changes over time of the entire breast. This principle may also be used in evaluating vascular, nervous and inflammatory disorders, pain/heat ties, and eye abnormalities.

Further research is necessary to explore the underlying mechanism of abnormal thermal behavior to unlock the uses of this dynamic thermal imaging. Only then can clinical application be implemented for detection and staging at the earliest possible time to reduce the suffering, loss and expense of late findings.



Shear Instincts' Cut-A-Thon fund-raiser.





(1) The President signing autographs for us; (2) Suffolk County Executive Robert Gaffney with Suffolk County Women's Hall of Fame inductees; (3) Islip's Town Supervisor Peter McGouan being honored by Breast Cancer Help; (4) Lobbying for the LI Breast Cancer Project in 1992; (5) Children modeling dress-up clothes; (6) Babylon's Town Supervisor Richard Schaffer (right) supporting breast cancer awareness; (7) Accepting grant money from Bell Atlantic; (8) Nancy Brinker, Lorraine Pace, and Pat Acampora; (9) Legislator Cameron Alden and Rick Shalvoy helping out as models; (10) Accepting proceeds of Girl Scouts' cookie sale fund-raiser; (11) At the Baldwin Gala; (12) Lorraine Pace presents Breast Cancer Help award to Assemblyman Paul Harenberg; (13) Lorraine Pace and Lieutenant Governor Mary Donohue; (14) Assemblyman Robert Sweeney receives award from Breast Cancer Help; (15) Breast Cancer Help meeting; (16) Our friends in Marin County (California) Breast Health Watch; (17) Assemblymen Paul Larenberg and Steve Englebricht at the Department of Radiation Oncology, University Hospital at Stony Brook; (18) Breast cancer mapping in Onondaga County; (19) Brookhaven Town Supervisor Felix Grucci (left) being honored by Breast Cancer Help; (20) Meeting with NYS Attorney General Eliot Spitzer (fourth from left); (21) Lorraine Pace, Newsday's Ed Lowe, and Carmen Imbo; (22) Department of Health meeting; (23) Lorraine Pace speaking at Henry Schein, Inc.; (24) Our friend Joan Johnson, founder of the Minority Breast Health Partnership of Suffolk; (25) Women's Health Day, Smilbaven Mall, Lake Grove, NY; (26) Lorraine Pace with Senator Caesar Trunzo; (27) Carol Baldwin, Lorraine Pace, Sen. Al D'Amato, and George Larsen see Rick "The Rower" off; (28) At the Row for the Cure"; (29) Geri Barish, Roger Ryan, and Lorraine Pace meeting with Senator Chuck Schumer and Congressman Gary Ackerman (at the invitation of Legislator David Bishop); (30) Andrea Martin of the Breast Cancer Fund, Lorraine Pace, and Dr. Devra Lee Davis of the World Resources Institute.

The Past Is Now The Future in Healing

COMPLEMENTARY AND ALTERNATIVE MEDICINE

by Doris R. Weisman, NP, MS

Complementary and alternative medicine is a very important part of healthcare today. The roots of these practices began with the dawn of humankind. Early healers utilized many varieties of plant life and hands-on rituals. Some even used surgery such as trephining, which refers to the drilling of holes in the skull to release evil spirits tormenting the victim.

In time, with advancements in science and medicine, these early forms of plant life were researched, refined, and made into highly complex forms which are the pharmaceutical products of today. The diagnosing of illness and use of these medicines is the allopathic method of healthcare.

We have come full circle and are now bringing back the earlier, simpler forms of care to strengthen bodies and minds, and to assist the formulated methods and medications. Some herbal combinations may even be used as the primary healing potion in certain illnesses.

Alternative, complementary and allopathic methods of healing can enjoin to bring the best of each together in harmony.

Like other illness, breast cancer may benefit from this holistic approach as well. A review of this approach was discussed with Samuel D. Benjamin, MD, Director of the Center for Complementary and Alternative Medicine, at SUNY-Stony Brook's University Hospital and Medical Center.

Dr. Benjamin offered the following guidelines and clarification of complementary and alternative medicine (CAM):

1. CAM is adjunctive, a part of healthcare, not a replacement for traditional medicine.
2. CAM must do no harm.
3. It is used symptomatically, to reduce human suffering, as opposed to curing.
4. Some areas of CAM may be worth exploring from the point of view of curing; for example, some studies show that patients in directed group therapy have an increased rate of cure.

Dr. Benjamin further states that quackery is rife in the community led by opportunists and opportunistic companies. They make outrageous

claims for their services and products for which there is no supportive literature nor government regulation to protect the public safety.

He strongly advises those who are exploring complementary and alternative medicine for themselves to discuss this with their healthcare provider. It is best to seek information from regulated teaching and research hospital centers in the community who are developing complementary and alternative medicine programs.

This will empower an individual to make intelligent choices about his or her health, and will provide simple tools from the public domain to complement medical strategies. Complementary methods will:

- Relieve human suffering
- Prevent and/or slow disease
- Promote wellness
- Assist in rehabilitation from disease

There are numerous reasons for the obstacles to CAM. It has been poorly researched and there is a great need to assign scientific principles to the relation of its efficacy. Although little has been explored in CAM by the medical field, it has not obviated its use; for instance, acupuncture for pain relief and associated symptoms. Osteopathic medicine and chiropractic are also associated with CAM and may offer other opportunities for relief of symptoms.

In concluding, Dr. Benjamin states: "With potentially little risk and low cost compared with allopathic medicine, it is worth exploring CAM's value in your individual care."

Dr. Benjamin may be heard on radio WOR (710 AM)—on Saturday nights from 11:00 to 11:30 pm—on the program, *Integrative Medicine*, sponsored by SUNY-Stony Brook. On the Internet, one can use "Real Player—All Around America" to listen to the radio program via computer.

A symposium was held in late March 1999 in New York presenting the latest information and leaders in approaches to healthcare, disease and well-being by utilizing CAM. This program was sponsored by the national magazine, *Alternative Therapies*, and Stony Brook's Center for Complementary and Alternative Medicine.

The past is now the future in healing and helping medicine, but it must be in the hands of knowledgeable and accountable practitioners such as Dr. Benjamin, to be truly and safely effective.

This will empower an individual to make intelligent choices about his or her health, and will provide simple tools from the public domain to complement medical strategies.



Lorraine Pace (third from left) receiving award from Governor George Pataki (second from left).

Lorraine Pace Honored By State of New York

In October 1998, Lorraine Pace, Co-President of Breast Cancer Help, received New York's Innovation in Breast Cancer Early Detection and Research Award from Governor George Pataki. She received this honor for her dedication and commitment in the fight against breast cancer.

Lorraine is the founder of the breast cancer mapping project which started from her kitchen table in West Islip in 1992. After 18 months, Lorraine then founded Breast Cancer Help, assisting other groups across the state, the nation, and abroad. She is on the Advisory Committee for the Cancer Surveillance Improvement Initiative; part of the New York State Department of Health whose goal is to improve the cancer registry and provide more accurate and up-to-date cancer mapping for the state.

"I couldn't have done it without the community members and my personal physician, Dr. Michael Feinstein—and I couldn't have finished the project without the encouragement of Dr. Allen Meek. My husband John, my sons Greg and John, Jr., daughter Lisa, and daughter-in-law Donna all supported my efforts wholeheartedly."

In addition to her work for Breast Cancer Help, Lorraine is currently a breast cancer education specialist and patient advocate at Stony Brook University Hospital and Medical Center.



Dr. Meek Speaks At Conference on Lymphedema

UNCOVERING THE HIDDEN EPIDEMIC

Last fall, Allen G. Meek, MD, Chairman of the Department of Radiation Oncology at SUNY-Stony Brook, and also Chairman of the Board of Breast Cancer Help, presented a paper on lymphedema and radiotherapy at the Third National Lymphedema Network Conference in San Francisco.

An article discussing this conference, written by Robert Brylawski, MD, appeared in the December 1998 issue of Oncology Times, and is summarized below:

The Third National Lymphedema Network (NLN) Conference held in September 1998 in San Francisco was titled "Lymphedema: Uncovering the Hidden Epidemic." It was attended by more than 500 researchers, clinicians, and patients. The increased attendance of physicians at this conference as compared with previous NLN meetings reflects the growing attention being paid to this condition by the larger medical community.

Currently, as many as 3 million Americans may suffer from lymphedema, with the majority having secondary lymphedema resulting from treatments for cancer, especially breast cancer, gynecologic cancers, or melanoma.

Saskia R.J. Thiadens, RN, program director for the conference and founder of the Network, noted that an encouraging result of this conference was the more amicable spirit between the different schools of treatment methods; that is, manual drainage, multi-layered bandaging, skin care, and exercise.

This spirit of understanding, she further noted, should facilitate the development of a standardized treatment approach to lymphedema, which in turn should help lymphedema treatment gain greater acceptance from referring physicians and insurance companies.

In keeping with this goal of strengthening the credibility of lymphedema treatment methods, the NLN is also sponsoring the development of board certification to identify people specifically trained and professionally competent in the treatment of lymphedema. A certification committee comprising physicians and therapists experienced in the treatment of lymphedema has been formed.

DR. MEEK'S OBSERVATIONS AND RECOMMENDATIONS

With respect to a possible correlation between radiation therapy and lymphedema in breast cancer patients, Dr. Meek observed that radiotherapy does contribute to the risk

of lymphedema in breast cancer management. However, as breast cancer surgery has become more conservative, the incidence of lymphedema associated with radiotherapy has declined.

Dr. Meek cited several studies that examined the incidence of lymphedema relative to the extent of the surgery that was done for the patient. The findings indicate that as the extent of surgery decreased, the incidence of lymphedema substantially declined. The addition of radiotherapy did increase the incidence of lymphedema among all patient groups.

However, the impact of radiotherapy was most pronounced among patients receiving radical mastectomy and modified radical mastectomy and much less pronounced among the breast conservation patients.

Since the risk of lymphedema appears to be declining with the use of more conservative surgical treatment, Dr. Meek said he believes that the benefits of radiotherapy for both local control and cure of breast cancer more clearly outweigh the risks, and he further expressed the need for oncologists to reduce the risk of lymphedema so as not to discourage patients from deciding to receive radiotherapy.

Toward that end, Dr. Meek would recommend increasing the use of breast conservation, avoiding or limiting the extent of axillary surgery, especially in patients with favorable primary disease. In the future, he noted, sentinel lymph node biopsy may offer a means of limiting the extent of axillary dissection should the studies now in process demonstrate its effectiveness.

Regarding radiotherapy, studies indicate that the risk of lymphedema substantially increases when radiotherapy is extended to the axilla (underarm), especially in patients who have undergone axillary dissection.

Dr. Meek thus recommends excluding the dissected axillary from the radiotherapy port whenever possible. If this is not possible, then one

needs to optimize geometry and dosimetry of the radiotherapy.

Dr. Meek also described several additional ways to help prevent the development of lymphedema in breast cancer patients:

- **Prevention of soft tissue infections.** Dr. Meek instructs his patients in the need for meticulous skin care and the liberal use of antibiotics as soon as they begin to feel any symptom of skin infection. Patients should travel with prescriptions for antibiotics, and he recommends prophylactic antibiotics prior to dental procedures for anyone who has any manifest symptoms of lymphedema.
- **Inclusion of physical therapists early on in patient management.** Dr. Meek said he advocates early intervention with physical therapy and refers his breast cancer patients to the physical therapy department for further counseling about lymphedema and other preventive measures.
- **Weight loss.** Dr. Meek encourages obese patients to lose weight, since he believes that excessive weight does contribute to the problems of lymphedema in breast cancer patients.
- **Stricter indications for radiotherapy in older patients.** Since some studies show that older patients, particularly those over 55, have a higher incidence of lymphedema after breast cancer surgery and radiation, Dr. Meek suggested that the indications for radiotherapy should perhaps be somewhat stricter in older patients.

Further information about lymphedema and the National Lymphedema Network is available from the Network's website:

<http://www.lymphnet.org>

How to Become An Empowered Patient

by Francine Berger

When I was growing up, if you were sick you went to the doctor, showed him where it hurt, possibly answered a question or two and went home with a prescription and regimen to follow. This was "doctor's orders."

We rarely thought to question the system. We believed he knew everything and had the wisdom to make us well. That was then. This is now.

We live in a time when people seek more equal, balanced relationships in every arena. We now know that when it comes to our health, we can get better medical outcomes by entering into a healing partnership with our doctors and other healthcare providers. In order to do this effectively, we need to take steps to become an empowered patient.

First let's clear up what an empowered patient is not. It is not a "know it all" with a cynical attitude. That type of approach is unhealthy and unproductive and can only irritate the doctor and medical staff.

Rather, empowered means using all of one's skills to work with others to make informed decisions. It means sharing responsibility for the results and having increased autonomy to get information, and to accept, reject or question prescribed treatments.

The process of empowerment is based on the recognition that good ideas and behaviors can come from many sources, and that the patient actually heals him- or her-self with some outside help. Medical professionals, caring family, good friends, and sources of spiritual faith can provide that help.

To Your Health:

If you would like to become or help someone else become more empowered patients, here are some thoughts.

- **Use positive self-talk.** Tell yourself often that you have the power to heal your illness and foster a better outcome. Mobilize your fighting spirit. Surround yourself with optimistic people and walk away from negativity.
- **Become knowledgeable about your condition.** Talk to experts and other patients who have the same diagnosis. Read books, articles, and journals at your local library. Get on the Internet. Seek out a support group and learn what you can.
- **Explore treatment options.** New thinking encourages the modalities to work along with your conventional medical treatments. Talk to your doctor about his or her attitude about using supplements, massage therapy, acupuncture, mind/body technique, yoga, and energy bodywork. These can be gentle, reassuring and supportive of your medical regimen.
- **Face your fears and work them through.** Seek help from skilled listeners such as clergy, counselors, therapists, and healthcare providers. If you have friends and family members or if you know patients diagnosed with your illness who are doing well, they can be a wonderful source of positive energy.
- **Consider prayer and spiritual development.** Ask your healthcare providers as well as family or friends to pray for you. Meditate, pray, and seek out inspirational stories to lift your spirits. If you are a member of an organized church or synagogue, consider getting more involved with it and letting people know your situation, so they can keep you in their thoughts. Keep connected with God or some higher power.
- **Make lifestyle changes.** Perhaps you need a change in diet, an exercise program, a plan to simplify or organize your daily priorities. Consider learning stress management techniques so you can relax and help your body perform at its best possible level.
- **Communicate.** Learn how to say "no" in an assertive but not aggressive way. When you go for a medical appointment, have your concerns and questions prioritized and written out, so that you will not forget anything important. Let people around you know your needs. Learn how to deal with the questions, ignorant comments, and horror stories from people around you who have no clue as to how they should be acting towards you.
- **Get smart about your health insurance.** Keep good records. Never surrender original copies to anything. You may have to have your healthcare provider write a letter requesting the need for a procedure/regimen. You can turn to your insurance broker, regional advocacy group, or state department of insurance. The New York State Insurance Department's phone number is (212) 480-6400. Ask for the Consumer Service Department. If you are too ill or upset to do mere things, appoint someone you can rely on to do these things for you.

All of these steps may sound like a lot of work. They are, but when you take charge of your health and partner with others who are competent and caring, you move from medical victim to empowered patient. As they say, that will add years to your life and life to your years.

Good health to you!



West Islip Florist's benefit for Breast Cancer Help.

Kids Helping Themselves with Letter Campaign for Breast Cancer Education

Breast Cancer Help would like to thank all the students from Sachem High School, Ronkonkoma, NY, and Longwood Senior High School, Middle Island, NY, for writing letters to Senator Kenneth LaValle. These letters supported his bill that would mandate the teaching of breast and testicular cancer self-exam as part of the curriculum in high school health classes. This bill has now been passed into law. Thanks also to Margie Fezza, a student at St. Anthony's High School in Huntington Station, NY, for her letter of support.

My OWN STORY

Turning Traumas Into Treasures

by Francine Berger



As a two-time breast cancer survivor, I have come to believe that even bad experiences have meaning. It's up to us—and it's in our power—to find a way to turn the traumas into treasures.

I was first diagnosed in the summer of 1990 and had a lumpectomy and radiation treatment. Five years later, I had a recurrence in the same breast, had a mastectomy, and immediate tram flap reconstruction. That was three years ago, and I have been disease-free and healthy, thankfully, for three years.

From the first moment of my cancer journey, I did not say, "Why me?" While I had enormous fears about the sudden changes in my life, my question was, "What now?"

Having been in professional communication for 30 years, I began to talk to and listen to every knowledgeable individual I could find. I took every step to become an empowered patient. Friends and family marveled at my energy, optimistic outlook, and fighting spirit. They couldn't know how many times a day I felt frightened and anxious, but I kept moving, kept busy so I wouldn't think too much about the negatives or get depressed.

It began to occur to me that my illness was an assignment from God and the universe. I had two vivid dreams. While it took several years for me to get the courage to begin speaking in public about my breast cancer experience, I realized that I was on a mission.

There had been significant changes in my business direction. As a professional speaker, seminar leader, and executive speech coach, most of my time was devoted to corporate work. For the past few years, I've begun to concentrate on communication issues in the work of healing and wellness.

I now speak about patient empowerment, physician-patient communication, and public-speaking skills for medical professionals.

My many years of teaching, training, and coaching, together with my personal experience as a patient, gives me unique credentials to do this

A Tribute To

Sen. Owen H. Johnson Vice President Pro Tempore, New York State Senate

FOURTH SENATE DISTRICT
SUFFOLK COUNTY, NY

Long devoted to finding a cure for breast cancer, Senator Owen H. Johnson was one of the first Long Island senators to secure start-up funds for grassroots breast cancer groups on Long Island. In 1993, at the urging of Lorraine Pace, who founded and was then leading the West Islip Breast Cancer Coalition, Senator Johnson secured funds for a breast cancer mapping project before the idea of mapping had become popular.



Senator Owen Johnson (left) receiving a Breast Cancer Help Recognition Award for all his support regarding breast cancer issues, presented by Lorraine Pace at 1998 dinner honoring him for his 25 years of service as State Senator.

Each year, Senator Johnson continues to support legislation that promotes early detection and assists those who have been diagnosed with breast cancer. Johnson sponsored the Breast Cancer Detection and Education program in 1989 so that low-income and/or underinsured women have access to information and education about breast cancer. The program also insures that women have access to mammograms and breast exams by medical professionals.

The Women's Health and Cancer Rights Act of 1997 was another law that was enacted with the support of Senator Johnson. This law ensures that breast cancer patients who undergo mastectomies aren't forced out of the hospital before they are ready to return home. By making it clear that the length of hospital stay is determined by the doctor and patient—and not by the insurer—the new law goes a long way toward protecting patients.

Senator Johnson also supported the Cancer Research Improvement Act of 1997 which ensures more timely reporting and better monitoring of cases of all types of cancer throughout the state. A law he sponsored last year requires health practitioners to, upon request, furnish a patient with an original mammogram so that the patient can present it to another physician for a second opinion.

Another bill Senator Johnson supported expands the rights of patients to request external appeals when their health plans deny them coverage for treatment or services recommended by their physician.

Senator Johnson has received numerous awards from the community—one of which from Breast Cancer Help, in 1998—recognizing his achievements in the fight against breast cancer.

work. I have been inspired and encouraged by incredible doctors, such as Dr. Allen G. Meek, Chairman of the Department of Radiation Oncology at SUNY-Stony Brook's University Hospital.

During the time I was his patient, he and his staff have been wonderful examples of how patients can be

The Senator continues to support state and local efforts dedicated to educating the public about breast cancer and finding a cure for the disease. Last year, Senator Johnson secured grants for Breast Cancer Help and for the Suffolk Breast Health Partnership.

A prime sponsor of the original legislation creating the breast cancer check-off on state tax forms, Senator Johnson was instrumental in ensuring that the breast cancer check-off on state tax forms be included in the Pesticide Registry Law enacted in 1996. According to the Department of Taxation and Finance, the fund has raised almost \$1.2 million since 1996.

treated—with respect, attention and good humor during an awful time in their lives.

So, I surely didn't ask for breast cancer. But I got it twice. I have found its meaning for me and have shaped a new aspect of my life that is positive and productive.



IN MY OPINION

It's Time to Declare War On Breast Cancer

by Roger Ryan

Upon my recent meeting with Senator Charles (Chuck) Schumer, I had an idea. It occurred to me that when Americans are united (as in the United States), very seldom do we ever lose.

When this happens though, it's normally the Federal government that provides the leadership, direction, and finance.

Some examples of this are: Roosevelt's spending programs to take us out of the Depression, such as the Work Projects Administration and the Tennessee Valley Authority; the race to the moon; and the eventual winning of the Cold War.

These are some of the major events that the Federal government, under various administrations, was serious about. It assumed the leadership and provided the proper funding to do the job, and we were successful.

My philosophy has always been that the Federal government should only be involved in goals that cannot be accomplished by individuals or companies. In the case of breast cancer, we need the Federal government; and so, I asked Senator Schumer to declare war, or to become the catalyst in our government that will persuade the President and Congress to declare this war.

Out of curiosity I did some fact finding on what the government spends towards breast cancer research per year.

After talking to the budget director of the National Institutes of Health, Lee Pushkin, I found out that in 1998 we spent \$430 million, in 1999, \$478 million, and in the year 2000 it will be \$501 million.

I truly believe we need to double our efforts. This also means doubling our spending to \$1 billion per year. It might mean cutting some pork or tightening our belt a little here and there.

For instance, NASA, which has a \$13.8 billion annual budget, is now mounting a costly second expedition to the dead planet of Mars. But in the face of the more than 44,000 American women who will be killed by breast cancer this year alone, do we really need to fund another Mars mission now? I, for one, think not. It's time we set our nation's priorities straight.

How do we get started? In my opinion, we must initially petition our representatives in Washington with a general printed form: The form should be simple, as shown above.

The proposed form would be sent to each U.S. congressman or congresswoman and each U.S. senator (representing the petitioner's home state), as well as to the President.

If you believe this is a viable idea, please call Breast Cancer Help at (516) 661-7223, and tell us what you think. If enough agree, we will go for implementation. Thanks in advance for your support.



Roger Ryan, Executive Vice President of Breast Cancer Help.

MORE WAYS YOU CAN HELP



Please join our growing family of concerned and dedicated people, who have united in the fight against breast cancer, by either contributing your unwanted used clothing, or finding a new home for our containers.

Collecting Used Clothing to Raise Funds to Help Fight Breast Cancer

Breast Cancer Help has been conducting an ongoing fund-raising program through the collection of used clothing. Pink metal containers with our logo affixed have been placed on various locations throughout Nassau and Suffolk County.

All forms of clothing for men, women, and children are accepted, including shoes, sneakers, boots, coats, handbags, lingerie, linens, and domestics.

The collection containers can be found in many neighborhoods standing proud and tall, in large and small shopping centers, gas stations, athletic clubs, schools, banks, and apartment complexes.

The acceptance and success of this program has been achieved through the generosity of those who have so graciously donated their unwanted used clothing, along with the support and commitment of the individual business owners who grant their permission to house containers on their property. Without them, this campaign could not take place.

Although we have made great strides in each of our endeavors, we have miles to go before we sleep.

I, John/Jane Doe, demand that our government declare all-out war on breast cancer, and dramatically double its funding for the research needed to conquer this dreaded disease. I know that with your support, a cure is for sure!

Yours truly,

In Memoriam

- Bella Abzug
- Mary Castiglie Anderson
- Kathy Driscoll
- Mary Fezza
- Janet Franquet
- Gail Kurkjian
- Liz LaRusso
- Sue Rosenbaum



And all other women lost to breast cancer, whose memory serves us like a battle cry



Announcements UPCOMING EVENTS



April 12th to June 20th
Grand Union/Breast Cancer Help Fund-Raisers: For a 10-week period starting on April 12, 1999, Grand Union stores will have available Breast Cancer Help Globe cards providing educational info about breast cancer, each for a \$1 donation.

Spring 1999-Ongoing
Door-to-door sales of coupon books, which offer discounts at various local merchants, will take place starting this spring as part of fund-raising efforts to benefit Breast Cancer Help. For more info call Breast Cancer Help at (516) 661-7223.

July 10th
Radio station BL03's benefit concert at Eisenhower Park, in Westbury, NY, on Saturday, July 10, 1999. Proceeds will be donated to Breast Cancer Help. For more info call Breast Cancer Help at (516) 661-7223.

July 18th
Rain Date: July 25
Wash-A-Thon at Copiague Car Wash on Sunrise Highway, all day on Sunday, July 18, 1999; net proceeds to benefit Breast Cancer Help. For more info call Breast Cancer Help at (516) 661-7223.

July 30th
Row for a Cure by Rick "The Rower" Shalvoy, who, on Friday, July 30, 1999, will leave from Jones Beach for his row around Long Island. For more info call Breast Cancer Help at (516) 661-7223.

August 29th
Benefit concert sponsored by Pudgie's Chicken at Smith Point Park on Sunday, August 29, 1999, featuring Johnny Maestro and the Brooklyn Bridge, plus a carnival, to support Breast Cancer Help. For more info call (516) 661-7223.

September 1st - 30th
Expressly Fit Gym in Holbrook, NY, throughout September will discount registration fees by \$15 to members/supporters of Breast Cancer Help, and donate \$15 to Breast Cancer Help. This newsletter, or proof of membership, must be presented to receive discount. For more info call (516) 661-7223.

September 19th
Race for the Cure, sponsored by the Susan G. Komen Breast Cancer Foundation, will take place on Sunday, September 19, 1999, at Central Park in Manhattan. For more info call (212) 293-0573.

September 29th
A Cure Is for Sure—An Evening of Golden Memories and Hope for the Future: A 50s/60s concert and buffet dinner on Wednesday, September 29, 1999, will be held at Villa Lombardi's Restaurant in Holbrook, NY, to benefit Breast Cancer Help. For tickets call Breast Cancer Help at (516) 661-7223.

October 2nd
Women's Health Awareness Day on Saturday, October 2, 1999, at the South Shore Mall, in Bay Shore, NY. For more info call Breast Cancer Help at (516) 661-7223.

October 3rd
Cut-A-Thon at Shear Instincts on Udall Road in West Islip, NY, to be held on Sunday, October 3, 1999, to benefit Breast Cancer Help. For appointments call (516) 587-0900.

October 3rd
Walk for Beauty (4 or 6 K) in the Village of Stony Brook, NY, to benefit the Carol M. Baldwin Breast Cancer Research Fund will take place on Sunday, October 3, 1999. For more info call (516) 444-4393.

October 8th
Carol M. Baldwin Dinner/Dance Gala to benefit the Carol M. Baldwin Breast Cancer Research Fund, will be held on Friday, October 8, 1999, at the Marriott Marquis on Broadway in Manhattan, starting at 8:00 pm. For ticket info call (516) 444-4300.

Please support our effort to purchase state-of-the-art equipment for the treatment of radiation oncology patients at Stony Brook's University Hospital . . . Special thanks to KeySpan Energy for its generous donation towards this goal!!

Helpful Numbers and Important Hotlines

Breast Cancer Help (516) 661-7223

LONG ISLAND-BASED BREAST CANCER COALITIONS AND SUPPORTS

Cancer HELPLINE
University Hospital and Medical Center
Stony Brook, NY (800) 862-2215

Brentwood/Bay Shore Breast Cancer Coalition
Brentwood, NY (516) 273-4074

Huntington Breast Cancer Action Coalition
Huntington, NY (516) 547-1518

Minority Breast Health Partnership of Suffolk
Islip, NY (516) 444-1209

North Fork Breast Health Coalition
Jamesport, NY (516) 722-3827

South Fork Breast Health Coalition
Southampton, NY (516) 726-8606

Suffolk County Breast Health Partnership
Hauppauge, NY (516) 853-3765

Town of Islip Breast Cancer Coalition
Bay Shore, NY (516) 968-7424

OTHER GOOD CONNECTIONS

Breast Cancer Action
San Francisco, CA (415) 243-9301

Breast Cancer Fund
San Francisco, CA (415) 543-2979

Marin Breast Cancer Watch
Ross, CA (415) 458-3200

National Alliance of Breast Cancer Organizations
New York, NY (212) 719-0154

National Breast Cancer Coalition
Washington, DC (202) 296-7477

Women's Environment and Development Organization
New York, NY (212) 973-0325

800 NUMBERS

American Cancer Society
Atlanta, GA (800) 227-2345

Cancer HELPLINE
University Hospital and Medical Center
Stony Brook, NY (800) 862-2215

National Cancer Institute
Bethesda, MD (800) 422-6237

New York State Breast Cancer Hotline
Adelphi University
Garden City, NY (800) 877-8077
Outside of NYS (516) 877-4444

Susan G. Komen Breast Cancer Foundation
Philadelphia, PA (800) 462-9273

UCLA Breast Center
Los Angeles, CA (800) 825-2144

Y-ME Hotline
Chicago, IL (800) 221-2141

How You Can Help

JOIN US TODAY!

Your membership and support help bring us closer to understanding the possible cause of breast cancer... and closer to seeing a Healthy Environment for a Living Planet. All members will receive:

1. Our newsletter.
2. A coupon booklet worth hundreds of dollars in discounts for restaurants, shops, and services on Long Island.
3. Information on opportunities to learn more and get involved in projects regarding breast cancer and related environmental issues.

Yes! I want to help right away. Please contact me.

Yes! I want to join Breast Cancer Help, Inc., and increase my awareness about breast cancer and related environmental issues. Here is my (tax-deductible) donation.

\$15 for annual membership

Additional donation:

\$10 \$20 \$50 \$100 \$500 \$1000 Other \$ _____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

MY ADDITIONAL DONATION IS IN HONOR/MEMORY OF: _____

PLEASE SEND AN ACKNOWLEDGEMENT OF THIS ADDITIONAL DONATION TO: _____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

Please make your check payable to **Breast Cancer Help, Inc.**, and mail to:

Breast Cancer Help, Inc.
400 Montauk Highway, Suite 100
West Islip, New York 11795-4476

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NAME _____

E-MAIL _____

PHONE (HOME) _____

(WORK) _____

(FAX) _____

BEST TIME TO CALL _____

Breast Cancer help



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