

Letter from the Executive Director...Sherrye McBryde

Our affiliate once again will be honored by receiving a national award at the annual Affiliate Leadership Conference in Dallas. Kelly Kreth, husband of 2009 Race for the Cure Chair Ellen Kreth, will win the Co-Survivor of the Year Award. This is one of 6 National awards given.

The Co-Survivor of the Year Award recognizes the vital role co-survivors play in helping people face breast cancer. The award recognizes those who help a patient, whether it be a friend, spouse, family member, co-worker or neighbor. Through its Komen Co-Survivor Program, the organization recognizes that co-survivors are critical to the quality of life patients experience immediately after diagnosis, while undergoing treatment and well into survivorship.

Ellen Kreth says this award for her husband brings them full circle. "My fight against this disease is stronger because of his words of encouragement, constantly telling me how proud he was," Kreth says. "It is my turn to tell him how proud I am of him."

When Ellen was diagnosed with Stage 3B Inflammatory Breast Cancer, the couple had been married 11 years and had two daughters, a three-year-old and a five-month old. She endured four months of chemotherapy, a bilateral mastectomy, four more months of chemotherapy, followed by six weeks of radiation and a hysterectomy.

"Along with me, Kelly put on his fighting gloves," Ellen says. "Kelly never wavered in his compassionate care of me." Kreth says her husband stepped up to the plate: grocery shopping, cooking meals, bathing their daughters, reading to them, taking them to dance lessons and birthday parties, and caring for them when they were sick.

Kreth, who is a pilot, flew out of New York on the morning of Sept. 11, and when his plane was grounded in Cincinnati, rented a car and drove ten hours to be with Ellen when she went to her doctor's appointment. On the drive home, he called her friends to tell them about the diagnosis so they could offer Ellen words of encouragement. He stood by her through numerous doctors' appointments and chemotherapy treatments. While Ellen says all that is commendable, she says Kelly's story is so much more than taking on the ordinary tasks of life. "He made his wife – who had gained weight from all the steroids, who was bald,

Aspirin May Reduce Risk of Breast Cancer Recurrence and Death

Among women who are at least one year beyond a diagnosis of early-stage breast cancer, regular aspirin use may reduce the risk of breast cancer recurrence and death. These results were published in the *Journal of Clinical Oncology*.

Nonsteroidal anti-inflammatory drugs (NSAIDs) include drugs such as aspirin and ibuprofen. These drugs are commonly used to reduce inflammation and relieve pain. Studies conducted in the lab suggest that these drugs may have the ability to reduce breast cancer growth.

To explore the relationship between aspirin use and breast cancer outcomes, researchers conducted a study among more than 4,000 participants in the Nurses' Health Study. The women included in the analysis had been diagnosed with Stage I-Stage III breast cancer between 1976 and 2002, and were observed until 2006.

Because women undergoing cancer treatment may need to avoid aspirin, information about aspirin use was not collected until at least one year after breast cancer diagnosis.

Compared with women who reported no aspirin use, risk of breast cancer death was reduced by 71% among women who used aspirin 2-5 times per week and by 64% among women who used aspirin 6-7 days per week. Risk of distant recurrence was also reduced among aspirin users.

The effect of aspirin on risk of distant recurrence and death did not appear to vary by cancer stage, menopausal status, body mass index, or estrogen receptor status.

These results suggest that among women living at least one year after a breast cancer diagnosis, regular aspirin use may reduce the risk of cancer recurrence and death. However, there are significant limitations of the study and aspirin should not be considered a standard treatment to prevent breast cancer recurrence. In addition, there are risks associated with regular aspirin use. Women with a history of breast cancer should talk to their doctors if they have further questions.

Reference: Holmes MD, Chen WY, Li L et al. Aspirin intake and survival after breast cancer. *Journal of Clinical Oncology* [early online publication]. February 16, 2010

wearing fake eyelashes, fake hair and fake breasts – feel beautiful, brave, proud and more of a person after the diagnosis than less,” Ellen explains. She says because he commended her for being brave and courageous, she was able to fight harder against the cancer.

Ellen says beyond his support of her during her treatments, he eagerly took on the role of supporter and promoter of Race for the Cure and the Three Miles of Men program. From attending meetings, offering words of encouragement to survivor spouses and recruiting friends, to be actively supporting her work with Race for the Cure, she says Kelly made her feel proud of the work she was doing.

We are very proud of this honor for both Kelly and Ellen. So many incredible people have been the support system of our Arkansas survivors. They may be a husband like Kelly, a mother, a daughter, a physician, a nurse, a best friend.... Thank you, Kelly for being a representative of the best in the people we love. We will be proud and teary eyed as we watch you accept this award.

Susan G. Komen for the Cure® Concerned Federal Screening Mammography Guidelines Beginning to Limit Access for Younger Women

When a federal panel late last year recommended that American women in their 40s need not get annual screening mammograms, Susan G. Komen for the Cure® raised concerns that the new guidelines would result in denial of the potentially life-saving procedure for too many young women.

Evidence appears to be building that those concerns over the U.S. Preventive Services Task Force guidelines may have been justified.

“Our great fear at Susan G. Komen for the Cure continues to be that women who should be getting mammograms aren’t getting them because of the confusion over this issue,” said Elizabeth Thompson, Komen for the Cure’s senior vice president of medical and scientific affairs. “As the world’s leading breast cancer organization, Komen’s position is unchanged: women in their 40s should have no impediment to regular mammography, and women at increased risk for breast cancer absolutely should be talking with their health care providers about screening.”

The Avon Foundation for Women released results of a survey showing fewer women under 50 are getting mammograms since the release of the new mammogram guidelines. The Avon study further showed that several states are cutting funding to screening programs aimed at low-income women.

Those new numbers follow a poll from the *Annals of Internal Medicine* released last week that shows, of the doctors who responded, 67 percent said they will stop

routinely advising women in their 40s to get annual mammograms and 62 percent will advise women 50 to 74 to get a mammogram every other year rather than annually. In addition, 41 percent will stop advising women to do monthly self-examinations and 19 percent will stop doing clinical breast examinations.

The Avon results and *Annals of Internal Medicine* poll numbers combine to paint a picture of potential obstacles for American women to receive regular mammography screening appropriate for their ages.

“Komen continues to advocate against attempts to cut funding for mammograms using USPSTF’s guidelines as cover,” Komen’s Thompson said. “As we do so, we’re proactively working toward better screening technologies for the long term.”

Several groups, including the American College of Radiology and the American Cancer Society, have echoed Komen’s concerns since the USPSTF issued its recommendations last November and have continued to urge women of average risk for breast cancer to begin annual screening mammography annually starting at the age of 40.

Since the onset of regular mammography screening in 1990, the mortality rate from breast cancer, which had been unchanged for the preceding 50 years, has decreased by 30 percent

Komen Library Pick – I Didn’t Order This Pink Ribbon

In *I Didn’t Order This Pink Ribbon*, first-time author Alice Krumm not only offers women and their families practical advice for pre- and post- surgical aspects of surviving breast cancer, she also shares her unique story to empower other women to trust their instincts, their education, and their feelings, so they, too, can make the right decisions for themselves and their families.

Through powerful personal revelations, Alice captures the full gamut of physical strain and emotional stress overcome by women who under- go breast cancer treatment. She touts the importance of believing in yourself to open up to the love and support offered by family and friends. Family members of breast cancer patients will find their feelings reflected in the writings of Alice’s husband, daughters, and parents, whose struggles and triumphs punctuate her path to recovery.

Also included, in Part 2, is a 35-page indexed guide of terms and tips for those undergoing treatment for breast cancer. The author’s background as a surgical nurse and nursing instructor makes this guide a helpful resource and this author a qualified communicator.

RALLY FOR THE CURE



Rally for the Cure®

Rally is about people who are committed to making an impact in the fight against breast cancer. It is Ambassadors and supporters, who have taken the simple event format and used it to *plan* a terrific activity while educating their community and inspiring others to join the fight against breast cancer.

Rally provides all the materials to support your activity including decorations, prizes, goody bags, pink ribbon pins and other items. Most people choose to Rally through golf or tennis, but it is easily adaptable to other activities.

For more information, visit www.rallyforthe cure.com

GRANTEE SPOTLIGHT:



The White River Breast Care Alliance is a program administered by White River Rural Health Center, Inc. (White River) to meet the needs of uninsured or underinsured women who are in need of breast care services. The program provides free clinical breast exams, breast care education, mammograms, and surgical consultation to women who have no coverage for these services. In addition, women who receive a recommendation for breast biopsy or excision from the surgeon will be provided a free or reduced cost biopsy or excision. The target population includes women who are living in or can travel to the White River Rural Health Center, Inc. service area and meet income and insurance coverage guidelines. The service area consists of the following counties: White, Woodruff, Cross, Jackson, Craighead, Prairie, Lonoke, Monroe, Independence, and Cleburne.

Train the Trainer

The Arkansas Affiliate of Susan G. Komen for the Cure would like to congratulate the following for completing the Train the Trainers course on February 23rd. They are:

- Bart Coates
- Glenda Berry
- Donna Johnson
- Michelle Trevino
- Deb Flynn
- Deborah Pitts
- Gail Ann Runnells
- Isabelle Monroe



Exercise and Green Tea May Help Breast Cancer Survivors Beat the Blues

Exercising and drinking green tea may help prevent depression among breast cancer survivors, according to the results of a study published in the *Journal of Clinical Oncology*.^[1]

Depression is a major concern among breast cancer patients and survivors. Some estimates report that the prevalence of depression in this population is as high as 55%.^[2] Depression can reduce quality of life and also potentially affect survival.

Researchers from Vanderbilt University conducted a study to determine whether lifestyle factors prevented depression among breast cancer survivors. They analyzed activity levels; food, tea, and alcohol consumption; smoking; and supplement use among 1,399 Chinese women who were treated for breast cancer in Shanghai, China, between 2002 and 2006.

Eighteen months post-diagnosis, 26% of women experienced depressive symptoms and 13% met the criteria for clinical depression. Women appeared to benefit from regular exercise—exercisers were 20% less likely to be mildly or clinically depressed. Furthermore, the higher the exercise level, the lower the likelihood was for depression. When compared with non-exercising women, those who exercised two hours per week were 28% less likely to be depressed, and those who exercised more than that were 42% less likely to be depressed.

Regular consumption of green tea also appeared to reduce the risk of depression. Among the 183 women who drank tea, the risk of depression was about 36% lower compared with the non-tea drinkers. The majority of tea drinkers (90%) reported drinking green tea.

The researchers concluded that regular exercise and tea consumption could help prevent depression among breast cancer survivors.



References:

[1] Chen X, Lu W, Zheng Y, et al. Exercise, tea consumption, and depression among breast cancer survivors. *Journal of Clinical Oncology* [early online publication]. January 4, 2010.

[2] Burgess C, Corneliu V, Love S, et al. Depression and anxiety in women with early breast cancer: Five year observational cohort study. *British Medical Journal*. 2005; 330: 702.

Banking on a Promise



Haven't you always wanted to show the Arkansas Affiliate of Susan G. Komen for the Cure® wherever you go? Well, now is your chance. Learn how Bank of America is supporting our promise with uniquely designed credit cards, debit cards and checks.

Free Mini Conference

The Arkansas Affiliate of Susan G. Komen for the Cure invites you to attend

Breast Cancer:
"Don't forget about the Bones!"
presented by

Larry J. Suva, PhD
Sarah B. Harrington, MD
Jan Pettigrew, PhD
Laura Newman, Breast Cancer Survivor

Saturday, April 17, 2010
8:30a.m.-11:30 a.m.

St. Vincent Main Campus
Center for Health Education
2 Saint Vincent Circle
Little Rock, AR 72205

RSVP required by Thursday, April 15th to
501.552.3433 or agarner@stvincenthealth.com.



Breast Cancer Support Groups

BHMC-NLR

Bosom Buddies

3rd Monday of every month, Petit Jean room, 3rd floor
11:00 am - 1:00 pm
For more information, call (501) 202-7386.

Bentonville

Together Let's Cope

Mercy Health Center
3101 SE 14th St.
Bentonville, AR 727712
479-986-6040

Fort Smith

Donald W. Reynolds Cancer Support House

Offers multiple group sessions and classes
3324 S.M St.
Fort Smith, AR 72903
479-782-6302

Greenbrier

Roses Among Thorns

Springhill Baptist Church
25 Hwy 287
Greenbrier, AR 72058
501-472-1120

Hot Springs

Cancer Support Group

St. Joseph's Mercy Cancer Center
1455 Higdon Ferry Road
Daffodil Room
Hot Springs, AR 71913
501-622-4730

Pink Ribbon Sister

McAuley Senior Center
5010 N. Hwy. 7
Hot Springs, AR 71909
501-622-4113

Jonesboro

Cancer Support Group
Northeast Arkansas Medical Center's Hope Circle
311 E. Matthews Ave.
Jonesboro, AR 72401
870-935-3196

Northeast Arkansas Breast Cancer Support Group
Holiday Inn
3006 S. Caraway Road
Jonesboro, AR 72401
870-935-3196

Sisters in Survival
Mount Carmel Methodist Church
4000 Southwest Drive
Jonesboro, AR 72404
870-919-2851

Little Rock

American Cancer Society
Little Rock Office
901 N. University Ave
Little Rock, AR 72207
501-664-3480

Bosom Buddies
Baptist Health
9500 Kanis Road
Little Rock, AR 72205
501-202-7386

BreastCare
4815 W. Markham St.
Little Rock AR 72205
1-877-670-CARE
Arbreastcare.com

Cancer Friends & Family
Pulaski Heights United Methodist Church
4823 Woodlawn Ave.
Little Rock, AR 72205
501-223-3575

Faithful Friends
Christ the King Catholic Church
4000 N. Rodney Parham Road
Little Rock, AR 72212
501-664-4510

Just Between Friends
5001 W. 34th St.
Little Rock, AR 72204
501-568-0971

New Outlook: The Women's Cancer Recovery Support Group
St. Vincent Health System
2 St. Vincent Circle
Little Rock, AR 72205
501-552-3900

North Little Rock

Bosom Buddies
Baptist Health Medical Center
333 Springhill Drive
North Little Rock, AR 72116
501-202-6888

Pine Bluff

Caring Bosom Friends
303 N. Maple St.
Pine Bluff, AR 71601
870-534-5852

Friends

Cook's Kitchen
3700 Olive St.
Pine Bluff, AR 71603
870-879-2813

Sherwood

New Outlook: The Women's Cancer Recovery Support Group
St. Vincent Rehabilitation Hospital
2201 Wildwood Ave.
Sherwood, AR 72120
501-552-3900

If you would like to include information about your support group, please email nikeba.davis@baptist-health.org



