

CHECK FOR A LUMP

FREE WIGS!



A FREE MAMMOGRAM SAVED MY LIFE!



READ JENNIFER BUDD'S STORY ON PAGE 17

ARIZONA CENTER FOR RECONSTRUCTIVE BREAST SURGERY TOP DOCTORS!



CIGNA & CARDINALS CELEBRATE SURVIVORS



TAKING IT ON TOGETHER

Cigna is dedicated to helping women in their fight against breast cancer. Find resources [here](#).



Together, all the way.®

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BREAST RECONSTRUCTION: KNOW YOUR OPTIONS.

Breast reconstruction is our passion. As caring surgeons and artists, we combine reconstructive and cosmetic surgery expertise to provide you with beautiful results fitted to your individual, unique look, and lifestyle. We specialize in state-of-the-art breast reconstruction procedures including nipple sparing mastectomy, direct-to-implant, pre-pectoral (above the muscle) and DIEP flap (using your own tissue) reconstruction. Combining decades of education and experience with a discerning eye and artistic touch, we deliver the natural results you desire.



Physicians Bryan Gawley, MD and Jennifer Geoghegan, MD are shown above. To learn more about their work and the other surgeons at the Arizona Center for Reconstructive Breast Surgery, visit AZBREASTCENTER.ORG



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CHECK FOR A LUMP

Accolades to our Organization

TOGETHER WE ARE
MAKING A DIFFERENCE



CHECK FOR A LUMP



The DOCTORS
ABC15 | NBC 12
AZTV Arizona Daily Mix
CW6 Positively Arizona
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Dr. Jennifer King Show
In the Green Room
Voice America Radio
Phoenix Business Radio X



THE
HUFFINGTON
POST

Arizona Health & Living
Breast Cancer Wellness
frontdoors
Medical Professionals Phoenix
Moon Valley Tattler
North Phoenix Family
Phoenix Business Journal
YWCA Blog



- Women Who Move The Valley
- Most Influential in Valley Non-Profit
- Local Trendsetter



www.checkforalump.org



Meet the Check for a Lump! team

FOUNDER



Holly Rose **Founder | Member**

I LOVE my job and our team! Having battled breast cancer and faced my own mortality, I am passionate in empowering women to help save lives through our free education/prevention program and our mammogram/testing program. I am extremely proud of our free wig program that provides women the comfort and normalcy every woman deserves during a terrifying time in her life. I am honored to be the steward of our community's generosity to truly make a difference in the fight against breast cancer!

STAFF



Angie Knope
Community Engagement Director

I am a breast cancer survivor and was initially a Wig Out client of Check for a Lump. Now I am thankful to be on the other side and help educate and support other women who are fighting the battle. I am proud to be a part of such an amazing team of passionate and inspiring women.



Laura Pentsa
Director of Programs

Having survived breast cancer myself, I absolutely love that I now have the opportunity to give back and help others who are fighting, or even better prevent them from ever needing to go into battle!

BOARD MEMBERS



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Want to help us make a difference in the fight against breast cancer locally? Contact us for ways you can contribute your talents. Email us at outreach@checkforalump.org

TAKING IT ON TOGETHER

Cigna is dedicated to helping women in their fight against breast cancer. Visit [Cigna.com](https://www.cigna.com) and search “breast cancer” for support and resources.



Together, all the way.®

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STRONGER TOGETHER

**Sonora Quest is
proud to support
Check for a Lump**

Help empower women. Learn how at
www.checkforalump.org.



Our mission is to provide free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support and resources in Arizona.

OUR PROGRAMS ARE SAVING LIVES!

EDUCATION PROGRAM

We are highly invested in bringing the latest evidence based information to our community. Our education program brings awareness to the facts and guideline regarding breast cancer, and promotes early detection in order to help save lives. We provide invaluable prevention tips so women and men can lower their risk of breast cancer and overall incidence. Our education is dispersed through our annual free magazine publication, wellness workshops, health fairs, community events, social media, monthly newsletter and more. Invite us to present our free wellness workshop or deliver our free magazines. info@checkforalump.org

FREE WIG PROGRAM

Our wig program provides free wigs to breast cancer patients undergoing chemotherapy treatment in Arizona. Our wig program is extremely innovative! It is different from every other wig program in our state. Others operate as a wig bank with limited choices on hand. Our program is not a wig bank. Our clients have the privilege of walking into a normal wig shop and selecting any wig of her choice, so she can keep her identity and we pay the bill, up to \$250. We have assisted over 1,700 women with a free wig since our inception. We are now providing nearly one wig a day to women in treatment for breast cancer allowing them the dignity and normality they deserve.

FREE MAMMOGRAM PROGRAM

In April 2019 we launched our mammogram program to fill the gap for free screenings and diagnostic testing to women in need that Komen created when they exited Arizona in 2017. Our program provides underinsured and uninsured women with a free screening mammogram in addition, we provide free diagnostic testing if follow-up care is recommended including diagnostic mammogram, ultrasound, biopsy, pathology and MRI. Women have the choice to fill out our application online and go to our partnering imaging center or attend on our monthly mobile mammogram events to reach women where they live. Please visit our website to apply or to find a mobile event. www.checkforalump.org or call 602-688-5232.

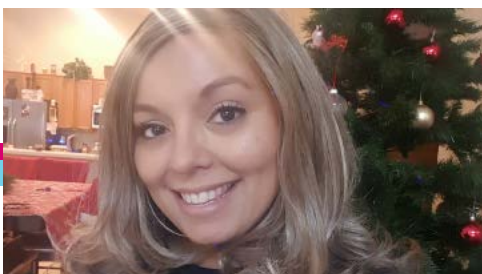
SUPER SURVIVORS PROGRAM

Supporting breast cancer patients, survivors, and their caregivers by hosting free Super Survivors Unite gatherings. We meet live and/or virtual the second Thursday of every month for a super fun free activity to connect with fellow survivors, provide resources, and support.



SUPER SURVIVORS

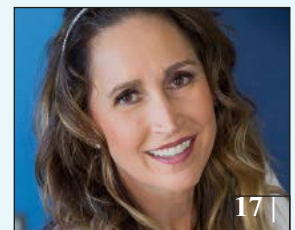
Contact us at: **602-688-5232** or email to: outreach@checkforalump.org





FEATURES

- 8 | Our mission
- 10 | PINK OUT 5K – Support local
- 12 | Breast screening guidelines
- 17 | COVER STORY: Meet Jennifer—
A free mammogram saved her life!
- 18 | FREE MAMMOGRAMS!
- 22 | Follow our PINK PATH on your recovery road
- 34 | Circle of giving
- 44 | Knowledge is power
- 48 | FREE WIGS FOR BREAST CANCER PATIENTS!
- 54 | Scared straight
- 65 | What breast implant is associated anaplastic
large cell lymphoma (BIA-ALCL)?



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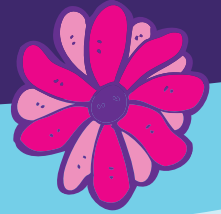
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**CHECK FOR
A LUMP**



5th Annual **PINK
OUT
5K**



OCTOBER 2ND | 8:00 AM

Steele Indian School Park
300 E Indian School Rd.

SUPPORT LOCAL • FAMILY FRIENDLY EVENT

Live Music • Kids Zone • Vendors • Food
Trucks • Free Mammograms and More!

WWW.CHECKFORALUMP.ORG



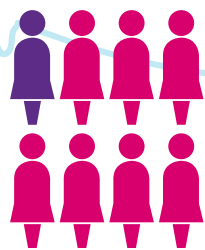
PINK OUT 5K RAISES OVER \$65,600.00!

WOW! What an incredible PINK OUT 5K thanks to our awesome community! It was a giant success!!! Our community brought out over 800 participants to walk, run or dance their way through our 5K at the scenic Steele Indian School Park with the Jake Ryan Band rocking us all the way. We had over 200 volunteers including Secretary of State Katie Hobbs, Arizona Coyotes Paw Patrol, 3 high school cheer teams, 2 brownie/daisy troupes, almost every chapter of the National Charity League bringing close to 100 of our volunteers, and various company volunteers. Our Vendor Village was filled with over 30 local vendors, cancer resources, and food trucks. Arizona Oncology won the award for the largest team at 57 participants for the second year in a row! Lerner & Rowe had a huge showing 55 members and ADP had a Team of 40. Again, Openworks, with help from Jennifer Jones, won the award for top fundraiser raising \$5,785! Mary Marcelli brought together Mary's Tribe from Larry Miller's Auto Group and raised \$3,967 and Debbie's Butterflies raised \$2,457! We also provided free mammograms to women in the community at the event!

Our deepest appreciation to every sponsor, participant, vendor, food truck, volunteer, band members, singer, board members and more. Our thanks to everyone who shares our values and believes that supporting and investing in our local community is the best value and branding! Thank you for believing in Check for a Lump! and helping us to continue the circle of giving in our breast cancer community and beyond!

Together we are making a difference in the fight against breast cancer locally. With your support our 2019 PINK OUT 5K raised **\$65,674.28!!!!** All profits will be invested back into our community to provide free mammograms to women in need, free wigs for women battling breast cancer and free breast health education to help save lives! We hope you will join us at our 5th Annual PINK OUT 5K!





APPROXIMATELY
1 IN 8
WOMEN WILL BE
DIAGNOSED
WITH BREAST CANCER

284,200

NEW CASES OF BREAST CANCER ARE
DIAGNOSED EVERY YEAR IN THE U.S.

AICR estimates that

33%

of U.S. breast cancer
cases or about



could be prevented
through proper nutrition
and lifestyle choices

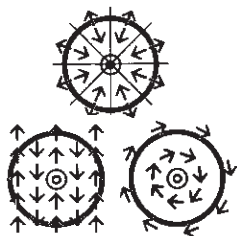
IN 2021
it is estimated

5,850

WOMEN WILL BE
DIAGNOSED WITH
BREAST CANCER
IN ARIZONA.

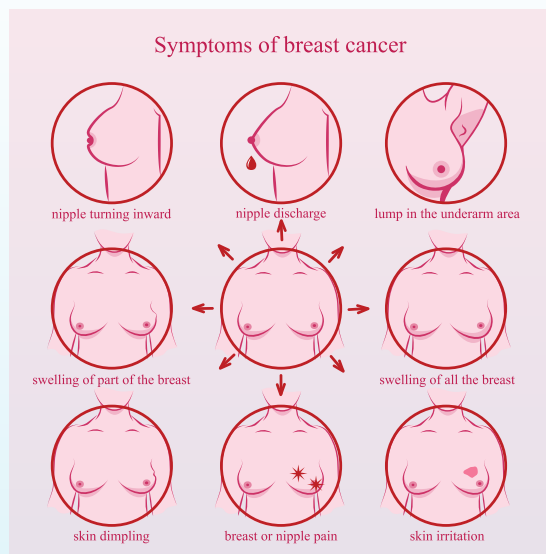
BE BREAST AWARE

We strongly recommend you perform monthly self-exams in to order to be "BREAST AWARE" - the new common term. Having a regular schedule to check for changes in your breasts helps you know what is normal for you, and potentially discover an abnormality earlier. While attending the American Association for Cancer Research Annual Meeting we heard esteemed Dr. Laura Esserman of the UCSF Carol Franc Buck Breast Care Center speak and share the fact that 70% of breast cancer is detected from a woman finding a palpable mass on her own – something you can feel, touch, see. We polled our breast cancer wig clients and 69% reported to find breast cancer through a self-exam. The Young Survival Coalition reported that 80% of young women find breast abnormalities on their own. Check for a Lump!



SELF EXAM - While lying on your back, or in the shower, place your right hand behind your head. Check segments of your breast at a time using the pads of your fingers firmly pressing down. Screen in a clock pattern, for example twelve – one o'clock from the top portion of your breasts towards your nipple. Repeat in the next segment 1-2 o'clock covering all of the

breast tissue. Squeeze your nipple to check for discharge. Also check for abnormalities in your armpit as this is typically the first place cancer will travel to. Repeat the process on your left breast. If you find anything suspicious that does not go back to normal quickly you will want to follow up with your doctor.



CLINICAL EXAM - While at your routine ob/gyn appointment, ask your doctor or health practitioner to perform a clinical exam. 12% of our wig clients with breast cancer discovered breast cancer through a clinical exam. A clinical exam takes only a few minutes and is absolutely free. It is one more line of defense.

HOW OLD SHOULD A WOMAN BE WHEN SHE HAS HER FIRST MAMMOGRAM? HOW OFTEN SHOULD SHE HAVE A MAMMOGRAM?

Not all experts agree on the answer to this question. If a woman is at average risk:

There is considerable controversy across the board as to when women should begin receiving mammograms, and, as to how often they should receive them. This past year we invested time to dive deep into this topic and we are in

agreement with the United States Preventative Services Task Force that women should assess their risk and consult with a doctor prior to deciding on when to receive a mammogram.

CHECK FOR A LUMP! AGREES WITH THE GUIDELINES PRESENTED BY THE UNITED STATES PREVENTATIVE SERVICES TASK FORCE...

AGES 40-49:

The USPSTF says the decision to start screening mammography in women before age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin screening every two years between the ages of 40 and 49 years.



AGES 50-74:

The USPSTF recommends screening mammography every two years for women ages 50 to 74 years.



AGES 75+:

The current evidence is insufficient to assess the balance of benefits and harms of screening mammography in women 75 years and older.



As these guidelines show, there is general agreement that women 50 years of age and older should have mammograms. But there is a longstanding controversy as to whether women between the ages of 40 and 49 should also have routine mammography screening.





SOME PEOPLE SAY, "WHAT'S THE HARM" Why not screen? There are a couple of reasons:

- Women between 40 and 49 typically have denser breast tissue. On a mammogram, this dense breast tissue shows up as white—which is the same color as a cancer appears on a mammogram. With menopause, which typically begins around age 50, the dense tissue in women's breasts is replaced with fatty tissue, which looks gray on a mammogram. It is much easier to see the white cancer against this gray background. That's why mammography works better on women aged 50 and older.
- Many abnormalities seen on mammograms may not be cancer (these are called false positives), but they will prompt additional testing and anxiety. In fact, as many as three out of 10 women who begin annual screening at age 40 will have an abnormal mammogram during the next decade, and the majority of these will end up having biopsies—only to learn that the test was a false positive.
- To date, eight randomized controlled trials have found that mammography screening for women between 40 and 49 had no effect on mortality.

Why would this be? Mammography is far from a perfect screening tool. It may help you find your cancer early, but finding a cancer "early" is not a guarantee that your life will be saved. We now know there are different types of cancers and how quickly a cancer progresses has more to do with the type of cancer a woman has than when it is found.

Not sure what to do? Probably the best way for a woman to decide when to begin having mammograms is for her to discuss personal risk factors for breast cancer with her physician.



DR. SUSAN LOVE FOUNDATION
for breast cancer research

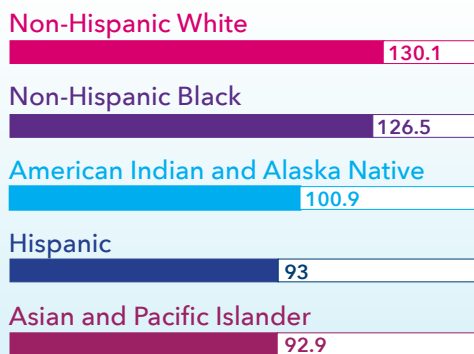
Our gratitude to the Dr. Susan Love Research Foundation for sharing their expert knowledge to educate our community. Please help in their efforts to improve breast health research and sign up for their Army of Women - a revolutionary initiative changing the face of breast cancer research. Their goals are:

- Recruit women and men of every ethnicity with and without a breast cancer diagnosis and those of high risk.
- Connect researchers with women and men who are willing to participate in breast cancer research studies.
- Challenge the scientific community to expand its current focus to include breast cancer prevention research conducted on people.

INCIDENCE AND DEATH RATES BY RACE

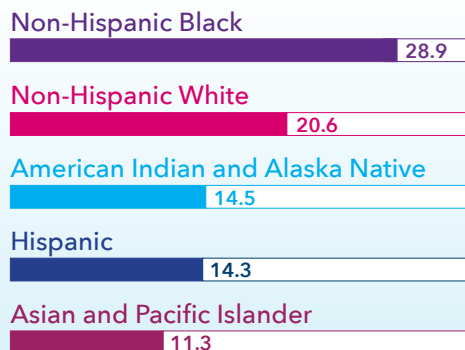
INCIDENCE RATES - 2011-2015

Breast (female), by race and ethnicity



DEATH RATES - 2012-2016

Breast (female), by race and ethnicity





HIGH RISK FACTORS

- WOMEN WHO HAVE INHERITED A BREAST CANCER MUTATION
- WOMEN WITH A FAMILY HISTORY OF BREAST CANCER
- WOMEN WITH ATYPICAL HYPERPLASIA (A PRECANCEROUS CONDITION THAT AFFECTS CELLS IN THE BREAST)
- WOMEN WITH A PERSONAL HISTORY OF BREAST CANCER
- WOMEN WHO HAVE A GAIL RISK SCORE DETERMINED BY YOUR DOCTOR OF 1.66 OR HIGHER
- WOMEN WHO HAVE DENSE BREASTS



KNOWN RISK FACTORS

- **Gender**—Breast cancer is 100 times more common in women than men.
- **Age**—A person's risk of cancer increases with age.
- **Family history**—About 30% of women who develop breast cancer have a family history of the disease.
- **Reproductive factors**—The younger a woman is when she gets her first period and the older she is when she goes into menopause, the more likely she is to get breast cancer.
- **Pregnancy**—Women who have never been pregnant are at higher risk than are women who have a child before 30. However, women who have their first pregnancy after 30 have a higher risk than those who have never been pregnant.
- **Radiation exposure**—Radiation is a known risk factor for cancer in general. Several major studies have confirmed the link between radiation and increased risk of breast cancer.
- **Previous abnormal breast biopsy**—If a biopsy indicates that a woman has atypical hyperplasia, she has about a four times greater risk of developing breast cancer.
- **Diethylstilbestrol (DES)**—In the 1940s through the 1960s, doctors gave some pregnant women DES because it was thought to reduce the risk of miscarriage. These women have a slightly increased risk of developing breast cancer.
- **Hormone replacement therapy (HRT)**—Long-term use (several years or more) of HRT slightly increases breast cancer risk.
- **Alcohol**—Studies indicate that drinking alcohol slightly increases risk.
- **Obesity**—Studies indicate being overweight increases breast cancer risk, especially for postmenopausal women. This is because fat tissue increases estrogen levels and high estrogen levels increase breast cancer risk.
- **Physical activity**—Studies suggest that exercise reduces both breast cancer risk and the risk of a cancer recurrence.

YOUR HEALTH IS IN YOUR HANDS

TAKE 5 MINUTES TO LEARN YOUR PERSONAL CANCER RISK AND GET SIMPLE STEPS TO TAKE CHARGE OF YOUR BREAST AND OVARIAN HEALTH.

To assess your risk go to: www.brightpink.org



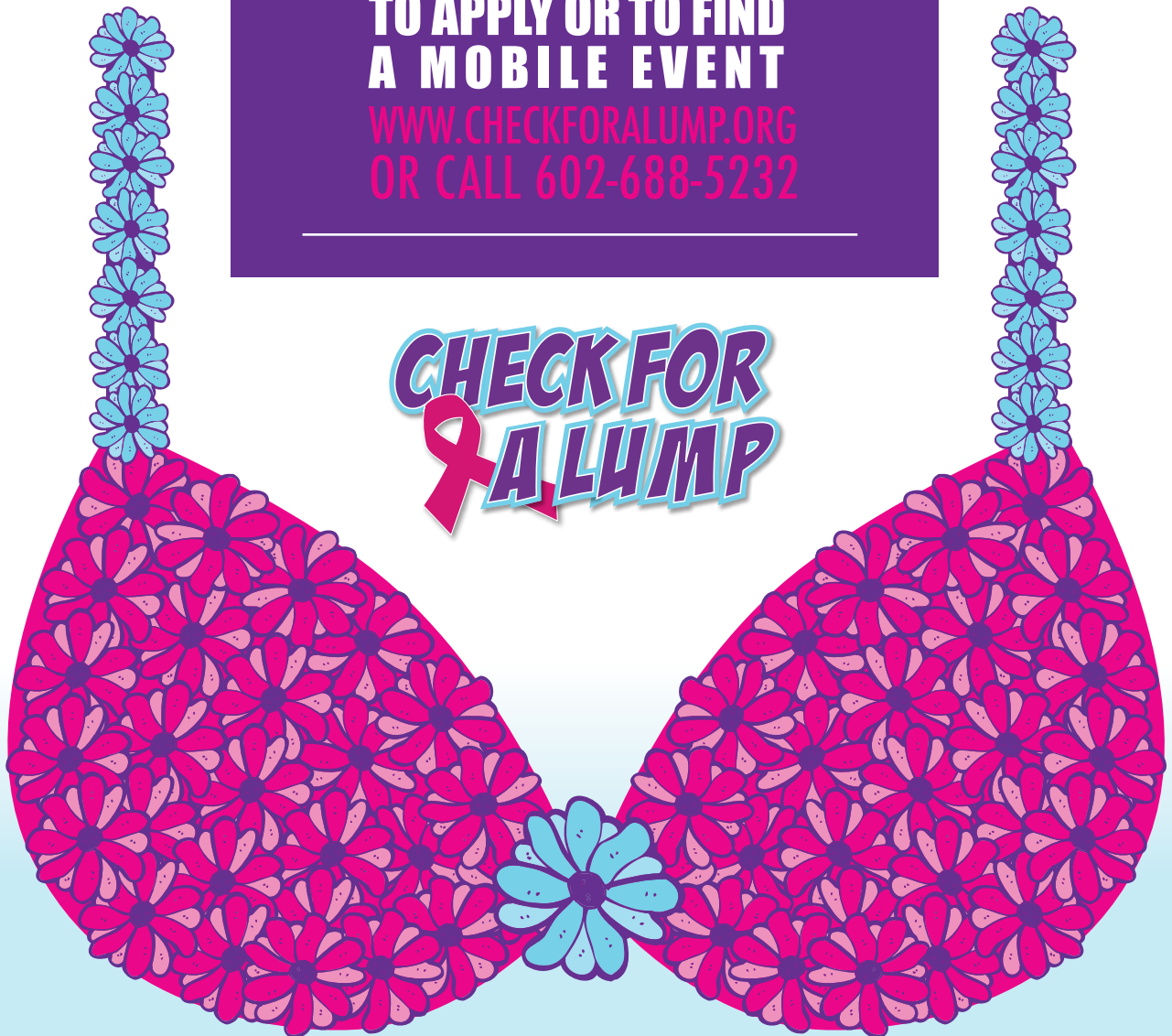
assessyourrisk
BY BRIGHT PINK

FREE MAMMO GRAMS!

VISIT OUR WEBSITE
TO APPLY OR TO FIND
A MOBILE EVENT

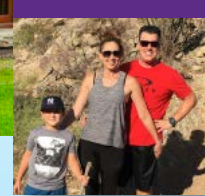
WWW.CHECKFORALUMP.ORG
OR CALL 602-688-5232

**CHECK FOR
A LUMP**





—Jennifer Budd

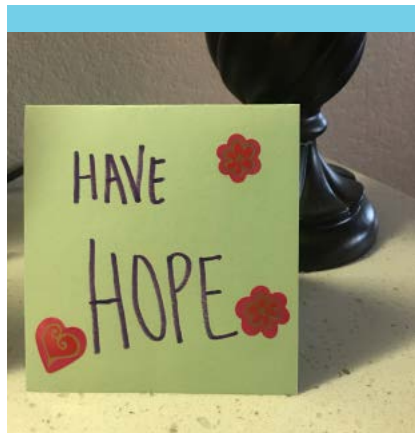


I AM SO THANKFUL TO CHECK FOR A LUMP! WITHOUT THEIR FREE MAMMOGRAM PROGRAM I DON'T KNOW WHERE I WOULD HAVE GONE OR DONE!

In June of 2018 I moved from Southern California, where I was born and raised in Huntington Beach, to Chandler AZ. My husband and I wanted a fresh start in a calmer state. AZ offered that. After Menopause, my mom was diagnosed with breast cancer. My mom had taken estrogen therapy so in turn, I avoided estrogen therapy when I went through Menopause. It didn't seem to matter. I still found a lump.

Seeing I hadn't been in AZ that long and I had missed the window for insurance, I didn't know where to go. Fortunately, a gentleman that worked at the Marketplace insurance for the state suggested I try, **Check for a Lump!** I immediately went to their website and called them. They directed me where to go to get a referral for a doctor's order for a diagnostic mammogram. Once I received the referral, **Check for a Lump!** gave me a choice on where to go and I set up my appointment.

In the meantime, **Check for a Lump!** sent me a packet of information. In the packet I received a handmade card that said, "Have Hope". My initial reaction was, "Why is she sending this? I don't have cancer. I am just doing what I should do to get it checked. Surely, it's a cyst.



"I am way too young and healthy to have cancer." I saved that card though . . . just in case. I put it in my cupboard. After I received my mammogram, while I was still in the office, the doctor that reviewed my mammogram told me he wanted me to get a biopsy. "Really? Ugggg! "It's ok" I told myself. "It's not cancer."

Next was the biopsy, which again, **Check for a Lump!** set up and paid for. I went to that appointment and while I was on the table, I told the nurse. "It will be fine, It's a cyst."

Well, after that, I received the dreaded, "We have to set up a plan, you have cancer call." I was stunned, sad, scared, angry. I felt like someone just punched me in the gut. This WAS NOT part of my plan! I have

kids! I have plans! I just moved to AZ for crying out loud! I moved to get a fresh start, not cancer!

Now that this is behind me, I have to say it was all in God's plan that I move to AZ. I have received the best care! If it wasn't for **Check for a Lump!** I don't know where I would have gone, or what I would have done. I am so thankful! I am cancer free now! I didn't have to go through Chemotherapy because I caught it so early, and I still have my little "Have Hope" card sitting on my desk. It's a daily reminder that other people really do care.

CHECK FOR A LUMP

FREE MAMMOGRAMS!

Check for a Lump! offers a free mammogram program to assist underinsured and uninsured women in Arizona with free screening mammography. In addition, if follow-up tests are recommended we will also provide free diagnostic mammograms, ultrasounds, biopsies and pathology. If breast cancer is found we can help direct a woman to resources for treatment on her pink path. Don't wait until October! Apply for a free mammogram using our online application or view our calendar for upcoming free mobile events near you at www.checkforalump.org

Michelle



"The reason I came here for a mammogram is because I needed one. I'm eight years out from breast cancer so I want to make sure I don't have breast cancer and this is a yearly exam for me.

I don't currently have insurance so this mom-mobile is a godsend for me. I saw it on the local news and that is why I'm here. I really appreciate all the women here who have reached out and taken care of me today. Thank you Check for a Lump!"

Maureen



"I just googled on the internet and made some phone calls, and here I am.

I am thankful and just grateful that I'm able to participate. I had my mammogram four years ago and now I get another one free. I'm thankful, so thankful! There are so many people here and it's just great. Thank you!"



Alice

"It's extremely important to have a mammogram done every year as breast cancer can take your life.

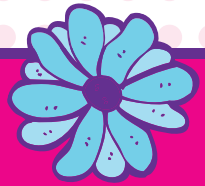
Mammograms can save you, and that's what we need to do, is save the tatas."

Julee



"I got a mammogram today because when I was 26 I found a lump and we had to go through a whole process and have it removed.

My doctor suggested I get one annually so I've had a mammogram yearly ever since. And it's very important to me because my sister-in-law passed away at 39 with breast cancer and left four little kids. So my husband and I feel like this is something I should do."



Bianca

I found a lump on my breast, due to a history of breast cancer in the family the Dr's wanted to get a mammogram done as soon as possible.

I currently don't have health insurance, if it wasn't for this organization and its sponsors, I would not be able to afford this mammogram on my own.

To me this is very important, I am a single mother of two young kids and as I mentioned I have history of breast cancer in my family so early diagnosis could be lifesaving.

Words cannot express how grateful I am to Check for a Lump! Organization and all the sponsors because their kindness and generosity I was able to get a mammogram with a diagnosis without waiting too long and at no cost!



Linda

"Thank you so much I just really appreciate this. I work with an airline and I'm on a regular plan and they have no well woman coverage at all, so everything we pay is out of pocket.

This is the first time that I've done this and I found it from being on the phone just calling around to different places and someone recommended you. And I am just so blessed to be able to do this and to take care of my body. Thank you very much!"



Gwen

"Thank you very much. I want to tell you this is the first time I haven't had health insurance in five decades, so it was very important to me to be able to take care of myself, and I was told that there are services during October for Breast Cancer awareness month and sure enough Check for a Lump! came up and I made an appointment.

Everyone has treated me with dignity and respect and so caring and nice. I got a 3D state of the art mammogram and they will read and send me the result and then there's this party afterwards.

I just want to say thank you from the bottom of my heart, I really appreciate it Check for a Lump!"



Cleidy

For me a mammogram has an important meaning because the life of each one of us depends upon it. It is a priority to get the exam in order to know that there is no disease and we are healthy and can have a normal life. If they happen to detect something that is not what it should be we have time to be able to prevent the disease and focus on it. It's a great resource so we can have a longer life to live.



We're Here For Your Peace of Mind

Schedule Your Mammogram Today



**SCHEDULE
ONLINE**



3D + SMARTCURVE™
ACCURACY & COMFORT



RESULTS WITHIN
2 BUSINESS DAYS

PHOENIX-AREA LOCATIONS

2081 W. Frye Rd., Bldg. E, Ste. 110
Chandler, AZ 85224

11220 N. Tatum Blvd., Ste. 105
Phoenix, AZ 85028

18699 N. 67th Ave., Ste. 110
Glendale, AZ 85308

1661 E. Camelback Rd., Ste. 140
Phoenix, AZ 85016



Schedule Online | SolisMammo.com

I am the
1 in 8

1 in every 8 women will develop breast cancer in her lifetime.¹

If caught early, the five-year survival rate is nearly 100%.²

“I opted for the Genius™ 3D™ mammogram because early detection is what saved my life.”

Sheryl Crow, Breast Cancer Survivor and Nine-time Grammy® Award Winner

Available in all 50 states, the **Genius™ 3D MAMMOGRAPHY™** exam is the only mammogram proven to detect breast cancers **15 months earlier**³ and find **41 percent** more invasive cancers⁴ than conventional mammography alone. **Go to FindMyGeniusExam.com to locate a Genius™ 3D™ facility near you.**

genius[™]
3D MAMMOGRAPHY

Genius™ 3D MAMMOGRAPHY™ exams are only available on the Hologic Selenia® Dimensions® system. Please consult your physician for a complete list of benefits and risks associated with mammography.

References: 1. <http://www.cancer.gov/types/breast/risk-fact-sheet>. 2. <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-survival-by-stage>. 3. McDonald, E.S., Oustimov, A., Weinstein, S.P., Synnestvedt, M.B., Schnell, M., and Conant, E.F. Effectiveness of Digital Breast Tomosynthesis Compared with Digital Mammography. JAMA Oncol. 2016;2(6):1-7. Doi:10.1001/jamooncol.2015.5536. 4. Friedewald SM, Rafferty EA, Rose SL, et al. Breast cancer screening using tomosynthesis in combination with digital mammography. JAMA. 2014;311(24):2499-2507.

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DON'T PANIC THERE ARE MANY BENIGN (NOT CANCEROUS) CONDITIONS THAT MAY CAUSE LUMPS AND OTHER NOTICEABLE SYMPTOMS IN YOUR BREASTS.

SCHEDULE AN APPOINTMENT WITH YOUR OB/GYN OR HEALTH PRACTITIONER

Don't delay! Early detection can be life-saving when it comes to breast cancer. If your doctor has any reason for concern, he or she will order tests for you to further investigate.

These tests may include a diagnostic mammogram, ultrasound, biopsy or MRI. **We highly recommend you visit Solis Mammography at <https://www.solismammo.com>**

SCREENING/DIAGNOSTIC MAMMOGRAM

Depending on your practitioner they may schedule this at their office or a local imaging center.

In past years, they have offered free mammograms in October and other times during the year. If you are in need we also host free mammogram events throughout the year.

See www.checkforalump.org for more info.

ULTRASOUND

Your practitioner may schedule an ultrasound to follow your diagnostic mammogram.

WHAT IS AN ULTRASOUND?

A breast ultrasound uses sound waves to make a computer image of the internal breast. Ultrasound images are used to further evaluate the abnormality. An ultrasound can detect if the mass is solid or filled with fluid, such as a non-cancerous cyst. It can also be used to determine the size and composition of the surrounding tissue.

BIOPSY

If there are concerns after your mammogram and ultrasound, your doctor may order a biopsy.

WHAT IS A BIOPSY?

A biopsy removes tissue from the breast through a needle or surgery. The cells are then viewed under a microscope to determine if they are cancerous or not. A biopsy is the only diagnostic procedure that can identify if the suspicious area is cancerous.

Keep in mind that 80% of women who have a breast biopsy do not have breast cancer.

MRI

Magnetic Resonance Imaging (MRI) is often used to determine the stage of breast cancer. It may also be used as a diagnostic tool for women who are at high risk of developing breast cancer.

WHAT IS A MRI?

A MRI creates detailed 3-D images of the breast. Using the strong magnetic fields, it allows doctors to further evaluate any abnormalities.



I'VE BEEN DIAGNOSED WITH BREAST CANCER

DON'T PANIC BREAST CANCER IS NOT A DEATH SENTENCE. IF YOU FIND BREAST CANCER IN THE EARLY STAGES YOU HAVE CLOSE TO **100% CHANCE OF SURVIVAL.**

FOLLOW OUR PINK PATH TO YOUR RECOVERY ROAD

Breast Cancer is scary to navigate. We have partnered with highly reputable doctors in our community to provide you with the best possible treatment on our recommended path. Please contact us if you have any questions.

MEDICAL ONCOLOGIST

Your medical oncologist manages and treats your breast cancer using chemotherapy and other medications such as targeted therapy. They monitor and evaluate your progress, and collaborate on your best options with your other medical caregivers. **We highly recommend Arizona Oncology | www.arizonaoncology.com**

BREAST SURGEON

Your breast surgeon's goal is to remove any cancerous tissue from your breasts. This is done through lumpectomy or mastectomy. Treatment will depend on the type and stage of cancer. Your doctor will discuss with you all of your available options. They may also remove some of your lymph nodes underneath your arm to detect if cancerous cells have traveled outside of the breast. **We highly recommend Comprehensive Breast Centers of Arizona | www.azbreastcenter.org**

PLASTIC SURGEON

Your plastic surgeon provides breast reconstruction following a mastectomy or lumpectomy. There have been many advances made in the breast reconstruction field, allowing patients to enjoy natural looking outcomes. Plastic surgeons can often reconstruct a woman's breast with incredible results. **We highly recommend Arizona Center for Reconstructive Breast Surgery | www.azbreastcenter.org**

RADIATION ONCOLOGIST

Your radiation oncologist uses ionizing radiation (such as megavoltage X-rays or radionuclides) in the treatment of cancer. **We highly recommend Arizona Oncology | www.arizonaoncology.com**

NATUROPATHIC ONCOLOGIST

A Naturopathic Oncologist can help you achieve a safe and effective combination of natural therapies with conventional treatments, reduce side effects as well as restore health and vitality after completion of cancer treatments. They also provide anti-cancer treatments when conventional treatments fail, are not an option or are not your choice. **We highly recommend Naturopathic Specialists | www.listenandcare.com**

PHYSICAL THERAPIST

Physical therapists, sometimes called PTs, are often an important part of the rehabilitation, treatment, and prevention of patients with chronic conditions, illnesses, or injuries. Research shows that physical exercise and activity are key factors in breast cancer survivors regaining vitality and returning to optimal health. PTs help you move better, regain strength and energy, and help you return the activities you love. **We highly recommend the Breast Cancer Rehabilitation Program at Spooner Physical Therapy | www.spoonerpt.com**

COUNSELING SERVICES

Many women who are diagnosed with breast cancer experience emotional distress and anxiety during treatment. Anxiety often continues after you have completed treatment. We highly recommend seeking individual, couples and family counseling during treatment and for at least six months following treatment. **We highly recommend Cancer Support Community | www.cscaz.org**

SUPPORT GROUPS

Start at our Super Survivors Support group that meets the 2nd Thursday of every month. Support groups provide a safe place to connect with other women who are battling breast cancer. They offer emotional and practical support to empower you to better cope with your diagnosis of breast cancer and treatment. Please refer to our resource page for local support groups. **We highly recommend Super Survivors | www.CheckforaLump.org and Cancer Support Community | www.cscaz.org**





BREAST RECONSTRUCTION: KNOW YOUR OPTIONS.

Breast reconstruction is our passion. As caring surgeons and artists, we combine reconstructive and cosmetic surgery expertise to provide you with beautiful results fitted to your individual, unique look, and lifestyle. We specialize in state-of-the-art breast reconstruction procedures including nipple sparing mastectomy, direct-to-implant, pre-pectoral (above the muscle) and DIEP flap (using your own tissue) reconstruction. Combining decades of education and experience with a discerning eye and artistic touch, we deliver the natural results you desire.



Physicians Bryan Gawley, MD and Jennifer Geoghegan, MD are shown above. To learn more about their work and the other surgeons at the Arizona Center for Reconstructive Breast Surgery, visit

AZBREASTCENTER.ORG

THE VALUE OF EXERCISE AFTER BREAST CANCER

Get active and stay healthy! Great advise from Dr. Mahabir, MD



I am an avid hiker and cyclist. Partly because Olivia (my four-year-old Doberman) needs a great deal of exercise and partly because I believe in the long-term health benefits. I also like to read and one of the most interesting studies I read in 2019 appeared in the journal "The Breast." A group of European researchers (1) reviewed and pooled the data from for the best 10 studies in the world on the effect of exercise on survival and recurrence. The data looked at over 23,000 breast cancer survivors and was conclusive. The more physically active group had a lower risk of death overall, a lower

risk of death from breast cancer and a lower risk of recurrence when compared to the less active group. Imagine a 38% (2) reduction in the risk of cancer-specific mortality, with nothing more than regular physical activity. And that does not mean to you have to run a marathon, it simply means you are intentional about making time to exercise on a regular basis. A brisk walk on the greenbelt, a hike up Gateway, Cambelback or Pinnacle peak or a game of tennis. We live in a state that affords near year-round outdoor activity. **GET ACTIVE AND STAY HEALTHY!** —DR. MAHABIR



PICK UP A SPORT OR ACTIVITY
JOG TO THE PARK
WALK THE DOG
PLAY WITH THE KIDS
UNBUTTER THE K
USWIMMINGH
JOIN A REC CENTER



CHOICES IN BREAST RECONSTRUCTION

—Specializing in DIEP Flap

The Arizona Center for Reconstructive Breast Surgery offers an array of breast reconstruction options, including DIEP Flap surgery. DIEP flap is a sought-after procedure for those who wish to reconstruct their breasts without the use of implants. However, not all surgeons offer DIEP, and it is not available at all hospitals since it requires special surgical training to perform. Our surgeons specialize in flap procedures to provide patients with beautiful, natural-looking results.

I went to the Arizona Center for Reconstructive Breast Surgery at the lowest point of my cancer battle. I couldn't imagine how a doctor could make me "whole again".

Their passion lies in their work, communication and FIGHT to make me "whole". Words can't explain how they changed my life. I NOW believe in angels!!!

— Stacy

To the staff at Arizona Center for Reconstructive Breast Surgery, Thank you so much for your kindness, support and professionalism during my journey. A journey that started 27 years ago and now to have both "the girls" the same size is priceless to me. I now enjoy going to the store and buying a bra off the rack!

— LC

As a plastic and reconstructive surgeon, my love for problem-solving and my deep understanding of anatomy has given me the drive to become a leader in breast reconstruction surgery. Today's reconstructive techniques allow me to provide a "silver lining" so to speak, in my patient's breast cancer story. A superior aesthetic result is obtainable, and in so many cases, women can actually look better at the completion of their breast reconstruction journey than they did prior to their diagnosis.

But, what is most important to me is the true joy of taking care of patients. The doctor/patient relationship that is cultivated, the role that I can play, and the impact that I can have on this profound journey of a woman's life is paramount - this is what makes it all worthwhile.

— Bryan Gawley, M.D.



Gawley MD | Mahabir MD | Berardi MD
Brown MD | Geoghegan MD | Snyder MD

Some of the doctors at Arizona Center for Reconstructive Breast Surgery shared their thoughts on breast reconstruction

One out of eight women will be diagnosed with breast cancer in their lifetime and an astounding 7% of those will be under the age of 40.” Every woman has the right to know they have breast cancer and every woman deserves to have breast reconstruction when it is necessary. The reason I perform breast reconstruction is because I have a passion for breast and body surgery. I continue to be humbled by the impact this work has, both on the women we take care of and those that are near and dear to them. It is an honor to have been chosen by my prospective patients to help restore their mind and body back to a place where they can feel confident in their skin.



— Richard J. Brown, M.D.



It is truly a privilege to work with the breast cancer survivors and their families during their journey. I always say, I’m lucky to get to work on the happy side of cancer. I get to discuss with patients how we are going to help restore them versus chemotherapy or mastectomies. The patients and their families are already going through so much, that anything I can do to make the process easier is what I strive to do. Our team approach will hopefully make the process easier for patients to navigate so that more women opt to undergo reconstruction after their mastectomies and hopefully makes it a little less scary along the way too. My passion is to help women not only survive cancer but have a great quality of life and feel good about themselves after.

— Jennifer Geoghegan, M.D.

Together, we have the opportunity to rebuild, restore, and enhance what cancer takes away. Helping a breast cancer patient through her journey is an honor and reminds me to give thanks every day for the fulfillment it brings to my work. My passion is to establish trusting relationships with my patients and offer them personalized care enhanced by a vast experience with direct-to-implant pre-pectoral reconstruction (above the muscle), a fellowship in DIEP flap surgery and a Masters in Pain control. I’m committed to the team approach of educating patients and their families, helping them understand breast reconstruction options and engaging them in shared decision making. As a Plastic, Reconstructive and Cosmetic Surgeon, I enjoy watching a women’s confidence be restored when we exceed her reconstructive and aesthetic goals!



— Raman Mahabir, M.D.



Breast cancer is a devastating diagnosis. Patients and families are torn from their normal lives and lead down this difficult path of not only physical change but emotional change. In my 12 years of practice, some of my most rewarding experiences have been working with breast reconstruction patients and their families and seeing the joy in their eyes once they look and feel normal again. My goal is to get to know the patients and their families throughout the process and make the whole experience as pleasant as possible by being part of their support system, providing the patient with step-by-step information throughout their journey and achieving the best possible outcomes.

— Joseph C. Berardi, M.D.



CARE COORDINATED AROUND YOU.

Find your doctor at
CignaMedicalGroup.com

Care coordinated around you. It's not just care for your body - it's care for your whole lifestyle. And it starts with a check-up. Call **1-800-233-3CMG** to find your doctor at one of our **21 locations** throughout the valley.

Women's Wellness Center | Onsite Lab Services | 3D Mammography | 4 Urgent Cares



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HELPING YOU ANSWER SOME OF BREAST CANCER'S TOUGHEST QUESTIONS

By Christine Oleksiuk

Sponsored Advertising Content

According to the American Cancer Society, **“Breast cancer is the most common cancer diagnosed among U.S. women and is the second leading cause of death among women after lung cancer.”**¹ But for Hispanic women, breast cancer is the leading cause of cancer death (16%).² Now that you are equipped with this information it allows you to begin a quest to learn more about your health and well-being.

With the prevalence of breast cancer, have you ever asked yourself

“When should I start having mammograms?”

“Should I have a BRCA gene test?”

“What should I do if I’m at high risk for breast cancer?”

You are not alone! Navigating breast cancer prevention and/or treatment can be complicated. To make it a little easier, Cigna has created an interactive **“Health Tool”** on Cigna’s Breast Cancer page that helps you make decisions about your health!³

Here is how the tool works...

- 1 Get the Facts:** Read some of the latest research surrounding the topic.
- 2 Compare Options:** Review the key components of each option and how they differ.
- 3 Your Feelings:** Rate and reflect on your feelings.
- 4 Your Decision:** Score how you are leaning.
- 5 Quiz Yourself:** Take a quiz on what else you need to determine.
- 6 Summary:** Review an overview of your responses that can be used to discuss prevention and/or treatment options with your medical provider or loved ones.

All of this information and more is available at Cigna’s Breast Cancer page to help you navigate your health and well-being. You can make a difference in your health by taking a proactive approach.

1. <https://www.cancer.org/research/cancer-facts-statistics/breast-cancer-facts-figures.html>

2. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/cancer-facts-and-figures-for-hispanics-and-latinos-2018-2020.pdf>

3. <https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/breast-cancer-tv3614>

This is for information purposes only. This is not medical advice. Please check with your health care provider about your best course of action. Some services offered by Cigna Health and Life Insurance Company or its affiliates. 05/2021

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16 SIMPLE TIPS THAT CAN REDUCE YOUR RISK OF BREAST CANCER

Take small steps to lower your risk by choosing to do one thing on this list today! Then choose another next month. Step by step, you will be on your way to lowering your risk of developing breast cancer. For more information and tips to lower your risk visit our website at www.checkforalump.com

EAT YOUR FRUITS & VEGGIES

7-10 servings are recommended to keep your immune system working at its best to fight off cancer. Lack of proper nutrition is believed to be the cause of at least 30% of all types of cancer! It's easier than you think. Start by adding one new fruit or vegetable a day.



EXERCISE

Being overweight or obese is linked to a higher risk of breast cancer. And yo-yo dieting is also linked to an increased risk. 30 minutes of exercise a day will lower your risk of breast cancer.



GO ORGANIC

Yes, it's more expensive, but if you price the cost of organic foods vs. treatment for cancer, it's worth the price! Choose organic foods that have not been treated with pesticides, antibiotics or growth hormones. Especially when it comes to the dirty dozen.



VITAMIN D

Vitamin D helps prevent certain cancers, including breast cancer. To find out if you have the optimal levels of vitamin D, ask your doctor for a simple blood test. Thousands of breast cancer cases could be prevented by this simple test and one supplement a day.



LIMIT YOUR ALCOHOL

Research consistently shows that there is a link between alcohol and breast cancer. Your risk increases up to 30% if you drink more than 7 glasses of alcohol a week (any kind - beer, liquor or wine). If you have already had breast cancer, your risk goes up 30% if you drink more than 3 glasses of alcohol a week.



USE SAFE COSMETICS

Would you use this on your Skin? Many beauty products contain carcinogens and endocrine-disrupting chemicals that increase breast cancer risk. The cosmetic industry has NO regulation and they haven't bothered to evaluate more than half of the thousands of ingredients they put into their products'. Check your products safety ratings on www.ewg.org/skindeep.



KEEP YOUR CLEANING CLEAN

Check your household products' safety ratings at www.ewg.org. If your product receives a high hazard rating **THROW IT OUT!** Use simple non-toxic cleaning products. A little baking soda and vinegar work on most everyday household cleaning projects.



DO NOT SMOKE

We all know this fact, but let's say it one more time.

STOP SMOKING!



continued on page 64



www.triforthecureaz.com

Tri for the Cure AZ

A Race for Everyone:

Triathlon, Duathlon, Aquabike and 5k



www.checkforalump.org



Register at 4PeaksRacing.com
Use code **TRI4THECUREAZ** for \$10 off

Benefiting:
Check for a Lump



EWG'S 2021 DIRTY DOZEN AND CLEAN 15

The Shopper's Guide is a resource designed to help you reduce your pesticide exposures as much as possible by indicating which produce to buy organic, and which conventional products are low in pesticide residue. That's why we also analyzed the USDA data to produce the Clean Fifteen™, our list of the fruits and vegetables that have few, if any, detected pesticide residues. Go to ewg.org for more info.

DIRTY DOZEN

Each of these foods tested positive for a number of different pesticide residues and contained higher concentrations of pesticides than other products.



Strawberries



Spinach



Kale



Nectarines



Apples



Grapes



Cherries



Peaches



Pears



Hot Peppers



Celery



Tomatoes

CLEAN 15

Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticide residues.



Avocados



Sweet Corn



Pineapples



Onions



Papayas



Sweet Peas
Frozen



Eggplant



Asparagus



Broccoli



Cabbage



Kiwi



Cauliflower



Mushrooms



Honeydew
Melon



Cantaloupe



SUPER SURVIVORS UNITE!

SUPER SURVIVORS



HOSTED BY:
**CHECK FOR
A LUMP**



BREAST CANCER SURVIVORS & CAREGIVERS GATHER!

JOIN US ON THE SECOND THURSDAY
OF EVERY MONTH FOR FUN, FREE
ACTIVITIES TO CONNECT WITH
FELLOW BREAST CANCER
SURVIVORS AND EMPOWER
YOURSELF WITH RESOURCES!



LIVE & VIRTUAL EVENTS!

RSVP at www.checkforalump.org/super-survivors



SUPER SURVIVORS

Join fellow Super Survivors for a fabulous activity like yoga, pottery, kayaking, and more! We will also share resources, and doctors will join in the fun and be available if you have any questions. We meet the 2nd Thursday of the month.

CHECK OUR WEBSITE TO RSVP
FOR OUR NEXT FUN EVENT!

www.checkforalump.org | 602.688.5232



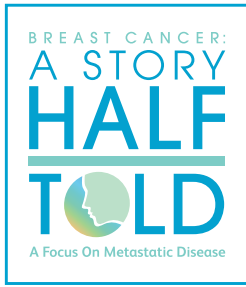
Our goal is to help empower patients, through information, to help them navigate a cancer diagnosis. From initial diagnosis, throughout treatment, and in to all phases of survivorship, Bag It guides patients on how to talk to their healthcare providers, ask questions, and serve as the most important advocate on their care team.

GIVE A BAG IT GIFT BAG



Giving a Bag It bag as a gift is a thoughtful way to arm your loved one with resources and information—right when they need it most. And it's a gift that will continue to help them and everyone in their world, every step of the way.

CALL 520-575-9602 | E MAIL info@bagitcancer.org | www.bagitcancer.org

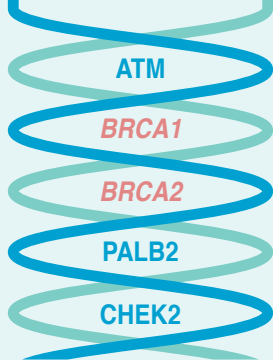


Understanding Hereditary Breast Cancer

Some breast cancers are caused by genes with mutations, or changes, passed down from either parent to their daughters or sons.

Genetic testing at any stage, even when the disease has spread beyond the breast to other parts of the body, known as metastatic disease, can determine if breast cancer is hereditary. Genetic test results and other disease variables, including breast cancer subtype, are important factors in helping inform treatment decisions.

Some genes linked to hereditary breast cancer include:



As of 2017, *BRCA1* and *BRCA2* mutations are the most common cause of hereditary breast cancer, responsible for approximately:



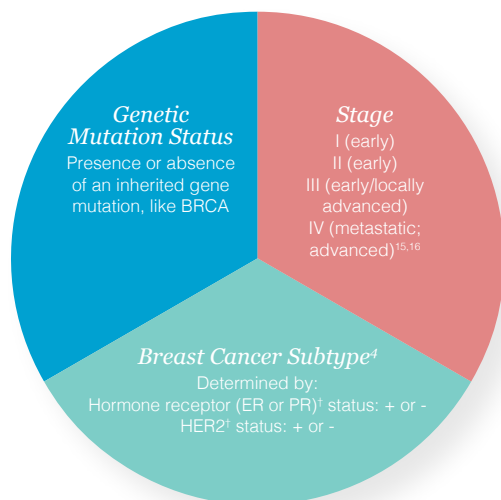
3-6% of all breast cancers¹⁻⁴

25-30% of hereditary breast cancer cases⁵

People with inherited mutations in *BRCA1/2* genes are often younger than the overall breast cancer population, and can be diagnosed in their 30s-40s.⁶

Know the Status

Understanding the *hereditary status, subtype, and stage* of breast cancer can help patients and their physicians make informed decisions:



Any breast cancer at any stage or subtype can have an inherited gene mutation

[†]ER: estrogen receptor; PR: progesterone receptor; HER2: human epidermal growth factor receptor 2

Know the Risk Factors

According to epidemiologic studies and national guidelines, people with any of these *criteria* should speak with a cancer genetics professional* about getting a test to see if their breast cancer carries a hereditary mutation⁷⁻⁹:

Age

Diagnosed with breast cancer at age 50 or earlier

Multiple Breast Cancers

Cancer in both breasts or a second cancer in the same breast

Triple-Negative Breast Cancer

Diagnosed with triple-negative (ER-/PR-/HER2-)[†] breast cancer at age 60 or earlier

Recurrent Or Metastatic Breast Cancer

People with an inherited *BRCA1* or *BRCA2* mutation may be eligible for a certain type of targeted therapy

Heritage

Ashkenazi (Eastern European) Jewish, African American, or Hispanic heritage, among others⁹

Family History

Relatives with male breast cancer, ovarian, pancreatic, or metastatic prostate cancer, or breast cancer diagnosed at an early age

*These are just some of the criteria that should be considered. Individuals should consult their healthcare provider or a cancer genetics professional for more information.

CIRCLE OF GIVING

BREAST CANCER STRIKES EVERY DAY

We have been able to continue and thrive at this pace by volunteering, offering in-kind services, hosting benefi-

I was diagnosed with breast cancer at the young age of 39. At the time I was a stay at home mother taking care of my husband and 2 girls (ages 9 and 10). I endured nine months of grueling treatment. This is where the Circle of Giving began. During my treatment my family and me were showered with endless acts of kindness that were life changing. I knew I wanted to do something to give back to my community, so following treatment I founded Check for a Lump!



Our grass-root non-profit grew from a simple call to action to perform breast self-exams to now providing free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support and resources in Arizona. We have educated over 100,000, provided over 400 life-saving mammograms/testing, and over 1,400 wigs to breast cancer patients undergoing chemotherapy. We will be Flying Into the Future in 2020 with a goal of providing 1,000 mammograms/testing and translating our education magazine to offer a Spanish version. We have been able to continue and thrive at this pace due to the generosity of our community sharing our programs, our mission, volunteering, offering in-kind services, hosting benefiting events on our behalf and donations. It is the circle of giving.



As a breast cancer non-profit, the majority of our income comes in October as donors like to pay tribute to breast cancer during the National Breast Cancer Month.

This October started out with a bang thanks to the initiative of Officer Michael Clore with the Scottsdale Police Department. He signed up the department for the Pink Patch Project, an innovative public awareness campaign designed to bring attention to the fight against

breast cancer and to support breast cancer organizations in combating this devastating disease through the sale of collectible uniform patches. Officer Clore teamed up with the Police Officers of Scottsdale Association (POSA) to sell the patches and donate the profits to us. **Officer Clore and the Scottsdale Police Department/POSA raised \$3,785!** We planned on using the funds to provide free mammograms and scheduled a mobile mammogram unit to be present at the check presentation! We were able to assist 22 women that morning with a life-saving screening, also in thanks to the news crews who came out to help promote! While we were there we also reconnected with a community favorite of ours, Michele Berg from Cigna. Cigna and Cigna Medical Group signed on as a 2020 annual sponsor of Check for a Lump! Their impact as a sponsor provides us funding to expand all of our services and improve the whole health of our community year round! We are honored to collaborate with them!



Cigna inspired our circle of giving in 2018 and now they continued the momentum of the Circle of Giving and invited me to be a part of the Arizona Cardinals Charities Crucial Catch Game a once in a life-time survivor experience! In addition, the Cardinals Charities and Cigna hosted a dinner for survivors with the Cardinals players cooking the meal!

Game day we were treated to VIP status all day! If that was not enough we even got to go on the field sidelines and watch the players warm up! Then when half-time came we danced with joy in the half-time routine and celebrated life with the Cardinals cheerleaders and 100 other survivors and caretakers. It was a memory they will treasure.



At some point in the day Michele introduced me to one of Cigna's employees, Brittany, a very young breast cancer survivor in her early 30's. She has stage 4 metastatic breast cancer. I shared resources and stories of hope with her as she bravely pushed back tears. Following the game she continued on my mind. I wanted to share additional resources and connect her with other young survivors



for support. She was so young and a single mother. I wanted to do more for her! As fate would have it to keep the Circle of Giving going I received a phone call from a long time supporter Teresa Yost. The company she worked for Proactis wanted to adopt a family for Thanksgiving and Christmas. Our board member, Erin Alstad, happens to work there too! I immediately thought of Brittany for Thanksgiving. The Proactis team generously filled an entire pantry of food for her and her family

and also provided gift cards to provide for a special Thanksgiving feast. She came into the office and when she saw the beautiful bounty of gifts she cried, and we did too! She shared how hard it is to accept help. She had always been independent and taken care of herself and young son. Now battling stage 4 metastatic breast cancer she had to move back home with her parents. Breast cancer robs many women of so much more than their breasts and/or their hair. It can steal your independence and normalcy in one quick sweep.

Brittany's story inspired Check for a Lump! to keep reaching out to companies who value community giving and believed in our mission to provide free breast health education, mammograms/testing and assistance to survivors with wigs and resources.

Our awesome corporate community jumped into the circle of giving to host fundraisers on our behalf including Gawley Plastic Surgery/MD Skin Lounge/ Unicorn Philanthropy Gala raising \$45,915, (see page 54) Rudy's Bar-B-Que raising \$16,197, Harvest \$6,930, Arizona State Fair \$1,750, Orange Theory (Michele Sinclair) \$1,565, Spinato's \$1,400, Chaparral High School Football Team/California Pizza Kitchen/Jennifer Franze (board member) \$1,224, Dave and Busters \$500, Genuwine \$200, Social Connect \$180, Royal Dance Works \$100, Luci's Marketplace and more!

October ended with the wonderful surprise that the Mesa Police Department also choose us as their benefiting charity for the Pink Patch Project! Kylie Clore who headed up the initiative happened to be Officer Clore's wife from the Scottsdale Police Department. He shared the impact of our programs in the breast cancer community with



her. **The Mesa Police Department held an appreciation breakfast and we met many of the officers and family survivors and they presented us with a check for \$5,555!**

AY OF THE YEAR, NOT JUST IN OCTOBER

ace due to the generosity of our community sharing our programs, our mission, benefiting events on our behalf and donations. It is the Circle of Giving!

We are forever grateful to everyone's part of our Circle of Giving! Every gift given is positive energy and makes a difference that keeps the circle of giving going all year round. Our deepest thanks to our community and corporate friends for helping us make a difference in the fight against breast cancer!



12 Cancer Fighting Foods



Leafy Greens

Leafy greens such as spinach, kale and arugula are rich in antioxidants and help improve immune function. They contain powerhouse properties that de-activate carcinogens and help cancer cells to die,

ultimately preventing tumor formation. Spinach specifically is a great and easy item to incorporate into your daily diet. It is rich in folate, fiber, and believed to be essential to cancer prevention.

Why is kale never lonely? Because it comes in bunches.



Tomatoes

Tomatoes are a powerful antioxidants that assist in preventing the formation of many cancers. It is naturally anti-inflammatory.

What's red and square?
An un-cool tomato.

Orange Fruits & Veggies

Orange fruits and veggies, like citrus fruits, pumpkin, squash, and carrots – are filled with phytochemicals, especially carotenoid antioxidants that are an essential nutrient for your immune system, detoxification, liver health, and fighting cancers.

Who's there? Carrot.
Carrot who? Do you carrot
all about me!



Cruciferous Vegetables

Cruciferous vegetables are powerful cancer killers. Veggies like broccoli, brussels sprouts, and cauliflower combat cancer by boosting our immune system, lowering inflammation and breaking down toxins and removing them. They are high in phytochemicals and antioxidants and proven to reduce the risk of not only breast cancer, but many other cancer as well.



Broccoli? More like brocCOOLi



Berries

Berries are one of the highest sources of antioxidants. They include blueberries, strawberries, cherries, blackberries, and goji berries. They strengthen your immune system, lower body inflammation, and contain

antioxidants that help protect cells and fight disease. Studies have also found that strawberries alone slow the growth of cancer cells.

Blueberries specifically also help in promoting brain function and preventing Alzheimer's.

Garlic

Raw garlic combats cancer with its powerful antioxidants that are proven to remove free radicals from your body. It also boosts your immune system and is a natural detoxifier. Garlic also lowers blood pressure, cholesterol levels, and improves brain function.



A slice of garlic bread a day keeps the sadness away.

12 Cancer Fighting Foods

Turmeric

Turmeric is one of the most powerful ingredients for an anti cancer diet. It has been shown to decrease tumor size and fight breast cancer. It also reduces inflammation, helps to alleviate pain and protects the digestive tract. Turmeric absorption is enhanced when consumed with black pepper. Use 1 tsp. turmeric powder with ¼ black pepper. Sprinkle it over your food daily or you can take a liquid turmeric supplement daily.



Some studies suggest turmeric can also lighten moods.

Nuts and Seeds

Nuts and seeds are a great source of vitamins, minerals, protein, fat, and fiber. It is best to eat a variety everyday. They help to reduce inflammation, improve immune system and prevent chronic disease. Flax, chia, and hemp seeds are easy to add to smoothies, oatmeal, and yogurt.



Nuts such as almonds and walnuts are a quick and delicious snack for when you are on the go. All have powerful prevention properties.

I have a joke, but I will NUT tell you.

Mushrooms

Mushrooms have been fighting cancer for centuries. They are known immune system boosters, assist in fighting tumor growth, protects cell against free radicals, and aid in cell regeneration. Add them to your meals whenever possible.



Q: Why did the Mushroom get invited to all the parties?
A: 'Cuz he's a fungi!

Quinoa

Quinoa is rich in fiber, minerals, and antioxidants. It helps to protect cells against free radicals and removes waste from bloodstream. It assists to ward off illness and keep organs healthy. A Harvard study found that eating a bowl of quinoa daily reduces the risk of premature death by 17%. It is a great replacement for white rice in your meals.



QuinWOAH!

Healthy Unrefined Oils

Vegetable oil, corn oil and other processed oils destroy the membranes of our cells and lead to inflammation, disease, and toxicity. Replace these with an processed oils such as extra virgin olive oil, coconut oil, or flaxseed oil. These and other



unrefined oils nourish your gut and promote a healthy immune system. They also reduce inflammation in the body and may reduce the risk of breast cancer.

Coconut oil has also been used for thousands of years as a lotion in preventing dry skin and irritation.

Green Tea

Green tea is a superstar in fighting free radical damage. Studies have shown that green tea shrinks existing tumors and inhibits the growth of cancer cells. Green tea is a beneficial drink to add to your daily regime of cancer combatting diet.

Regular consumption of green tea can slow the effects of aging.





Holly Rose

MY MORNING ROUTINE

Exercise - 30 minutes at least 5 times a week! I believe one of the most important steps to staying healthy and fighting off disease or re-occurrence of disease.



Vitamin D - I take my daily dose of Vitamin D to keep the Killer C away. If every woman had the proper amount of Vitamin D, 10,000 cases of breast cancer would be eliminated!

Tumeric - I also include my daily dose of liquid Tumeric - Tumeric is anti-inflammatory, potent antioxidant, and studies have that it can contribute to the death of cancerous cells and reduce angiogenesis. I mix one dropper full into approximately 2 ounces of water and drink. Be sure to purchase a brand that includes black pepper because it increases absorption substantially.



SMOOTHIE

1 pouch organic fresh start smoothie blend (I buy at Costco in the freezer section or you can add 1 cup kale, 1 cup spinach, 1/2 cup strawberries, 1/2 up blueberries and 1/2 cup raspberries.)

- 1/2 cup pomegranate juice
- 1/2 cup water
- 1/2 small banana
- 1 cup spinach (1/3 serving)



If it's summer time I add in a cup of ice to keep it cool on the go.

Blend and enjoy knowing you walked out the door in the morning and have already received at least 3 servings of fruits and vegetables! Only 4-6 more to go for optimized nutrition to harness your natural immune system and kill cancer cells before they turn into a giant mass that require an entire team of doctors to combat and possibly a year or more of your life with financial distress, diminished quality of life! You can control - **STEP UP to Prevention!**

STEP UP TO PREVENTION

MY FAVORITE RECIPES

SALAD, SALAD AND MORE SALAD!

The brighter the toppings the better! One easy way to add fruits and vegetables into your daily lifestyle is including a salad in every lunch and dinner meal.

Salad mix for family of 4

- 4 large handfuls of organic spinach
- 1 bunch of organic cilantro
- 2 red peppers
- Tomatoes
- 1 large cucumber



Chop all into 1 inch squares and mix. Top with pistachios, craisins, and mix with your favorite salad dressing. (Optional - Feta or your favorite cheese) Mine is an organic balsamic vinaigrette.

CUCUMBER/CILANTRO/AVACADO SALAD

(Yes, I'm a cilantro fan!)

- 1 English Cucumber
- 4 Roma tomatoes
- 3 Ripe Avocados
- 1/2 red onion
- 1/2 cup cilantro
- 1 lemon, juiced



Slice/dice ingredients. Toss with olive oil, lemon juice, salt and pepper. Enjoy!

ROASTED VEGGIES

My all-time favorite meal!

My favorite combo - specifically since it's filled with cancer fighting foods! You can essentially add in any of your favorite veggies and you can't go wrong.

Heat oven to broil and on a cookie sheet place 1-2 inch chopped ingredients

- Cauliflower
- Garlic Cloves
- Red Peppers
- Mushrooms
- Onions
- Grape Tomatoes



Mix in bowl with a couple tablespoons of olive oil, oregano, shredded parmesan cheese, salt and pepper to taste. Place on tray and broil for 45 minutes.

This is a meal on it's own! For meat lovers serve with favorite lean protein.



Laura Pentsa

MY FAVORITE RECIPES

GREEN ON EVERYTHING! ALL PURPOSE GREEN SAUCE!

I cannot get enough of this sauce! I love it on everything! My kids love it too!

- 1 avocado
- 1 cup parsley
- 1/2 cup cilantro
- 1 jalapeño,
(ribs & seeds removed)
- 3 cloves garlic
- juice of two limes
- 1/4 cup water
- 1/2 cup olive oil
- 1 teaspoon salt
- 1/2 cup pistachios

(set aside till the rest is combined)



1. In a food processor, pulse all ingredients until smooth
2. Add pistachios and pulse until pistachios are mixed throughout.
3. Serve as a dip, spread, or sauce - OR - use as a dressing or a marinade (Thin with additional oil or water).



PICO DE GALLO

Optional mix ins are endless! Try adding, avocados, corn, cucumbers, black beans, parsley or basil!

- 6 roma tomatoes (diced & seeded)
- 1 white or red onion (diced)
- 1 cup cilantro (minced)
- 1 serrano pepper (seeded & diced)
- 3 tbl lime juice
- 1/4 tsp salt
- 1/4 tsp ground cumin
- 1/4 tsp garlic salt
- 1/4 tsp pepper



This recipe is so easy, just chop and combine! You can eat it immediately, but it only gets better as the flavors meld together. I love to make a double batch for my family and use it all week long! It can be a side dish, a salad dressing, topping to any Mexican dish like tacos, burritos, nachos. Delicious over cooked chicken or pulled pork. It's even good over eggs for breakfast. So versatile, and a delicious way to add flavor and vegetable to a meal.

SWEET POTATO BLACK BEAN CHILI

Can be served alone as a great vegetarian meal, or a delicious side dish! Healthy comfort food!

- 1 tsp olive oil
- 1 pound sweet potatoes,
peeled & diced
- 1 yellow onion, chopped
- 1 bell pepper, chopped
- 4 garlic cloves, minced
- 2 tbs chili powder
- 1 tsp cumin
- 1/4 tsp cayenne
(If you like a bit of heat)
- 2 14.5 oz cans diced tomatoes
with chilis, undrained
- 2 15 oz cans black beans,
rinsed and drained
- 2 cups vegetable broth



Place all items in slow cooker and cook on low for 4-6 hours.



Tiffany House

MY FAVORITE RECIPES

HERB BRINED CHICKEN

In a large bowl per chicken breast add:

- 1 cup purified water
- 1 teaspoon salt (mineral salt)
- 1 Tablespoon non salted garlic herb blend
(Costco's No Salt Seasoning)

Optional: 1 teaspoon of Worcestershire Sauce and lemon zest to taste or other flavors

Mix, then add chicken breasts. Make sure brine herb bath covers chicken and add more water if needed. Store in refrigerator for 8-24 hours. Bring to room temperature before cooking for best results.

Grill, then serve on top of a leafy green salad or quinoa and veggie creation.





CHECK FOR A LUMP

OUR VISION - is to make a difference in the fight against breast cancer!

OUR MISSION - Our mission is to provide free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support and resources in Arizona.

TOGETHER WE ARE MAKING A DIFFERENCE!

WHERE THE FUNDS GO:



BREAST HEALTH EDUCATION

FREE WIG PROGRAM

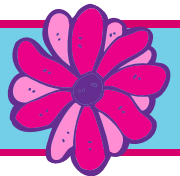
FREE MAMMOGRAMS

MARKETING AWARENESS EVENTS

PINK OUT 5K RUN

ADMIN COSTS

THE IMPACT YOU CAN MAKE



\$100

PROVIDES EDUCATION AND RESOURCES FOR 94 WOMEN.

\$250

COVERS 1 FREE WIG TO A WOMAN UNDERGOING CHEMOTHERAPY TREATMENT FOR BREAST CANCER.

\$1,500

PROVIDES 10 UNDERINSURED WOMEN A FREE MAMMOGRAM THAT COULD IMPACT THEIR LIFE.

\$5,000

EMPOWERS 20 WOMEN WITH A FREE WIG WHO ARE UNDERGOING CHEMOTHERAPY FOR TREATMENT OF BREAST CANCER.

\$10,000

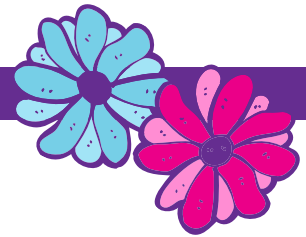
ALLOWS 9 UNDERINSURED WOMEN TO GO THROUGH TESTING TO GET A CANCER DIAGNOSIS AT OUR LOW NEGOTIATED RATES FROM PREFERRED PROVIDERS.

DONATE ONLINE
checkforalump.org

DONATE BY MAIL
13809 N 19th Ave, Phoenix, AZ 85023

DONATE BY PHONE
602.688.5232

PROGRESSION



Breast cancer is now responsible for one in six of all cancer deaths among women, according to statistics released by the International Agency for Research on Cancer (IARC) in December 2020. It is estimated that 284,200 women will be diagnosed in the United States with breast cancer in 2021. In Arizona approximately 5,850 will be diagnosed breast cancer. Breast cancer is increased .5% every year.

Breast cancer has now surpassed lung cancer and is the leading cancer globally striking every single day.

1950

1 out of 30 people were diagnosed with breast cancer

2020

1 out of 2 men will be diagnosed with cancer

2020

1 out of 3 women will be diagnosed with cancer

90%

of all women who are diagnosed with breast cancer have no family history

30 - 50%

of all cancer cases are preventable (World Health Organization)

1,400

More than 1,400 chemicals in the product formulas of personal care products have been banned in Europe. The United States has only partially banned 30 chemicals.



IN THE UNITED STATES, 284,200 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER IN 2021

In the wake of Susan G. Komen's exit from Arizona, July 2017, there was a devastating deficit for education, free mammograms (50,000), and resources in our community. This increased disparities in equitable breast health care for uninsured and under-insured women in Arizona. Check for a Lump stepped up to fill this gap and offers a unique one-stop shop for breast health resources including education, mammograms and testing, wigs, support and resources in Arizona.



WHICH OF OUR MOTHERS, DAUGHTERS, GRANDMOTHERS, WIVES, SISTERS AND FRIENDS, THE PEOPLE WE CARE ABOUT MOST, WOULD YOU BE OK TO LOSE?

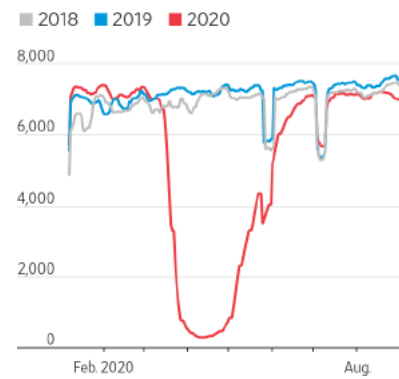
COVID IMPACT

COVID AND BREAST CANCER

Covid may have paused the world, but it did not pause breast cancer. Unfortunately, breast cancer has now surpassed lung cancer and is now the leading cancer striking every day. According to the American Cancer Society 1,200,000 cancer screenings were skipped and 80,000 diagnosis missed. Mammography declined 80% in 2020 and cancer diagnosis declined close to 50% due to limited or eliminated access to screenings. It is predicted that breast cancer rates and later stage diagnosis are expected to soar through 2030.

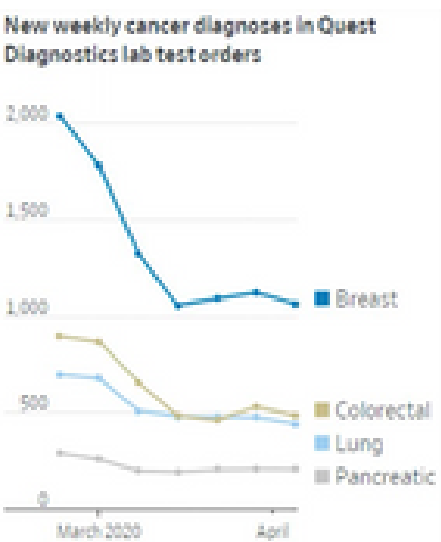
Tragically, the trickle effects of Covid are deepened in the breast cancer community. Individual risk of breast cancer is heightened due to loss of insurance, decreased income, changes in lifestyle choices; diet, sedentary, lack of exercise, Vitamin D, increased alcohol, stress and more. The growing burden to our health care system as a result of increased uninsured and underinsured women will create an exponential cost to our state, that is already in the billions.

Daily mammograms among patients covered by UnitedHealth



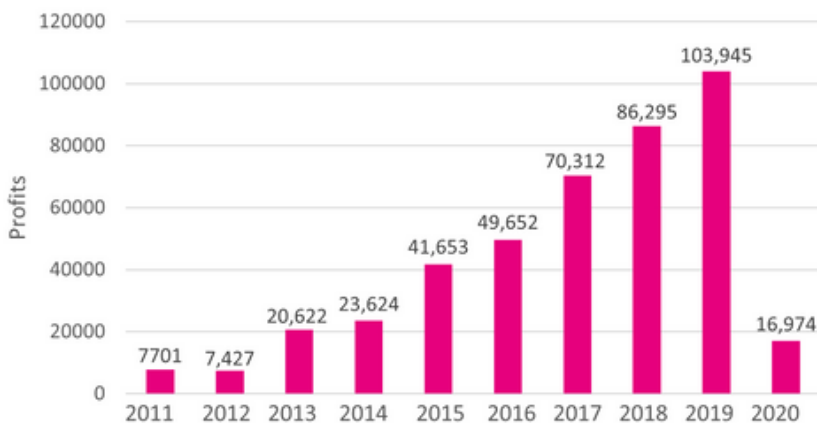
Notes: For the company's commercial and Medicare Advantage membership; seven-day moving averages
Source: UnitedHealth

New weekly cancer diagnoses in Quest Diagnostics lab test orders



Source: Sonora Quest

Wig Out Gala Fundraiser Profits Per Year



COVID AND CHECK FOR A LUMP

Covid had a devastating impact on our non-profit, losing 72% of our funding through canceled signature and benefiting events, loss of sponsorships from corporations under financial distress and loss of grants diverted to help fight Covid. We closed our office, furloughed our staff of four, and paused our mammogram program. It is a miracle we are still thriving. **We received zero funding from the PPP.**

2021 GOALS



CHECK FOR A LUMP



Rebranding, Reviving, and Reopening

We are ready to revive in 2021! Our first step in doing so is to rebrand as "Check for a Lump" to ensure we can open all possible doors of fundraising, support, volunteers and overall engagement. Our CEO, Holly Rose, has remained committed as a volunteer to sustaining our breast health programs. Through 2020, we successfully kept our Wig Program open and secured funding for 2021, we pivoted our education and support programs online, and hired a new Director of Community Engagement to propel our content to a new level.

We are working diligently to secure funders to reopen our mammogram program. We are excited to resume where we left off, prior to the pandemic. By the end of 2021 our goal is to be firmly planted back in our community with all programs operating and full staff to support it. 2020 may have taken a toll, however, we utilized the time to refresh and improve our nonprofit. We are now ready for a bright 2021!

2021 OBJECTIVES:

- * Rebrand as Check for a Lump
- * Secure funding to rebuild/rehire staff/ operate all programs/reopen office space
- * Reopen the mammogram program
- * Get approval as an Arizona Charitable Tax Credit non-profit
- * Sustain all our programs
- * Translate education to Spanish
- * Pivot our magazine distribution to online promotion
- * Prospect new funders to expand mammogram capacity
- * Analyze and develop volunteer opportunities
- * Continue to develop new corporate and personal relationships in the community
- * Analyze the public health, safety, and logistics of the 5th Annual PINK OUT 5K
- * Develop an active, diverse, and passionate board of directors
- * Analyze social media and website data
- * Develop a concrete marketing strategy to bring awareness to our programs



KNOWLEDGE



VALUES WE RECEIVE FROM ATTENDING EDUCATIONAL CONFERENCES

- LEADING EDUCATION TO SHARE WITH OUR COMMUNITY IN LAYMEN TERMS
- NETWORKING WITH ESTEEMED DOCTORS, FELLOW NON-PROFITS, AND ADVOCATES
- CREDIBILITY WITHIN THE BREAST HEALTH COMMUNITY
- ADVOCATES ARE AN INTEGRAL PART OF RESEARCH AND FUNDING
- ACCOLADES - IT IS AN HONOR TO RECEIVE A SCHOLARSHIP
- ENDLESS POTENTIAL

OUR GRATITUDE FOR OUR SCHOLARSHIPS TO...



In addition, we were fortunate to attend National Breast Cancer Coalition Project LEAD and Dr. Susan Love Research 10th Anniversary Summit. Each of these experiences provide cutting edge developments in treatment, research, legislation and one on one educational opportunities.



Check for a Lump! is proud and passionate in continuing our education in breast health to share with our community. We are the only Arizona breast cancer non-profit who attended these national conferences. We were fortunate that our Executive Director, Mrs. Holly Rose, received competitive and esteemed scholarships to pay our way, making it possible to bring complicated medical research to the Arizona community in laymen terms.



Dr. Carolyn Compton
Professor at ASU & Mayo Clinic

Our first opportunity was participating in the American Association of Cancer Research Scientist <-> Survivor Program at their Annual Meeting highlighting the work of the best minds in research and medicine from institutions all over the world. At this conference, Mrs. Rose attended a presentation by the charismatic Dr. Carolyn Compton. Dr. Compton broke down cancer in laymen terms to explain the basics and the complexities of cancer to advocates, which will be instrumental in our future educational materials.

A key takeaway from Dr. Compton's presentation is that she shares Check for a Lump's passion for prevention and the fact that 70-80% of cancer could be prevented with 8 simple steps!

As an exciting post-conference development, Check for a Lump! has been invited to collaborate with Dr. Carolyn Compton on her 2020 initiatives with Mayo Clinic to educate women how to properly perform a breast self-exam and use their skills to teach additional women.

Check for a Lump! is honored to guide our community with evidence-based information from leading experts globally. We are passionate in empowering women and men with knowledge to lowering their risk of cancer incidence, motivate people to be proactive in their breast health, inform people of new advances so they can make their best decision on when to begin screening, assist people with resources along their pink path and steps to a healthy recovery.

IS POWER!



Dr. Laura Esserman
Director of the UCSF Carol
Franc Buck Breast Care

At the AACR, Mrs. Rose also had the privilege of listening to a presentation from Dr. Laura Esserman, **“Some cancers can grow quickly even after a normal mammogram. 50% of women find their own cancer, so awareness is key. If something is different, get it checked out,”** said Dr. Esserman. Her presentation sparked Mrs. Rose to continue exploring the efficacy of mammography for women age 50 and under.

Mrs. Rose was accepted into the National Breast Cancer Coalition (NBCC), Project LEAD program, an intensive 6-day course. While attending Project LEAD, Mrs. Rose more deeply explored the efficacy of mammograms with leading experts. There is a giant discrepancy across the

board from esteemed national cancer organizations to leading breast cancer non-profits on when women should begin receive mammograms. NBCC holds the position that “the benefits of screening mammography in reducing mortality are modest and there are harms associated with screening”. Information from leading physicians and researchers, however, indicates that women who possess few or no risk factors may not need mammograms every year, from 40 to 50. Mrs. Rose left the course empowered with the scientific basis for updating and improving Check for a Lump!’s education program.



**L TO R: Shelley Sakala, Christopher Conway,
Kirsten Olshan and Holly Rose**

Mrs. Rose also attended the Dr. Susan Love Research Foundation 10th Anniversary summit. Dr. Love is a pioneer in breast cancer research and is doing groundbreaking research in alliance with NASA. She shared her recent success in mapping breast ducts - which is revolutionary!

At this summit, Mrs. Rose had the fortunate experience sitting one on one with Dr. Esserman to further discuss the issue of mammography over-use and the over-diagnosing that results. Based on all of the latest research and recommendations Check for a Lump! is adjusting our advocacy to recommend that women should assess their risk at age 40-50 before deciding when they should begin mammography screening. For more information refer to page 12.

We ended 2019 at the San Antonio Breast Cancer Symposium. Hot topics included the heated breast conservation debate, newly released results on the CLIMB study that is a game changer in metastatic breast cancer, as the drug Tucatinib is able to cross the blood brain barrier and reduce the risk of death in metastatic HER2+ breast cancer, and so much more.

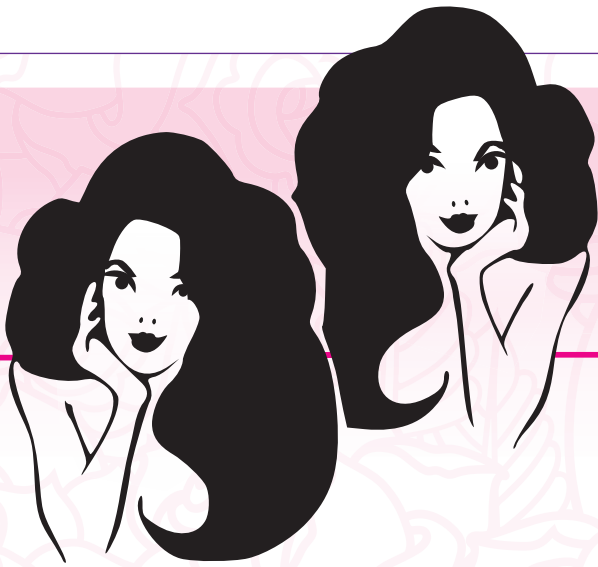


The NBCC has been working diligently to end breast cancer since 1991 through access, research and influence. The NBCC has 3 Legislative Priorities for 2019 that you can help influence and make a difference in the fight against breast cancer.

- 1 \$150 Million raised for the Department of Defense (DOD) Breast Cancer Research Program (BCRP) for fiscal year 2020
- 2 Metastatic Breast Cancer Access to Care Act: A bill to waive the 24 month waiting period for Medicare eligibility and the 5 month waiting period for Social Security Disability Insurance benefits for individuals with Metastatic Breast Cancer
- 3 Preservation of the Medicaid Breast and Cervical Cancer Treatment Program

HOW CAN YOU HELP?

- 1 **Send an email to Senator McSally:** Emily_Crow@mcsally.senate.gov “As an Arizona resident. I ask if you would please let me know what steps are being taken to move the Metastatic Breast Cancer Access to Care Act, S. 1374, forward, and also what we in Arizona can do to help. Thank you for being a leader on this critical issue, and we look forward to working together with you to get it enacted this Congress.”
- 2 **Send an email to you legislative representative:** Not sure how to find your member? <https://www.azleg.gov/findmylegislator/> As you constituent and someone who wants to end breast cancer, I ask that Representative XXX co-sponsor the Metastatic Breast Cancer Assess to Care Act, H.R. 2178. Lives depend on it. Please let me know your decision as soon as possible. Our network of advocates are looking to your leadership on this issue. Please contact Deena Tauster in Representative Peter King’s office (Deena.tauster@mail.house.gov) or Elizabeth Brown in Representative Kathy Castor’s office (Elizabeth.Tauster@mail.house.gov) to sign on.



Classy Sisters Wigs

15620 N. 35th Avenue, Suite 4 | Phoenix, AZ 85053

602-993-8090

Just North of Greenway in the Palms Center

WE ARE A PROUD PARTNER OF CHECK FOR A LUMP!

We hope you will give us the opportunity to help you look and feel your best during this time.

**ANYONE IN TREATMENT WILL RECEIVE
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Many insurance companies cover the cost of a wig and we can help with the reimbursement process. We are providers for Aetna and will submit the claim for you. If you bring in a prescription, there is no sales tax applied.

**NOW OFFERING PERMANENT MAKE UP SERVICES
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OR TO SCHEDULE AN APPOINTMENT**

www.classysisterswigs.com



Jennifer Keyser | Story of an inflammatory breast cancer survivor



My story began with a self-exam that saved my life! My breast were feeling swollen and heavy, but I hadn't done a self-exam or mammogram because I was only 31. I had to google self-exams to even get started. What I found was not a lump, but hard tissue, I was confused and decided to see a Doctor.

My Dr. said, "I think this is dense breast

tissue, but I'll order a diagnostic mammogram to be safe. Try not to worry and schedule it when you can." I felt relieved, thinking it wasn't cancer and scheduled it in 3 weeks. Only 2 weeks passed and my breast felt heavier, rashes began, along with sharp shooting pain. I had a horrible feeling, so I called SimonMed, they got me in the next day. The diagnostic showed 3 masses and enlarged lymph nodes on my left side. Within

hours my Dr. called and said, "I'm very sorry, but I'm highly suspicious this is cancer, I'll be submitting your scans to a Cancer Center."

Within a week I was seen by a breast oncologist and diagnosed with **inflammatory breast cancer stage 3b**. I learned this is the most rare, aggressive, deadly form of breast cancer which attacks the lymphatic system. Cancer cells block the milk ducts causing swelling, pain and cancer to go into the skin. To fight it required a highly aggressive treatment plan called trimodal care, which begins with chemo, surgery, then delayed reconstruction, and radiation. I left terrified, unsure of my future, and if I would see my daughter grow up.

I was so thankful Paris Wigs shop, who informed me about the wig program provided by Check For a Lump! I quickly submitted my application and got approved! I've always been picky about my hair and I couldn't imagine not having my hair. Receiving this gift meant I could look like a normal mom.

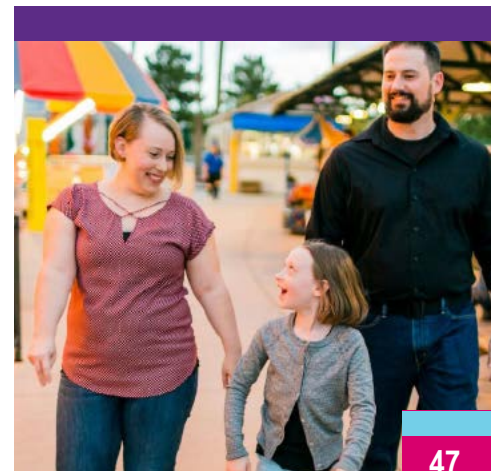
I quickly began chemo, starting with doxorubicin and cyclophosphamide. Followed with carboplatin, docetaxol, herceptin, perjeta. With IBC being aggressive my oncologist ordered diagnostic mammograms every 2 months to ensure the cancer was shrinking. 14 days into starting chemo I began losing my hair. With the costs of cancer treatment, I was so thankful Paris Wigs shop, who informed me about the wig program provided by Check for a Lump! I quickly submitted my application and got approved! I've always been picky about my hair and I couldn't imagine not having my hair. Receiving this gift meant I could look like a normal mom. I knew this journey was going to be difficult, but to blend in helped give me the confidence to keep fighting and moving forward.



At the end of chemo my scans showed no cancer, this was unheard of! Next was surgery. I had a bilateral radical mastectomy on the left, and a simple mastectomy on the right. When I got my pathology results, they miraculously showed cancer in only 1 of 12 lymph nodes, and the masses were gone. However, cancer remained in my skin which meant I didn't have clear my margins. Even though this was good for IBC, I still felt devastated and cried, just wanting the cancer gone! My surgeon said she could try again to remove the rest. After my second surgery, I cleared pathology!

No more cancer! I did it! I was unbelievably happy and cried tears of joy! I'd officially overcome something so aggressive and deadly! I'm sharing so women know not to wait, to be aware, know your body, and if you're under 40 be your best advocate. I also want to bring awareness to inflammatory breast cancer because it's so deadly and presents as mastitis. Be aware of hot, swollen, orange peel looking nipples, or sharp shooting pain, because these are the signs. If scans come back clear, push for more, it could save your life.

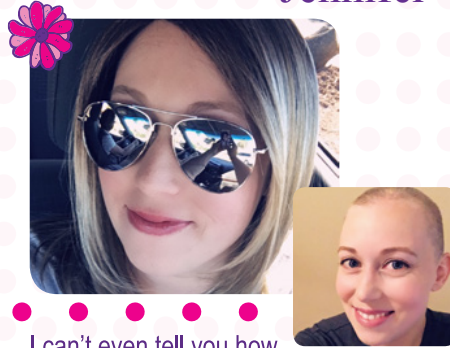
**I AM A MIRACLE!
RARE IS NOT
IMPOSSIBLE!**



OUR WIG CLIENTS LOOK FABULOUS IN THEIR FREE WIGS

Our Wig Out program is extremely innovative! It is different from every other wig program in our state. Others operate as a wig bank with limited choices on hand. Our program is not a wig bank. Our clients have the privilege of walking into a normal wig shop and selecting any wig of her choice so she too can look just like herself and we pay the bill, up to \$250.

Jennifer



I can't even tell you how much relief I had when I heard about the wig program. Due to all the high costs of co-pays I had to pay, and not being able to work, it all was just so overwhelming. But the fact that I could get help with a wig meant everything to me.

Gena



It was great to have the option to wear a wig when it is cold out or meeting new clients so they weren't shocked by my bald head!



OVER 1,700
TOGETHER WE ARE

We provide free new wigs to all women undergoing chemotherapy for breast cancer treatment in Arizona. It's easy to apply at www.checkforalump.org, For more info you can contact us at 602-688-5232 or email us outreach@checkforalump.org

Jane



Tracey



Shawna



This experience I will never forget! I am at a loss for words and so very grateful for the gift and generosity of the Check for a lump! organization. They hooked a sister up with Classy Sisters and an amazing wig!!!

The first time I cried was when my hair was shaved off due to the effects of my first 2 chemo treatments. I have 2 little boys (5 and 7 at the time) who are the center of my world. Being bald was hard on them as well. Having a wig that I could wear helped with the stares (of curiosity) and keep our tumultuous world a little more steady.

I received a beautiful looking wig!! I didn't realize how much it would improve my thoughts and help me to keep staying strong.



FREE WIGS!
MAKING A DIFFERENCE

THIS IS LIVING WITH CANCER™

A program for people living with cancer and those who love them



GET IT DONE
Get It Done: Cancer screenings and follow-ups can't wait
Speak with your doctor and make a plan to keep your check-up appointments.



KEEP IT WELL
Keeping a balanced diet
A well-balanced diet includes healthy foods from all food groups. These are protein, grains, fruits and vegetables and healthy fats.



BE INSPIRED
Jordan's story: Overcoming obstacles
The more you know about your condition, the better you can manage it.



MANAGE YOUR SYMPTOMS
Managing nutritional concerns: Fatigue
The goal is to eat what you can tolerate and get the most out of it.



WHAT TO EXPECT
What to expect: "You can't help it"
When you're diagnosed with cancer, you may feel a sense of helplessness.



AS WE AGE
Judi's story: Choosing joy
When Judi walks into a room, laughter and smiles are sure to follow.



AS WE AGE
"As We Age": Information & Resources for People 65+
As We Age is a community that's here to provide you and your caregivers with encouragement, education, to

This Is Living With Cancer™ is a comprehensive program **with a growing focus on underserved communities who experience challenges in access to care, such as:**

- People living with cancer over the age of 65
- Racial and ethnic minorities
- Those of lower income
- Individuals who live in rural areas who may not have equal access to resources

NUTRITION & WELLNESS

Articles about healthy living, exercise and dietary considerations, as well as resources on coping with depression, anxiety, pain and more

COPING SKILLS

Interactive online skill-building activities on topics such as goal planning, stress management and communication

SCREENINGS AND FOLLOW-UPS

Information for communities affected by COVID-19, particularly racial and ethnic minorities, to help them speak with their doctors and get tips to prepare for cancer screenings and follow-up appointments

RESOURCES FOR OLDER ADULTS

Encouragement, education and tools to help older adults navigate their treatment journey

PATIENT ADVOCACY RESOURCES

Connections to resources developed by advocacy partner organizations and information organized by cancer type

Patients can hear the real stories of people living with cancer and find more resources at

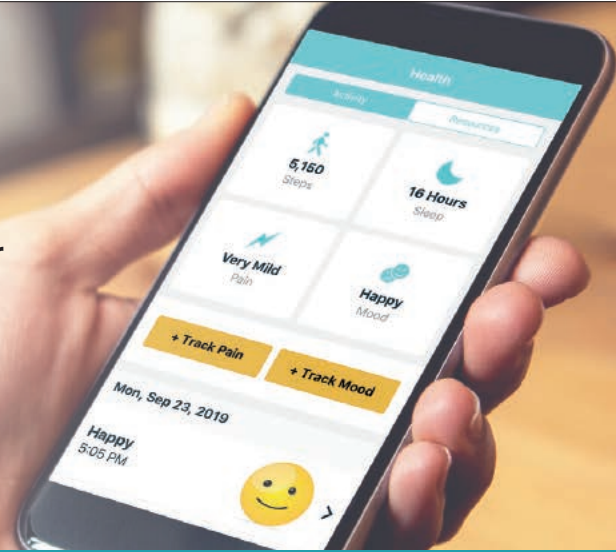
[ThisIsLivingWithCancer.com](https://www.thisislivingwithcancer.com)



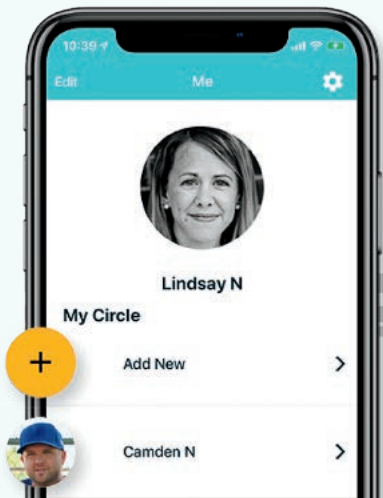


A free app designed to help manage life with cancer

Your patients and their loved ones can download the LivingWith® app for free. It's available in English and Spanish.



LivingWith® helps take care of the small details so patients can focus on the big picture.



STAY CONNECTED

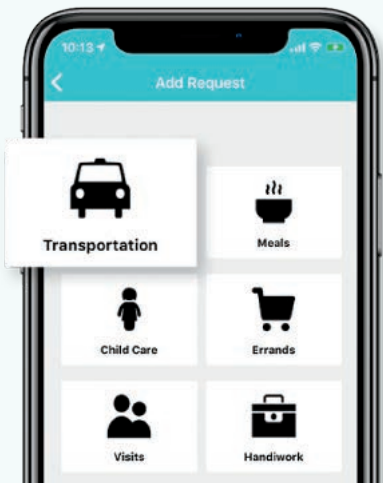
- Invite friends and family to join their private circle of support
- Send or receive requests for help
- Share how they're feeling with loved ones

TRACK HEALTH

- Track mood and pain patterns and share personalized graphs and reports
- Sync sleep and steps with wearables like **Fitbit™**, **Apple® Health** or **Google Fit™**

STAY ORGANIZED

- Keep track of questions
- Take and record audio notes at appointments
- Store important documents, like lab and test results



GET SUPPORT

- Send requests to friends and family
- Find support groups in their community
- Discover local events, including those sponsored by the American Cancer Society

ASSIGN A PROXY

- If managing the app may be too much, patients can assign someone to update friends or family on their behalf

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Laura Ringe | Story of an metaplastic breast cancer survivor



Most people, like me, think they know what breast cancer is. I knew some specific facts but didn't realize how many different types there are. This is surprising since I lost my mom to breast cancer 8 years before being diagnosed myself.

My mom had been hit by a car as a young 3 year old and lived her entire life in pain, so by the time she was in her 60s, she would say to me,

"I don't know why you make me go and get a mammogram with you, because after watching your father go through chemo and radiation, I wouldn't go through all of that if I was diagnosed with breast cancer." So at 74, my mom started losing weight, had an ongoing cough, and was unsteady on her feet, when I insisted she go to the Doctor. At that point she admitted she thought she had cancer. She was a smoker, so of course I thought she meant lung cancer. When she said, "no, breast cancer", I asked why she would think that. She had felt a lump. I'd imagined something the size of a pea, but it was a mass that went up the entire side of her breast into her armpit. Unfortunately, life had gotten hectic and she hadn't had a mammogram in 3 years.

Unbelievably my mother passed away only 6 weeks later. It was beyond devastating. It happened so quickly we never even found out what type of breast cancer it was. Honestly, I didn't realize how important that fact would become.

Seven years later, at 56 years old, I was getting my mammograms annually, when they spotted a radial scar in my right breast. I was advised it would be best to have it removed because it could be a precursor to cancer. So, I had it removed and was thrilled to hear that there was no sign of cancer. Just

a year later, when planning to schedule the next screening, I noticed something unusual. I had an itch at the bottom of my breast and scratched it, I was stunned to feel a hard mass. At that point I knew what it was, and 3 days later my thoughts were confirmed.

I was diagnosed with a cancer I had never even heard of, **Metaplastic Breast Cancer**. Only 1% of breast cancers are Metaplastic and it is an extremely aggressive form. From the time of my scan only 1 year earlier a 5 1/2 cm cancerous tumor had grown! I was diagnosed with stage 3 breast cancer. I relied solely on yearly mammograms, and never realized how extremely important it is to also do a monthly self-exam. I hope that my experience helps at least one person to catch it sooner than I did.

I relied solely on yearly mammograms, and never realized how extremely important it is to also do a monthly self-exam. I hope that my experience helps at least one person to catch it sooner than I did.

I went through 5 months of chemo, a double mastectomy, 6 weeks of daily radiation as well as 6 months of oral chemo. Metaplastic breast cancer has a 50% recurrence rate which truly terrified me for some time until I changed my way of thinking, and now look at it as I have a 50% chance of cancer being gone for good! My best friend, a strong and positive, 20 year breast cancer survivor, helped me find a more positive mindset. She'd said, "Worrying doesn't change anything, but a positive attitude has a lot of benefits!"

I've been blessed with wonderful loving family and friends as well as the kindest and truly caring doctors that have helped make this journey easier!

Thank You to this wonderful organization for providing my wig!



Three Holistic Remedies for Relaxation and Relief



BOOST YOUR HERBAL TEA!

Boil a cup of water with a small handful of cloves, a dash of nutmeg, and 2-3 cinnamon sticks. Once combined and fragrant, pour the spiced infusion over your favorite organic tea! Our favorite is ginger flavored. Add even more flavor and healing power by stirring in honey and lemon. Beneficial and delicious!

PEPPERMINT OIL TO THE RESCUE!

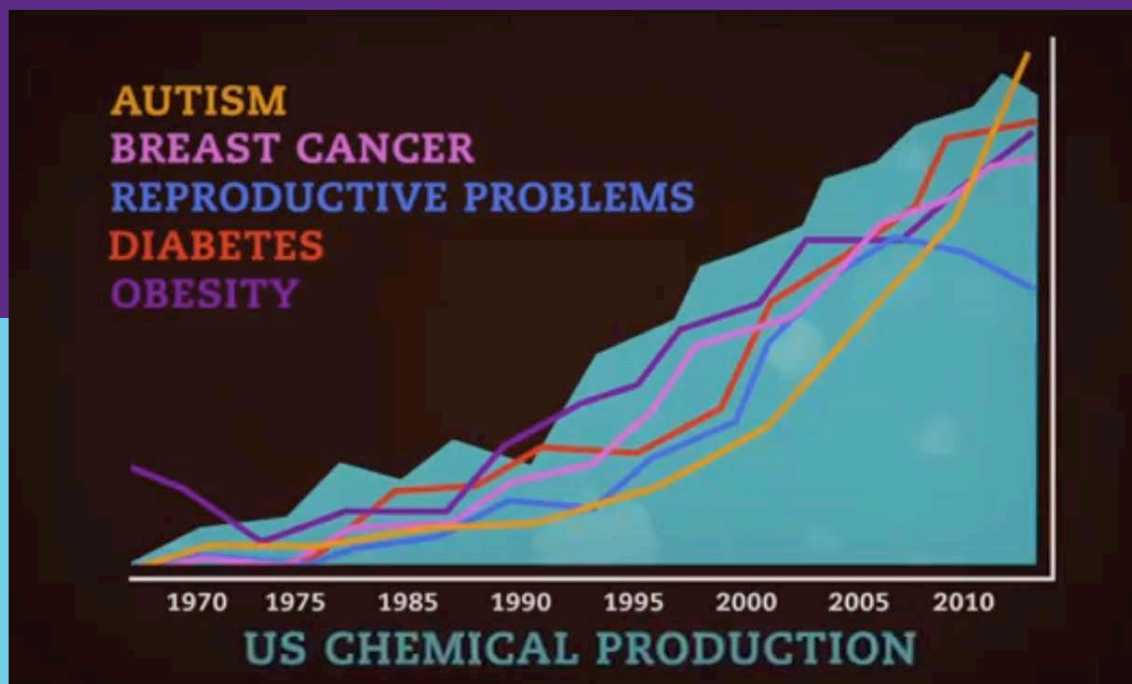
- Rub a couple drops of peppermint oil on the creases of the bottom of your toes. The oil will quickly absorb bringing you relief. (This has cured my allergies!)
- To relieve a headache simply massage 2-3 drops of pure peppermint oil on your temples, forehead and along the back of your neck.
- For a homemade vapor rub combine several drops of pure peppermint and eucalyptus oil into a large scoop of coconut oil. This can be rubbed onto chest and neck to ease congestion and cough.

THE POWER OF EUCALYPTUS!

Use the powerful antibacterial properties of eucalyptus to your advantage by spraying eucalyptus oil over your pillows and sheets, and diffusing it through your home. It will purify your home while opening your airways, easing a cough, reducing inflammation and fighting infection. Also try spraying the eucalyptus oil during a hot shower to really enjoy the benefits of steam inhalation. Great for relieving chest congestion and sinus pressure.

OUR APPRECIATION TO THE DOCUMENTARY STINK! FOR THE USE OF THE GRAPHIC BELOW...

WE HIGHLY RECOMMEND VIEWING THE MOVIE ON NETFLIX. IT EXPOSES THE MASSIVE AMOUNT OF CARCINOGENIC CHEMICALS WE ARE EXPOSED TO IN OUR DAILY LIVES.



SCARED STRAIGHT INTO PREVENTION

THE PHYSICAL AND EMOTIONAL SIDE EFFECTS OF TREATMENT ARE DEVASTATING. A LARGE PORTION OF BREAST CANCER IS PREVENTABLE THROUGH LIFESTYLE CHOICES. THESE WOMEN ARE SHARING THEIR HARSH REALITY TO SCARE YOU INTO TAKING BABY STEPS TO LOWERING YOUR RISK OF BREAST CANCER.

Ten years ago I thought I was healthy. I exercised every day. I thought I ate pretty healthy. I didn't think I had any risk of breast cancer. Why would I? It didn't run in my family and I was only 39.

January 13th, I saw a funny reminder on face-book to do a self-exam. I did and I discovered breast cancer. I then went through the worst year of my life, questioning my mortality, experiencing gruesome physical side effects, and devastating emotional side effects while at the same time trying to keep a positive attitude and clinging to hope.

I didn't want to die. I had girls to raise, lessons to teach them, and memories to make. And so, I vowed in that chemo chair to never go through this again. I vowed to educate myself on the facts and any possible ways to prevent this from happening again.

The first thing I learned was that less than 10% of breast cancer is hereditary. 90% of all breast cancer is caused by lack of proper nutrition, carcinogens we expose ourselves to in our everyday products, lifestyle choices we make including exercising and alcohol, and environmental toxins. These all add up, burdening our body, exhausting our immune system and can lead to cancer.

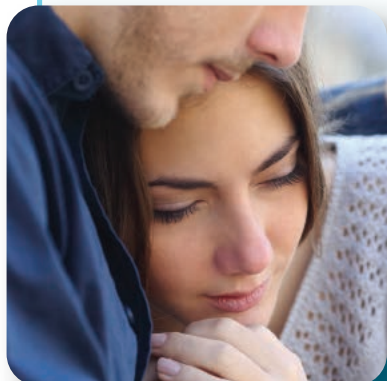


I contribute surviving ten years beyond cancer not to luck or even to God. I attribute my survival to the drastic changes I made in my life. I empowered myself with education and you can too. Schedule our free presentations and we will teach you the facts that you don't know you don't know. And we will teach you tangible baby steps to a healthier you.

If I can't convince you to Step Up To Prevention by taking baby steps to lowering your risk of breast cancer, maybe thinking about some of the possible side effects that occur due to breast cancer treatment might scare you into making a change.

TRUST US – YOU DON'T WANT TO EXPERIENCE BREAST CANCER TREATMENT. I CONTRIBUTE SURVIVING TEN YEARS BEYOND CANCER NOT TO LUCK OR EVEN TO GOD. I ATTRIBUTE MY SURVIVAL TO THE DRASTIC CHANGES I MADE IN MY LIFE. I EMPOWERED MYSELF WITH EDUCATION AND YOU CAN TOO. SCHEDULE OUR FREE PRESENTATIONS AND WE WILL TEACH YOU THE FACTS THAT YOU DON'T KNOW YOU DON'T KNOW. AND WE WILL TEACH YOU TANGIBLE BABY STEPS TO A HEALTHIER YOU.

WHAT WAS THE WORST SIDE EFFECT YOU WENT THROUGH DURING TREATMENT FOR BREAST CANCER?



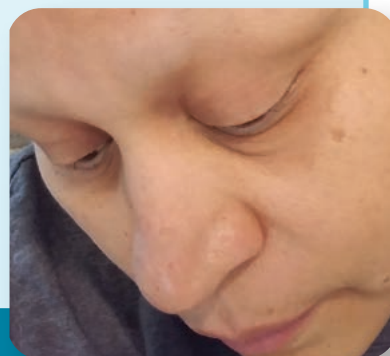
The emotional scars. I don't know if they will ever heal.

—Lynnette



Terrible fatigue that I could hardly get out of bed.

—Ellie



Taking a shower and my hair coming out in handfuls.

—Shawna



My skin was so weak from chemo, that my mastectomy took over 3 months to heal. I required hyperbaric oxygen therapy for 30 treatments just to get my skin closed and the stitches removed. I felt like my body was fighting against me!

—Laura



Having to see my kids see me go through breast cancer . . . the changes, the uglies, all of that and the fear of not being around for them.

—Amelia

Helping

—make a—

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Finding Relief: The Role Cannabis Can Play in Easing the Most Common Side Effects of Cancer Treatment

By Rudy Molina, Director of Arizona Operations, Mint Cannabis

Over the past few decades, there has been growing interest in the role that cannabis can play in helping manage the life-altering symptoms of many conditions and their treatment regimens. Cancer is no exception.

A diagnosis of breast cancer often comes a grueling treatment regimen from surgery and radiation to chemotherapy and even immunotherapies. These life-saving treatments often come with a host of symptoms that vary in severity, including joint pain, insomnia, anxiety and a host of digestive challenges such as nausea, vomiting and a diminished appetite.

For years, patients have found relief through cocktails of prescription medication, each carrying reprieve from a specific symptom. A number of studies, and more importantly, cancer patients' own feedback, are pointing to cannabis as an opportunity for effective mass-symptom management. In fact, a study presented at the 2019 annual meeting of the American Society for Clinical Oncology revealed that the overwhelming majority of oncology providers who were surveyed believed that medical marijuana can help patients.

How does cannabis help manage cancer treatment symptoms?

For hundreds of years, cannabis has been used as a natural treatment for many of the most common symptoms associated with cancer treatment. Its active ingredients, cannabinoids, help regulate a number of biological functions by interacting with the body's own endocannabinoid system, which produces its own cannabinoids.

What symptoms will it alleviate?

Pain: In treating pain, cannabis works similar to opioids, without the debilitating side effects and risk for opioid use disorder (OUD). It has also been shown to provide relief for patients experiencing pain from neuropathy, or nerve damage that manifests itself in weakness, numbness or tingling in hands and feet, which be a complication of chemotherapy and other treatments.

Insomnia: As many as half of all people undergoing cancer treatment have trouble falling or staying asleep, increasing risks for anxiety and depression. Cannabis can help restore a natural sleep cycle through its analgesic properties that relive pain and stress.

Anxiety: Worry, nervousness and fear are all normal reactions for cancer patients undergoing treatment. Lower-dosages of delta-9 tetrahydrocannabinol (THC), a cannabinoid, can be used as a tool to relax the body and mind, providing relief for patients experiencing anxiety.

Nausea, Vomiting and Loss of Appetite: According to research on evidence-based management of chemotherapy-induced nausea and vomiting, up to 80% of patients receiving chemotherapy will experience some level of these symptoms. When the body's endocannabinoid system is suppressed, experiencing nausea and vomiting, along with other digestive issues is relatively commonplace. The cannabinoids from cannabis, namely THC, mimics the cannabinoids the body produces and prevent feelings of nausea and vomiting. Similarly, researchers have proven that cannabis is an appetite simulant.

Where can oncology patients and their caregivers learn more?

Finding out if cannabis can help ease a patient's symptoms begins with education and open communication. As the stigma around cannabis use for medical purposes begins to dissipate, more open communication increases.

Beyond physicians and medical teams, organizations such as Check for a Lump are critical sources for accurate and factual information. Beyond the internal resources and tools that they offer, they can provide insights on the use of marijuana and may even have a roster of survivors and care-givers who can share their own experiences.

Marijuana dispensaries are also an invaluable tool, especially when faced with the depth and breadth of available product and dosages. And just as there are countless strains of cannabis available, so too are there many different ways to consume it, not to mention dosages. Working with a budtender at a trusted dispensary is usually the best way to figure out the optimal strain, method and dosage as these vary greatly from individual to individual.

While cannabis isn't a cure for cancer, it can certainly help alleviate many of the uncomfortable symptoms associated with treatment options and improve a survivor's quality of life.

To learn more about cannabis and how it can help ease treatment symptoms, please visit Mint Cannabis at themintcannabis.com, call at 480-749-6468 or visit one of their three Valley locations in Guadalupe/Tempe (5210 S Priest Dr, Guadalupe, AZ 85283), North Phoenix (17036 N Cave Creek Rd, Phoenix, AZ 85032) and Mesa (330 E Southern Ave, Mesa, AZ 85210)



Rudy Molina is Director of Operations for Mint Cannabis' Arizona locations.

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FOUNDING BOARD MEMBER & PROUD SUPPORTER OF CHECK FOR A LUMP!

"As a Check For A Lump! founding board member, I know the importance of supporting women going through chemotherapy due to breast cancer.

That's why if you use my services as a realtor I will donate a wig with every successful close of escrow."

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STEP UP TO PREVENTION



Lunch & Learn 

Our presentations are **FREE**, fun and filled with empowering facts and life-saving tips to reduce your risk of breast cancer and many other diseases.

STEP UP TO PREVENTION TODAY AND SCHEDULE YOUR FREE BREAST HEALTH PRESENTATION.

- ★ Up to date facts to motivate and encourage women on the fundamentals of taking charge of their breast health.
- ★ Bringing awareness, the proper screening guidelines and the importance of early detection when women have close to 100% chance of surviving.
- ★ Empowering women and men with education on tangible steps to lower one's risk of cancer.
- ★ Our invaluable assistance program that provides free mammograms and wigs to women undergoing chemotherapy treatment for breast cancer in Arizona.

"You were phenomenal yesterday! You spoke from a wicked experience, without judgement and passion. Thank you for continuing to share your message of prevention and the many ways we can make change in our lives to live healthier, hopefully longer lives. Your message rocked the house!"

Contact us at
outreach@checkforalump.org

TOGETHER WE ARE
MAKING A DIFFERENCE!

CHECK FOR
A LUMP 



KEEP YOUR CLEANING CLEAN WITH THESE EASY RECIPES

WE HIGHLY RECOMMEND THESE NON-TOXIC RECIPES FOR HOME CLEANING

DETERGENT

- 🌿 4 – 4 oz bars Kirk's Original Coco Castile Soap Fragrance Free (16 ounces total)
- 🌿 4 lbs Baking Soda
- 🌿 3.7 lbs Arm & Hammer Super Washing Soda (1 box)
- 🌿 3 lbs OxiClean Free or Baby (1 container)
- 🌿 28 oz Epsom Salt
- 🌿 5 drops Essential Oil of choice (added directly into machine for each load)

Instructions

1. Grate castile soap into small shavings. (Can be hand grated or put through a food processor).
2. Place all ingredients into a large garbage bag. Twist tightly closed and shake to mix. (Do not breathe in the dust.)
3. Pour into a container and place near the washer for convenience.
4. How to use the laundry detergent: Measure 1 or 2 Tablespoons onto the laundry per load. (There are no fillers in this detergent so it takes less than commercial laundry detergent.) It can be used in regular and HE machines.
5. Add apx. 5 drops of essential oil to the liquid detergent compartment for lightly fragranced load of laundry.

ESSENTIAL OIL DIFFUSER

Use an essential oil diffuser to scent your home in a beneficial and healthy way. When purchasing a diffuser be sure it does not heat the oil (like a vaporizer would). Also, use high quality pure essential oils.

In your family room try diffusing: 2 drops bergamot, 2 drops peppermint, and 2 drops frankincense. This blend adds a calm energy to the room!

To make your master bedroom smell like a tranquil spa, diffuse: 3 drops peppermint, 3 drops rosemary, 2 drops lavender, 2 drops bergamot, 2 drops sweet orange, 2 drops ylang ylang. Instantly calming and makes for a great night sleep!

ALL PURPOSE CLEANER

½ cup white vinegar

2 tbsp baking soda

10 drops of lemon, tea tree, or lavender essential oil for their disinfectant properties.

Pour vinegar, essential oils and a little water in a spray bottle (preferably glass) and mix. Add in the baking soda then fill to top with water. Gently shake to mix ingredients.

GLASS CLEANER

2 cups water to 1/4 cup vinegar, optional 10 drops essential oils to decrease the ammonia smell.

GERM KILLER FOR THE BATHROOM

1 cup vinegar, 1/2 teaspoon tea tree essential oil (contains antibacterial properties).

LEAFY GREEN HOUSEPLANTS

Keep a leafy-green houseplant in every room of your home. Plants naturally pull toxins out of the air and replace them with oxygen. This means a healthier home for you! Some favorite easy-to-care for plants are the: spider plant, peace lily, bamboo palm, areca palm, weeping fig and the Chinese evergreen.

WOOL DRYER BALLS

are an excellent way to remove the chemical laden dryer sheets from your laundry routine. Dryer sheets often leave your clothes and sheets covered with chemicals and wax which go directly into your skin, even clogging pores. Instead dryer balls can still soften and fluff your laundry, while even making the dry cycle shorter! I love that my clothes still get clean, but without the added harmful ingredients.



CORPORATE GIVING

makes a difference in the fight against breast cancer!

Dear Drs. Gawley and St. Peter,

You have my deepest appreciation for your kindness, generosity and support! Over the past six years you have helped to lift 'UP' our breast cancer community and elevate our non-profit to new levels in order to better serve women in our community through education, direct assistance with mammograms, testing and new wigs for breast cancer survivors.



Unicorn
Philanthropy

Over the past six years, not including your sponsorships, you have donated **\$176,748!!!** Due to your generous support and donations we have been able to provide invaluable education to over 100,000 motivating women to be proactive in their breast health to help them detect breast cancer in the earlier stages and help saves lives! We have also been able to educate our community with precious prevention

tips to help reduce the incidence of ALL cancer! Because of you, we have been able to provide 1,406 women with a free new wig ultimately providing a breast cancer patient the comfort and normalcy she deserves while going through a very terrifying time in her life! And due to your incredible support we have been able to launch a mammogram program so that no women, underinsured or uninsured, has to go without breast screenings and testing due to lack of funds! We have already provided over 300 women with a free screening mammogram in 2019! **You are saving lives! You are improving the quality of life for mothers, daughters, and sisters going through breast cancer! You are making a difference! I am in awe of you both! You really are like unicorns who carry the qualities of love, peace, calm, gentleness, hope, majesty and caring. You are philanthropic pillars who give not because you have to, not because you are going to receive the proper return on your investment. You give because as you once told me, "Our parents raised us well, and it's simply the right thing to do. Give back to your community"**

Drs. Gawley and St. Peter, Unicorn Philanthropy, Dr. Mahabir, Sherri Farris, Jill Fredenberg, Hannah Jones and the entire team with Gawley Plastic Surgery and MD SkinLounge - it is with immense gratitude, joy and integrity to be one of the many stewards of your gifts. Thank you for believing in our mission and being philanthropic pillars in our community. The women we assist thank you even more! You are making a difference in the fight against breast cancer!

Live & Give
Holly Rose





Knickers FORE KNOCKERS



Unicorn Philanthropy's annual charity golf tournament is hosted in the spring of each year. Attendees enjoy golf, drinks, lunch, contests and a silent auction in the gorgeous Arizona sunshine.

Visit unicornphilanthropy.com to register for email updates for this and other events. We hope you'll join us in 2022 for our next tournament!



Unicorn Philanthropy © 2021 Unicorn Philanthropy

SEVENTH ANNUAL GAWLEY GALA OCT 8, 2021 CHARITY EVENT BENEFITING UNICORN PHILANTHROPY



Unicorn Philanthropy is proud to present their premiere event — the Gawley Gala. At this year's formal gathering, hosts Dr. Bryan Gawley and Dr. Heather St. Peter will treat guests to a rooftop cocktail reception, an elegant dinner plus silent and live auctions. This year's Gala will be at the luxurious Camby Hotel in Phoenix, AZ.

Visit unicornphilanthropy.com to register for email updates for this and other events.



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TO BUY
TICKETS
AND VIEW
AUCTION
ITEMS



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16 SIMPLE TIPS THAT CAN REDUCE YOUR RISK OF BREAST CANCER

CONTINUED FROM PAGE 30 | For more information and tips to lower your risk visit our website at www.checkforalump.org

PLASTIC FREE IS THE WAY TO BE



Plastics contain Phthalates that disrupt our hormones. Be sure to avoid those with the recycle code 3 or 7 – they will get you to heaven. A quick and easy step to lowering your risk of cancer is to throw out your plastic and switch to glass. Even if your products are BPA-free you must consider what chemical they are using to replace BPA. These giant money making companies are not required to prove what they put in our products are safe. It is up to the consumer to prove it is unsafe.



PESTY PESTICIDES

Pesticides are used to kill bugs in our environment. Isn't it reasonable to assume they might be killing us too? Studies have linked them to breast cancer and a variety of human diseases including birth defects, infertility, brain damage and more. They also permeate the ground for years and years to follow. Ask your local pest company for the organic alternative. It's only about \$10 more and much safer for ourselves, our families and our planet.

PLUG OUT

We have a hatred for containers that are plugged into our walls and even in to our cars that emit an invisible cloud of toxins continuously. It's time to unplug and find a safe alternative. Essential Oils and a diffuser smell even better without exposing your family and yourself to unnecessary carcinogens.



THE "F" WORD IS FRAGRANCE

Companies are not required to reveal what chemicals are used in "Fragrance" since they are considered trade secrets. The National Academy of Sciences report that 95% of chemicals used in fragrances are synthetic chemicals derived from petroleum including toxins capable of causing breast cancer and other diseases. Go fragrance free. Again there are so many new alternatives today with essential oils.



DON'T SIT FOR THIS!

Recent studies by the ACS have discovered that people who sit for more than 6 hours a day elevate their risk of dying from cancer and other major diseases. The increase for women is 37% higher and men 17% higher. Set a timer and get moving every hour for at least five minutes. Take a stand against cancer!



BIRTH CONTROL PILLS

According to the Susan G. Komen Foundation current or recent use of birth control pills slightly increases your risk of breast cancer. The increase is 20% to 30% higher than a woman who has never taken birth control pills. Consider all of your options for birth control contraceptives and talk to your doctor consider any inherited risk of breast cancer you may have in your family history.

SUGAR IS NOT SO SWEET

Recent studies from Texas MD Anderson Cancer Center have shown that high amounts of sugar, specifically table sugar and high fructose corn syrup, may increase the risk of breast cancer and metastasis to the lungs. Lower your intake of sugar and eliminate the use of products with high fructose corn syrup to lower your risk of breast cancer along with many other diseases including obesity, heart disease and other cancers.



BREAST IS THE BEST

(when it comes to your babies)
Breastfeeding your children lowers your risk of breast cancer. According to 47 studies women who breastfed for a total of one year were less likely to get breast cancer vs. women who never breastfeed. Women who breastfed for a total of two years doubled this benefit. (ex. 1 year for 1 child or 6 months for 4 children)



What is Breast Implant Associated Anaplastic Large Cell Lymphoma (BIA-ALCL)?

about the author: Raman Mahabir, MD, MSc, FRCSC, FACS is an expert on BIA-ALCL as he was the Vice Chair of the committee that reviewed every BIA-ALCL case both nationally and internationally.

What is Breast Implant Associated Anaplastic Large Cell Lymphoma (BIA-ALCL)?

An uncommon and most often treatable type of lymphoma that can develop around Textured implants.

- Typically, 8-9 years after surgery
- In both saline & silicone Textured*** implants
- To date, there has not been a confirmed case of BIA-ALCL in a patient that has only ever had smooth implants.

Why it made the news:

- Textured implants have been recalled / banned in 41 countries including the USA
- Over 700 cases worldwide and over 30 deaths

Symptoms:

- Most commonly (80%): fluid collection / breast enlargement (can double in size)
- Lump in the breast area and or armpit
- If a you have no symptoms, you are very unlikely to have this, but the rare case has occurred with no symptoms

Treatment:

- Consult, physical exam and imaging if needed (Ultrasound and / or MRI)
- “En Bloc” (pronounced on block) capsulectomy

I have textured implants, but no symptoms. Now what?

Allergan textured implants have been recalled as they have an unacceptably high rate of this malignancy. While the FDA is not recommending removal at this time if you are not having symptoms, many patients are choosing to remove their implants to minimize their future risk.



Mentor / Sientra textured implants have not been recalled and have a much lower rate of this malignancy: roughly 1 in 30,000.

What is an “en-bloc” implant removal and total capsulectomy?

With the recent “recall” of textured breast implants and the increased awareness of breast implant illness (BII), there has been an increased interest in the en-bloc procedure. In a total capsulectomy the implant and all of the capsule around the implant are removed separately. The en bloc procedure is performed by carefully removing the capsule and the implant together as a single piece thereby minimizing contamination at the time of removal.

We understand our patients’ worry both about breast implant health and what they will look like if they remove their implants. Understand that complications with breast implants are not the norm, and that the surgeons at Arizona Center for Reconstructive Breast Surgery are well prepared to address any problems should they occur. The surgeons are trained and experienced in the best techniques to remove breast implants effectively and safely and other surgeries that may be needed to give you a natural, healthy, aesthetic result.

Visit azbreastcenter.org to get more information or call today to schedule a consultation.

Pay it forward



MEET SOME OF OUR DONORS WHO WERE INSPIRED BY CHECK FOR A LUMP! TO HELP OTHERS WHO NEED ASSISTANCE

My breast cancer journey began August 2017, with a suspicious spot during a routine mammogram that snowballed 60 days later into a double mastectomy and reconstructive surgery. Talk about a 180 turn in the road event! I remember thinking, "I don't have time for this." However, I work for a wonderful international company called Logicalis and they had my back!

My cancer was classified as DCIS-in situ, which should have resulted in removal of the cancerous cells, via lumpectomy and I get to continue on with life. In the meantime, I started to wonder about family history with cancer, and ordered a genetic test. It revealed that I have the BRCA 2 gene mutation, which only occurs in 2%-3% of people with my profile. This immediately changed the whole path of my treatment plan, as not only does this mutation increase the chance of breast cancer, but other cancers as well. The day of my surgery, Logicalians, not just in the US, but in other countries as well, showed support by wearing pink and sending photos and messages to wake up to from surgery. What uplifting support this provided! The journey though was not over. They had been unable to get a clean

"margin" at the skin level and it was highly recommended I receive 30 days of radiation to be assured nothing had been missed. Another rare occurrence and again, "I don't have time for this!!!" were my thoughts. Luckily, I had great support from my family, friends and again from Logicalis as I did my daily treatment. I officially completed my breast cancer treatment on January 10, 2018. I have since went on to address the other potential cancer risks the gene mutation carries and feel good that I have done everything possible to kick cancer to the curb. I appreciate how supportive my children, family, and Logicalis were through

this journey more than I can ever convey. It helped me "have time for this" and know that I had others ready to step in while I did.

Logicalis has an organization, Women of Logicalis, WOL, that wanted to show support to members, and friends within our work family, who have had a journey with Breast Cancer. WOL collaborated to create a breast cancer shirt design and internal marketing efforts to promote awareness during October Breast Cancer Month. Shirts were sold internally and donations were made throughout the month. AT T culmination of Breast Cancer Awareness Day and three WOL members sharing their breast cancer story. Over 100 shirts were sold, splitting the proceeds to Check for a Lump! and another organization in the Midwest.

I came to know Check for a Lump! through Dr. Brian Gawley, who was my reconstruction surgeon and great supporter of breast health in the Valley. Luckily, my insurance covered my care, but when I was asked if there was a good organization to donate to I had learned the great work Check for a Lump! does at the Gawely Gala and enthusiastically recommended that part of the proceeds go to them.



As a two-year survivor, it feels great to be in a place where I can help others who will start their fight with breast cancer. I hosted my 3rd annual October "Get Your Pink on With Michelle, in partnership with Orangetheory Central. Part of my healing process is giving hope to others and providing living proof that they can and will win their battle. Breast Cancer takes a good year of your life away from you, but you get your life back again and you can start to live a "new" normal, healthy and active life again.



I feel very fortunate that I found your organization when I was diagnosed. I am already starting to plan my 4th annual event!

Michelle Sinclair and Orangetheory Central raised \$1,565!



A coach at Swim Neptune had received a wig from Check for a Lump! while undergoing chemotherapy for breast cancer.

To pay it forward they sold pink t-shirts and pink swim caps to members of the team, and \$5 from each one sold was collected to donate. \$750 total was donated as a thank you and given back to Check for a Lump! Providing even more women with free wigs!



Special shout out to Valerie Harkins-Samuels and her husband John! They celebrated their 30th Anniversary this past year and made us their charity in lieu of gifts! They raised \$1,800 at their casino night celebration! Happy Anniversary and congratulations on 30 years of marriage! Your generosity and kindness will assist at least 7 women battling breast cancer with a free new beautiful wig!

HAPPY BIRTHDAY!!!



OUR THANKS TO EVERYONE WHO DONATED THEIR BIRTHDAYS ON FACEBOOK TO HELP US RAISE FUNDS



I choose to donate to Check for a Lump! because as a Stage IV breast cancer survivor myself, I know the importance of having resources available to you during this journey. What makes supporting them even more valuable is being LOCAL.

—Amber Edens

Raised \$337



We chose our birthdays because the first week I was diagnosed I was given the name Check For A Lump! Within a few days I knew that I would be able to have a wig without needing to worry about the expense. At a time when you feel so vulnerable, being able to feel "normal" was priceless. Thank you for making that possible for me and for so many others! God bless you.

—DeLynne Lucus Bock

Raised \$1,145



Check for a Lump! was my choice for birthday donations because it is local to me and highlights free mammograms. I was diagnosed this year with stage III IDC DSIC hormone positive breast cancer at age 41. I had asked for a mammogram because of my history of benign tumors and extensive family history before I was 40 years old.

They responded verbally and in writing that breast cancer is better detected by palpation of lumps and not by mammograms and therefore was denied. I accepted that while I had breast cancer and could have intervened at stage 0 or 1. Its important to me that woman with family and personal histories of tumors and cancer to be granted access to early detection before the age of 40. If I had known about your organization I would have pursued a free mammogram. It is appalling to me that insurances want

to push the age even farther back. This is essentially killing young woman who are at risk.

—Katy M Obert

Raised \$886

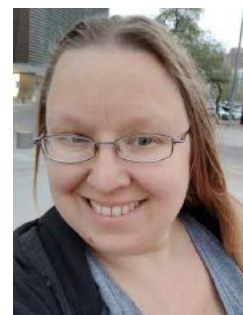
I chose to donate to Wig Out this year because of my own personal experience. When I was diagnosed with breast cancer in 2013, they helped me get a quality wig. I wanted to give back.



I chose to donate because this organization helped me 6 years ago. I had breast cancer and they assisted in purchasing one if my wigs. I so appreciate this organization.

—Heather Pruett

Raised \$146



—Leyla Forrest

Raised \$66

Get your active life back!



Breast cancer rehabilitation can help patients with:

- Post lumpectomy or mastectomy
- Breast reconstruction
- Scar tissue restrictions
- Lymphedema
- Lymphatic cording or "Axillary Web Syndrome"
- Shoulder, neck, or back pain
- Side effects from chemotherapy and radiation
- Treatment induced fatigue

Together, through physical therapy, we can:

- Restore your mobility and posture
- Decrease or eliminate your pain
- Rebuild your strength and endurance
- Return you to work and play
- Boost your energy
- Prevent or combat the effects of lymphedema

"Pain from cancer surgeries and treatments started to impact my quality of life. Since starting therapy with Sara at Spooner Scottsdale, the pain has subsided and I am able to enjoy this 2nd chance at life. The physical therapists at Spooner are the best and I recommend them to anyone with side effects and pain from cancer treatments."

-Christine C



**Helping Women Achieve
Active Life After Breast Cancer**

Bringing *Health in Motion* Across the Valley

602.559.9700

Visit www.spoonerpt.com to view all of our specialty programs & clinic locations



Spooner Physical Therapy can help you with the side effects of treatment so you can regain your Health in Motion!

Research shows that physical exercise and activity are key factors in breast cancer survivors regaining vitality and returning to optimal health. While medical treatment for breast cancer is saving more lives, many of these treatments result in life-changing side effects.

At the age of 35 years old, I was diagnosed with Triple Negative Breast Cancer. Thankfully after 5 months of chemotherapy and a bilateral mastectomy, I was completely rid of cancer! I thought my fight was over. What I didn't know then, was that cancer and treatment had physically changed me. My second fight came after the cancer was gone and continues even now. Following my mastectomy, my body was weak and unable to heal effectively. This caused months of open wounds and left me vulnerable to infection. After months of healing, that part of the fight ended, however that difficulty led to reoccurring battles with capsular contracture. A medical term the Dr's had mentioned before the mastectomy, but is now real part of my life. After a few surgeries to try and remove the capsulated implant and scar tissue, my surgeon wisely recommended I begin treatment at Spooner Physical Therapy.

Working with a breast cancer specialist at Spooner Physical Therapy, I began to see positive results. Before therapy, the scar tissue was thick and uncomfortable. Reaching, stretching, and even lying down were all painful. Ordinary, everyday activities were becoming more challenging to accomplish and even sleeping became difficult. After receiving multiple forms of treatment, the pain began to diminish. For healing, I received specialized lymphatic and deep tissue massage, as well as cupping therapy. I was

also educated on specific stretches and repetitive motions that would work and breakdown scar tissue while strengthening surrounding muscles. Each visit we would continue to improve and build upon the last session. Eventually, I had the knowledge and practice to take these new skills home and continue healing there. From the reception desk, physical assistants, to my specialized therapist. Every person I met

at Spooner Physical Therapy was helpful, skilled, caring, and kind. I felt very welcomed and important. I believe that the positive environment helped with my healing and kept me coming back to learn more. I also liked that they could send my set of stretches and exercises right to my email so that I could continue our work even between sessions. I felt empowered by the information and liked having practical steps I could take in my own healthcare.

Even though my body loves to create scar tissue, I now know ways to fight back! Spooner Physical therapy has not only helped me regain mobility and comfort, but it has also equipped me with tools and a team to help me keep improving and moving forward. I'd like to thank Spooner Physical Therapy for the amazing resource they are to me and the community, and for the hope they've given me. Hope that I can have a much more comfortable and healthy life!

— Laura Pentsa

After receiving multiple forms of treatment, the pain began to diminish. For healing, I received specialized lymphatic and deep tissue massage, as well as cupping therapy. I was also educated on specific stretches and repetitive motions that would work and breakdown scar tissue while strengthening surrounding muscles.



ARE YOU SMARTER THAN WIG OUT WANDA?

TAKE THIS QUIZ TO SEE HOW YOU RATE ON BREAST HEALTH



What percentage of breast cancer is hereditary?

<10% 70%

I have taken the Bright Pink Risk Assessment tool at www.brightpink.org to see if I am at high risk for breast cancer.

YES NO

You know and use the EWG Healthy Living app to see if your products are toxic?

YES NO

Approximately how many women in Arizona will contract breast cancer this year?

2,200

5,850

9 **QUEEN BEEHIVE!**

9 STARS? You're one smart cookie! You know your facts on breast health and how to decrease your chance of breast cancer. Help us share the word by scheduling a presentation with your friends/ employer not as smart as you.

7 **BOUNCY BOUFFANT!**

7 STARS? Looks like you have a good start on your breast health education but you could learn a few more of the facts and many more ways to lower your risk of breast cancer. **Schedule our free breast health presentation today.**

Alcohol consumption of 7 or more drinks a week including beer, wine or liquor increases your risk of breast cancer up to?

10% 30%

You have taken advantage of our **FREE** breast health education presentations?

YES NO

5 **SHAGGY DEE!**

5 OR LESS STARS?

You're in need of some sprucing up on your breast health facts and learning ways to lower your risk. Don't feel bad you are not alone! The majority of women in our community have a lack of awareness regarding the facts on breast cancer and prevention. **Schedule our free breast health presentation today.**

Breast cancer strikes 1 in 8 women

TRUE

FALSE

SIGN UP FOR YOUR FREE CHECK FOR A LUMP!
BREAST HEALTH PRESENTATION. CONTACT US AT
OUTREACH@CHECKFORALUMP.ORG
WWW.CHECKFORALUMP.ORG

How many women are diagnosed with breast cancer every year?

175,000

284,200

If you find breast cancer in the early stage you have close to ___% chance of surviving

50%

100%



a 2nd Act

Recognizing that helping is healing, A 2nd Act supports and celebrates women survivors who are using their gifts of life and experience to give back to the world around them. Mrs. Rose, our founder and Executive Director, would like to thank A 2nd Act for selecting her as one of their speakers for their S.T.A.R.S Storytelling Performance. To find more information on A 2nd Act or to view Mrs. Rose's performance go to www.a2ndact.org.

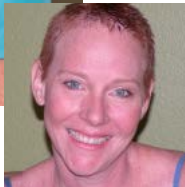


Ten years ago I had no idea I had a 2nd Act in me. I was a happy homemaker taking my care of my husband and our two daughters.

Then one day I was on Facebook and viewed a funny advertisement from the non-profit, "Feel Your Boobies," reminding women to perform a breast self-exam.

For whatever crazy reason, it stuck in my head and I did a self-exam that evening.

I discovered a lump that turned out to be breast cancer.



I was very fortunate in finding my cancer in the early stages, that I was able to save my life.

I went through nine months of horrifying treatment. During this time, an amazing community showered my family and me with acts of kindness. It was life-changing for me. I wanted to do something to give back to my community.

Initially, I thought I'd become the Phoenix affiliate for Feel Your Boobies.

Excitedly, I put on one of their tee shirts to show my two daughters, then 9 and 10. "MOM!" they screamed. "You can't wear that!" I was puzzled. "Why not?" "Boobies, Mom!"

I couldn't do anything that would embarrass my daughters. So I found a way to share the same message. And Check for a Lump! was born. And this is where my 2nd Act really began!

Of course, I had no idea the monstrous test of courage I was about to undertake.

I had been painfully shy my entire life. My social anxiety filled me with fear. Fear of being noticed . . . fear of rejection . . . fear of ever having to speak in public, but after my cancer journey, I had a deep passion to give back.

It was almost as if God had spoken to me or rather yelled at me and said, "Holly, THIS is your purpose in life. Now go. Share with the world." This meant I would have to stand up and speak and share my story, my joy, my pain, my tears, EVERYTHING in public!

And so, I faced my fears and I pushed my boundaries. I placed myself in front of large crowds and I stood trembling before people, my voice quivering, my hands shaking and my legs wobbling. I was horrible and

humiliated, but I went right back out there and I did it again and again and again.

My 2nd Act started out as a simple call to action to remind women to perform breast self-exams and to have timely mammograms. As I built up a wealth of facts and prevention tips we expanded and offer a comprehensive breast health education program. Immersed in the breast cancer community, I discovered that there were many women going through treatment who were forced to go without a wig simply due to lack of funds. Having gone through it all, I can tell you there is absolutely nothing pretty about pink when you are told you have breast cancer and you'll have to go through chemotherapy, lose your hair and be completely bald.

A woman losing her hair is not simply a matter of vanity. It is often our identity.

I can attest to this. Losing my hair was one of the most devastating side effects of my chemotherapy.

Again, it wasn't vanity. It was the fact that my youngest daughter would not hug me if I wasn't wearing my wig.

Knowing the devastation caused by losing one's hair we started our wig program to provide free new wigs to breast cancer patients. Since our inception we have assisted over 1,300 women with a free new wig!

In addition we have been able to initiate a free mammogram program for women in need and have provided over 400 free, life-saving mammograms.

We have become a prominent figure in our breast cancer community for information, education and assistance.

In pursuing my 2nd Act, I found out what courage really meant for me. It meant to be afraid and yet still walk into the darkness. To fall and be utterly humiliated in front of others, and to get back up again not knowing the outcome. It meant to be vulnerable, and be okay with that.

I stand before you now, still afraid, But God placed me upon my 2nd Act journey.

With HIS help, hard work and an amazing community supporting me, Check for a Lump! has truly made a difference in the fight against breast cancer.

I will continue to follow my 2nd Act courageously with all of my heart and soul.

I stand before you now, still afraid,
But God placed me upon my
2nd Act journey.

With HIS help, hard work
and an amazing community
supporting me, Check for a Lump!
has truly made a difference in the
fight against breast cancer.



Live & Give
Holly Rose

BREAST CANCER AWARENESS IS *NOT* BREAST

The American Cancer Society estimates that over 268,000 women will be struck with breast cancer every year, over 5,700 of them will reside in Arizona. Over 41,000 women will die in the United States every year. These dead women would fill the entire Chase Field Stadium.



I am Holly Rose, founder and CEO of Check for a Lump! I am also a ten-year breast cancer survivor. Immersed in our community I discovered that women confuse breast cancer awareness with breast cancer education. These are two completely different subjects. Mass women attend breast cancer awareness events and walk away with the perception that they have been educated when in reality they know very little about the disease and prevention.

The American Cancer Society estimates that over **284,200** women will be struck with breast cancer every year, over **5,850** of them will reside in Arizona. Over **43,600** women and **530** men will die in the United States every year. These dead women and men would fill the entire Chase Field Stadium.

I LEARNED THAT A LARGE PORTION OF BREAST CANCER CASES COULD BE PREVENTED. Through polling I discovered women are confused on screening guidelines, neglect self-exams and timely mammograms, have no idea that up to 50% of all cancer is caused by lack of proper nutrition and absolutely flabbergasted to learn their beauty products, household products and food contain cancer-causing chemicals.



THE CORRELATION TO CARCINOGENIC CHEMICALS IN OUR PRODUCTS AND DISEASE IS SKYROCKETING. I approach women every day and ask them if they would like to hear facts and prevention tips on breast cancer and their response is like my 9 and 10 year old girls when I tried to teach them about sex. They covered their ears and yelled out, "I'm not listening! I'm not listening! I'm not ready for this!" The majority of women in our community are doing the same thing with breast cancer. They are overly optimistic thinking, "It won't be me," and they are not ready to take the time to educate themselves on the facts and make changes and they stay in denial.

CANCER EDUCATION

I can share with you what made me step up. **I was diagnosed with breast cancer ten years ago at the age of 39.** I was lucky someone reminded me to do a self-exam and I found it when there was a great chance it was treatable. I went through nine months of treatment and there was nothing pretty or pink about it. Nine months of lying on the couch with horrifying side effects that are too gruesome for me to recall ever again. Nine months of lying on the couch watching my girls walk out the door, watching my husband walk out the door and watching my life pass me by. Nine months of wondering,



“Am I going to die?” and “Will I be around for my girls? Will I be here to teach them, listen to them, comfort and encourage them, love them? Will I be here?”

AND THEN I LEARNED THAT LESS THAN 10% OF BREAST CANCER IS HEREDITARY. Let me restate that even clearer – 90% of women who get breast cancer have absolutely no family history of breast cancer. A very large portion is preventable. So I sat in that chemo chair and vowed to educate myself and make any changes I could to prevent this awful disease from ever coming back again. I picked up a book on nutrition and then another, and then I poured through article after article.



I stepped out of denial and made many drastic changes to improve my health. I continued on my prevention path and made one small change every month and I still do.



BREAST HEALTH EDUCATION DOESN'T HAVE TO BE SCARY and you don't have to cover your ears. It's just like my daughter and the sex talks. I didn't give them the X-rated version first. We made baby steps. And that is what I'm asking you to do. Make the first baby step and read our magazine. Then sign up for our free presentation to listen to facts and learn prevention tips. From there choose one preventive change every month and commit to it and build upon it. It's easier than you think and we actually make it fun. You could be the next woman diagnosed with breast cancer, or your daughter, or your sister, or your best friend. 268,000 women do not have to suffer through breast cancer and 41,000 do not have to die. We can eliminate a large portion of these incidences. Education and Prevention is a Cure, so **STEP UP.**

STEP UP TO PREVENTION

SEE PAGE 60 TO LEARN MORE ABOUT OUR FREE PREVENTION WORKSHOPS.

FLYING INTO THE FUTURE

2021

WIG OUT

CHECK FOR A LUMP!

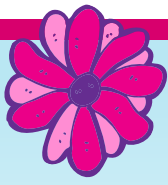
WHEN: SATURDAY, OCTOBER 16TH, 2021 • 6-11PM

WHERE: HANGAR 1 SCOTTSDALE • 15220 N 78TH WAY • SCOTTSDALE, AZ 85260

Go to checkforalump.org for ticket information



TOGETHER WE ARE MAKING A DIFFERENCE IN THE FIGHT AGAINST BREAST CANCER!



THANK YOU!

TOGETHER WE ALL WIN AND MAKE A DIFFERENCE IN THE FIGHT AGAINST BREAST CANCER!

THANK YOU FOR YOUR INVALUABLE SUPPORT! WITHOUT YOUR PHILANTHROPIC GIVING CHECK FOR A LUMP! WOULD NOT BE ABLE TO SERVE WOMEN ON A LARGE SCALE AND TRULY MAKE AN IMPACT ON LOCAL COMMUNITY.

Your generosity throughout the year has greatly increased our ability to expand our programs, meet more women where they are at, and provide invaluable services and resources in underserved areas. By removing financial barriers, we have been instrumental at empowering women through breast health wellness. Thank you, for believing in our mission and helping us move it forward sooner.



Rudy's "Country Store & Bar-B-Q" for your invaluable community partnership for the past 3 years and your October Pick Cup for a Cause Campaign that raised **\$16,197.75!**



Luci's at The Orchard, Luci's Healthy Marketplace, Luci's at the Grove October fundraiser donated a portion of their proceeds from every 32 oz Iced Tea, Tumbler & Hat sold in the month of October.



Holy Canoli! Spinato's Family Pizzeria donated \$1 for every pink canoli sold in October raising **\$1,400!**



Kierland POP lighted up Main Street in Kierland Commons for the 2nd Annual Kierland Night Run taking runners and walkers through the gorgeous grounds of Westin Kierland Golf Club while raising **\$5,025!**



Harvest held a fundraiser for the month of October at all of their dispensaries and raised **\$6,540!** In addition their staff volunteered to assist us at education events!



Peaks for Prevention (Mark & Jen Daker) 2nd annual fund raising of \$8,300 and Unum for matching the amount to make a fabulous total of **\$16,600!**



Mary Marcelli's Tribe for rallying the team at Larry H Miller and raising **\$3,967!**



Phoenix Symphony for donating **500 tickets** to their 2019/2020 Classic Series/Pop Series concerts

THANK YOU TO OUR SUPPORTERS BIG AND SMALL



YOUR DONATIONS BIG AND SMALL HELP US SUSTAIN OUR VALUABLE PROGRAMS. TOGETHER WE ARE MAKING A DIFFERENCE IN THE FIGHT AGAINST BREAST CANCER!



Jennifer Jones
Mary Marcelli
Debbie's Butterflies

Crescent Ballroom
Phoenix Amazon
Entertainment
Genuwine
Pretty Please
New Wave Order
Record Room
Lucky Air Plant
Chef Jennifer
Dr. Sommer Gunia
Health Now (Jodi Towns)
Floral Keepsakes

My Hope Bag
Americare
Kendra Scott
My Empowerment
Gray Matters
Joelle Julien
Singletons
My Inspire Wear
H.E.A.L
Sarah Ellery
Salad 2 Go
Michelle Sinclair

Jen and Mark Daker
National Charity
League Chapters
Brighton Collectible
San Tan Valley
Becca Matthews Design
Julie Vandrew
Village Meadows
Elementary
Angie Knope
VIP Global Designer's
Showcase

Venemous Pinks
Scorpion vs. Tarantula
The Rebel Set
Sturdy Ladies
Quinoa Este
Libby Banks
Paris Wigs
Sole Sports
Running Zone
Ahwatukee Women's
Center
Lasiter and Jackson
Academy Mortgage
Linsley Gold Barry

Great American Title
Romi Watts Miller
Mint Dispensary
Chapters
Quinoa Este
Libby Banks
Paris Wigs
North Phoenix
Baptist Church
Arizona Center for
cancer care
Direct Source Distributing
Grand Canyon University

Micheal Murphry Larson
Gilbert high school
Arcadian Book Club
Melis Accessories
AZTV Daily Mix
Fox 10
Your PHX CW
12 News
Joe Dana
Star Worldwide Networks
Phoenix
Business Journal

YWCA
Dr. Jennifer King
In The Green Room
A 2nd Act
Business Radio X
Karen Nowicki
Surprise AZ Mom

**Check for a Lump! is an official 501(c)3 non profit foundation
IRS #27-4626148**

RESOURCES

There are many amazing local non-profits assisting our breast cancer community.



Below are local resources for breast cancer patients. If you know of additional local non-profits please contact us so we can share all resources in Arizona. outreach@checkforalump.org

A 2nd Act - Recognizing that healing is helping, A2ndAct.org celebrates and supports women survivors of ALL cancers who are using their newly realized gifts of life and experience to give back for the greater good. www.a2ndact.org

Abreast in the West - Dragon Boating has been proven to increase the overall health and length of survival while decreasing the incidence of lymphedema following treatment for Breast Cancer. www.arizonabcs.com

Bad Girls Do Good Things - Raising funds for cancer research, education, outreach and awareness. www.badgirlsdogoodthings.org

Bag it! - Helps newly diagnosed cancer patients take the next steps toward treatment and recovery by providing essential information and support to patients. www.bagit4u.org

Bikers for Boobies - Our Vision is to provide awareness, education and financial resources to all those suffering from cancer with emphasis on breast cancer. www.bikers4boobiesaz.org

Bosom Buddies of Arizona - Offering support and resources to men and women with breast cancer. www.bosombuddies-az.org

Cancer Support Community - Find information on living with cancer, whether you are newly diagnosed, a survivor, or a family member or friend of someone who is living with cancer. www.cancersupportcommunity.org

Casting for Recovery - Enhance the quality of life of women with breast cancer through a unique retreat program that combines breast cancer education and peer support with the therapeutic sport of fly fishing. www.castingforrecovery.org

Circle of Hope - Bringing hope, healing and care to those battling cancer www.hopecancer.org

Cleaning for a Reason - provides free house cleaning for cancer patients. www.cleaningforareason.org

Coalition of Blacks Against Breast Cancer - provide high quality, reliable information and support to black breast cancer patients within the Phoenix metropolitan area, and to educate the black community about breast cancer prevention, diagnosis, and screening. www.cbbcaz.org

Happily Ever After League (HEAL) - provide support to moms during cancer treatment. HEAL assists Arizona mothers recovering from any type of cancer with at least one dependent child living at home. www.happilyeverafterleague.org

Hope After Breast Cancer - The Hope After Breast Cancer community encourages and empowers women who have experienced breast cancer to reclaim their lives and THRIVE! Join us at <https://www.facebook.com/groups/hopeafterbreastcancer/>

Impact One - help alleviate the financial and emotional burden experienced during expensive breast cancer treatment and recovery by providing prosthetics, bras, wigs, and post surgical garments. www.impactone.pink

Lotsa Helping Hands - Easily organize meals and help for friends and family in need. www.lotsahelpinghands.com

Metastatic Breast Cancer Alliance (MBCA) - MBC Connect 2.0 is an interactive, web and mobile-friendly, patient experience registry where you can share information about your MBC disease history, experiences, and quality of life – and now, get potential matches to clinical trials. www.mbcalliance.org

My Hope Bag - Provide bags of HOPE and comfort, as well as support services, for women with breast cancer. www.myhopebag.org

Provision Project - The mission of Provision Project is to provide financial relief to women in active treatment for breast cancer. www.provisionproject.org

Reba's Vision/Baskets of Hope - Providing free wigs, hats, scarves, bras, prostheses, and Baskets of Hope to women and children battling cancer. Facebook Rebasvision/Baskets of hope email: cruelgirls1961@yahoo.com

The Singletons - A community dedicated to lessening the burdens of single parents with cancer and their families. www.singletonmoms.org

Young Survival Coalition (YSC) strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally. www.youngsurvival.org

Organizations that provide one time financial grants to assist with expenses.

CHUMP CHALLENGES

WE DARE YOU TO DO THESE 5 QUICK AND EASY CHALLENGES THAT COULD HELP SAVE YOUR LIFE!

1 CHALLENGE

WHAT'S THE MAGIC NUMBER?

Ask yourself, "How many fruits and vegetables did I have yesterday?" Your answer should be 7-9, however most women's response is only two! A variety of fruits and vegetables are what fuel your body's immune system that, if working properly, can detect and kill cancer cells before they are out of control. According to cancer.org up to 30% of all cancer is related to lack of nutrition. **YOU HAVE THE POWER!** If your answer was two, we challenge you to make sure you have three every day and then next month make it four. Switch your toast to a banana, side of fries to a side a fruit, etc. It's easier than you think.

SURPRISE! SURPRISE! YOUR CLEANING MAY NOT BE SO CLEAN

Go to EWG.org, scroll down and find the box labeled ewg's Guide to Healthy Cleaning. Enter in the search section your dishwashing detergent. It will rate it on a scale of A to F. If it receives an C, D or F, high toxic rating, **THROW IT OUT!** There are comparable alternatives that do not contain cancer causing chemicals. Remember you are eating off of your plates and drinking out of your cups and ingesting any residue left on them. Repeat checking with your laundry detergent. We encourage you to check all of your cleaning products. (Vinegar, baking soda, water and scrubby go a long way)



2 CHALLENGE

BEAUTIFY OR THE BEAST

Many if not most beauty products contain cancer causing chemicals. Download the EWG Healthy Living App. It super easy to check how safe your beauty products are while you are shopping! Open up the app, scan the product bar code, and the safety rating pops up. If it gets a poor score move to the next product. Why would you buy a product that has high concern for cancer when there is an equally good product that does not increase your risk of cancer?

3 CHALLENGE

4 CHALLENGE

CHECK FOR A LUMP!

Perform a breast self-exam tonight. No excuses. It could save your life. Look for any changes in your breasts (See page 12).

If you find breast cancer in the early stages you have close to 100% chance of surviving.

5 CHALLENGE

SOCIAL MEDIA MASTERS - GO TO FACEBOOK.COM/CHECKFORALUMP AND SHARE OUR LOGO.

Our founder discovered a lump in her breast that turned out to be breast cancer after her girlfriend shared a funny reminder on Facebook to do a breast self exam. Facebook and her friend, Shelley Sakala, saved her life. Share our logo and you might be saving your friend's life too. We welcome you to share on all social media to help spread the good word.





YOU CAN HELP MAKE A DIFFERENCE!



VOLUNTEER We are always in need of volunteers to help at our office and events with tasks from following up with our wig clients, event help, decorations, photoshop, data entry, etc.

For more information please email us at: outreach@checkforalump.org or call 602-688-5232.



BREAST HEALTH PRESENTATION Schedule with your office, church, women's league or friends for our free breast health presentation Wellness workshop. We cover the facts you don't know you don't know, plus the many ways you can lower your risk of breast cancer and many other diseases.



WIG OUT! Our fabulous and fun event with all guests wearing wigs, the brighter the better! Evening includes dinner, drinks, silent auctions, entertainment and dancing! Hangar 1-Scottsdale October 16th, 2021 6pm-11pm **Tickets available online checkforalump.org**



DONATE Your donations big and small help us sustain our invaluable programs providing free breast health education, free wigs to women battling breast cancer and free mammograms to women in need.

Together we make a difference in the fight against breast cancer!



5TH ANNUAL PINK OUT 5K Walk, run, or dance your way through our PINK OUT 5K with live music, local vendors, food trucks and resources. Our 5th Annual Pink Out 5K- October 2nd at 8:00 a.m.-Steele Indian School Park

For more information go to our events at www.checkforalump.org



ROCK OUT! Join us and Rock Out with musicians for a lively night of music, dancing, drinks, and raffles helping to support our local breast cancer community! Bands, date and location TBA. Will be held in August or September.





BREAST RECONSTRUCTION: KNOW YOUR OPTIONS.

Breast reconstruction is our passion. As caring surgeons and artists, we combine reconstructive and cosmetic surgery expertise to provide you with beautiful results fitted to your individual, unique look, and lifestyle. We specialize in state-of-the-art breast reconstruction procedures including nipple sparing mastectomy, direct-to-implant, pre-pectoral (above the muscle) and DIEP flap (using your own tissue) reconstruction. Combining decades of education and experience with a discerning eye and artistic touch, we deliver the natural results you desire.



Physicians Bryan Gawley, MD and Jennifer Geoghegan, MD are shown above. To learn more about their work and the other surgeons at the Arizona Center for Reconstructive Breast Surgery, visit

AZBREASTCENTER.ORG

TAKING IT ON TOGETHER

Cigna is dedicated to helping women in their fight against breast cancer. Visit Cigna.com and search "breast cancer" for support and resources.



Together, all the way.®

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