

# CHECK FOR A LUMP

## FREE WIGS!

FREE 2022 ANNUAL EDITION



COVER STORY

# FREE MAMMOGRAMS

"It's a beautiful thing what Check for a Lump's free mammogram program does for our low-income community!" —Irene

*Read more on page 25*

### CIGNA & ARIZONA CARDINALS



### Unicorn Philanthropy's Gawley Gala raises \$200,000.00



**CELEBRATE SURVIVORS**

Drs. Geoghegan, Gawley, and St. Peter

**JOIN US! DETAILS ON PG. 10**

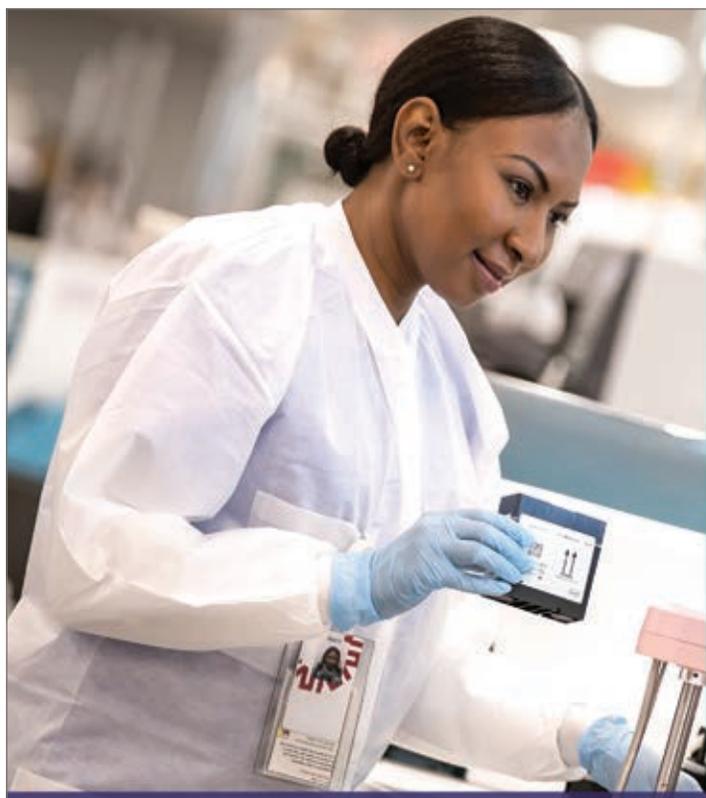
# TAKING IT ON TOGETHER

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



Together, all the way.®

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*STRONGER TOGETHER*

.....

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



Sonora Quest  
Laboratories™

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For more information visit [SonoraQuest.com](https://www.SonoraQuest.com)



## **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 at the Arizona Center for Reconstructive Breast Surgery, visit [AZBREASTCENTER.ORG](http://AZBREASTCENTER.ORG)



# CHECK FOR A LUMP

Accolades to our Organization

TOGETHER WE ARE  
MAKING A DIFFERENCE



Frontdoors Media | Society of Chairs 2021  
Community Champion Nonprofit Executive



Say Something Big by Leigh Hurst  
including our founder, Holly Rose's  
story of finding breast cancer



Our surfer girl with hope,  
Billie Jo Herberger and Holly Rose

## CHECK FOR A LUMP



The DOCTORS  
ABC15 | NBC 12  
AZTV Arizona Daily Mix  
CW6 Positively Arizona  
KTVK3 Good Morning Arizona  
PBS Horizon Arizona



Dr. Jennifer King Show  
In the Green Room  
Voice America Radio  
Phoenix Business Radio X



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



Health Care  
Education



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



# MEET THE 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 about 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



*Laura Pentza*

**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!



*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 to 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.



*Ashley Plum*

**Director of Development**

I am a breast cancer survivor, was a wig client and am now happy to be able to work at Check for a Lump so that I can help other women, no matter their age, who are going through breast cancer. I have always had a positive mindset when I went through my cancer and I will be able to use that to help encourage other women going through the battle as well. I can be the light on the other side of the battle to give them hope and strength to know that they too can come out strong on the other side. I'm excited to work with such a great team for such an amazing organization.

## BOARD MEMBERS



Holly Rose  
Founder | Member



Kate Kunberger  
Co-Founder |  
Board President



Shelley Sakala  
Co-Founder | Secretary



Erin Alstad  
Treasurer



Tiffany House  
Member



Taj Loo  
Member



**WE WANT YOU!**  
Contact Us!



Nancy Wendorf  
Member



Jennifer Ord  
Member

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](mailto:outreach@checkforalump.org)

# CHECK FOR A LUMP

## OUR PROGRAMS ARE SAVING LIVES!

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.



### EDUCATION PROGRAM

We are invested in bringing the latest evidence-based information to our community. Our education program brings awareness to the facts and guidelines 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 to your organization.

[info@checkforalump.org](mailto:info@checkforalump.org)

### FREE MAMMOGRAM PROGRAM



Our mammogram program provides underinsured and uninsured women with a free screening mammogram. In addition,

we provide the women who go through our screening program with 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, go to our partnering imaging center, or attend a monthly mobile mammogram event, reaching women where they live. Please visit our website to apply or to find a mobile event. [www.checkforalump.org](http://www.checkforalump.org) or call 602-688-5232.



### 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 1,840 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.



SUPER SURVIVORS

### SUPPORT PROGRAMS

#### SUPER SURVIVORS

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

#### REBA'S BASKETS OF HOPE

Reba's Baskets of Hope are filled with helpful self-care products and gifts designed to bring beauty and joy to patients while undergoing treatment.

Contact us at: 602-688-5232 or email to: [outreach@checkforalump.org](mailto:outreach@checkforalump.org)



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2022



# WHAT'S INSIDE THIS ISSUE?

Editorial Credits: Holly Rose,  
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Becca Matthews and Hannah Rose



**BMD**

**BECCA MATTHEWS DESIGN**

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Proud designer and supporter of  
**CHECK FOR A LUMP**

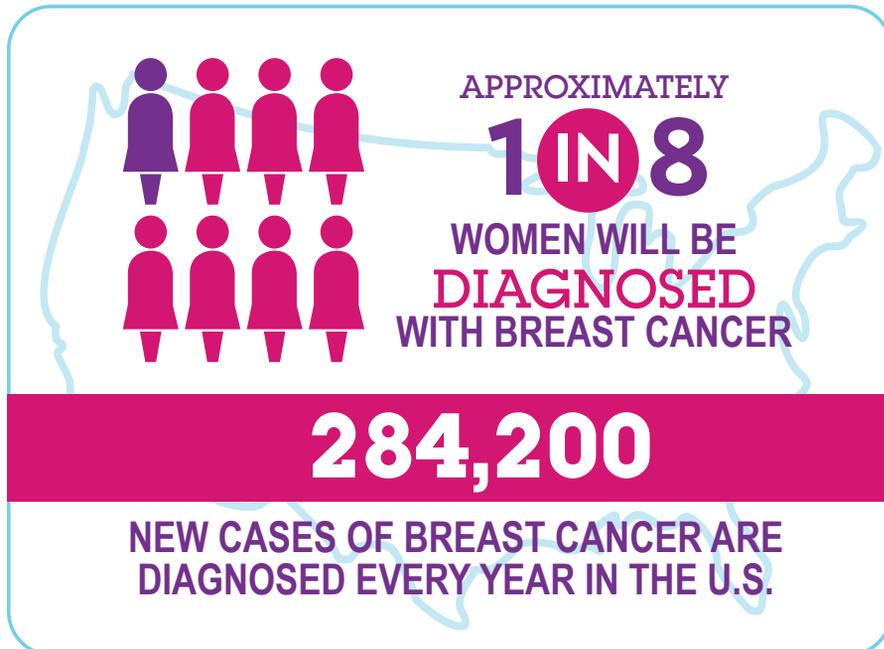
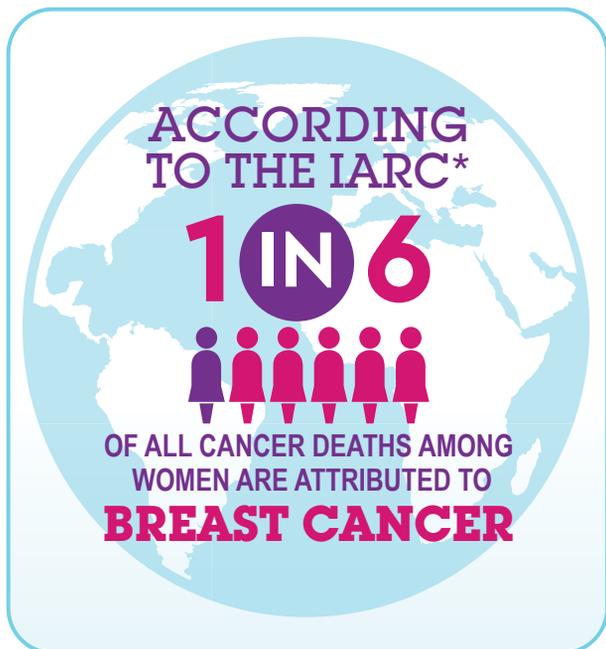
**GRAPHIC DESIGNER AND CREATIVE  
DIRECTOR FOR OVER 25 YEARS**

- LOGO AND BRANDING DEVELOPMENT
- ADS, BROCHURES AND PUBLICATIONS
- BILLBOARDS AND SIGNS
- SOCIAL MEDIA AND UI
- EMAIL BLASTS
- VIDEO GRAPHICS
- POWERPOINT



## PROGRESSION

**BREAST CANCER** HAS NOW SURPASSED **LUNG CANCER** AND IS THE LEADING CANCER GLOBALLY STRIKING EVERY SINGLE DAY



\*International Agency for Research on Cancer  
December 2020



# WE TREAT YOU BETTER

Find your doctor at  
[CignaMedicalGroup.com](https://www.CignaMedicalGroup.com)

It starts with caring, there's a reason **9 out of 10 patients** recommend us.

Our doctors and nurses are talented medical professionals who use the latest technology and techniques to help keep you healthy. They also get to know what makes you, you. Because better knowing you means better caring for you. And it starts with a check-up. Call **1-800.233.3264** to find your doctor at one of our **20** locations throughout the valley.

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



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# CHECK FOR A LUMP



**OCTOBER 1ST**  
**8:00 AM**

Steele Indian School Park  
300 E Indian School Rd  
Phoenix AZ 85012

## SUPPORT LOCAL - FAMILY FRIENDLY EVENT

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

Register at [www.checkforalump.org](http://www.checkforalump.org)

**100% OF FUNDS RAISED WILL STAY LOCAL AND HELP LOCAL WOMEN!**



I am the  
**1 in 8**

1 in every 8 women will develop breast cancer in her lifetime.<sup>1</sup>

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

---

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

**Sheryl Crow, Breast Cancer Survivor and Nine-time Grammy<sup>®</sup> Award Winner**

Available in all 50 states, the **Genius<sup>™</sup> 3D MAMMOGRAPHY<sup>™</sup>** exam is the only mammogram proven to detect breast cancers **15 months earlier<sup>3</sup>** and find **41 percent** more invasive cancers<sup>4</sup> than conventional mammography alone. **Go to [FindMyGeniusExam.com](http://FindMyGeniusExam.com) to locate a Genius<sup>™</sup> 3D<sup>™</sup> facility near you.**

**genius**<sup>™</sup>  
3D MAMMOGRAPHY

Genius<sup>™</sup> 3D MAMMOGRAPHY<sup>™</sup> exams are only available on the Hologic Selenia<sup>®</sup> Dimensions<sup>®</sup> 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., Schnall, 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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**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...

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



**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, organic products may be more expensive, but if you consider the cost of treatment for cancer, it's worth the price! Choose organic foods that have not been treated with pesticides, antibiotics or growth hormones, and follow the dirty dozen (see page 48).



**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.



**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.



**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.



**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!



**KEEP YOUR  
CLEANING  
CLEAN**

Check your household products' safety ratings at [www.ewg.org](http://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.

## 9 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 product's safety ratings on [www.ewg.org/skindeep](http://www.ewg.org/skindeep).

## 10 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.

## 11 BREAST IS THE BEST

When it comes to your babies, breast is best. 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 breast-fed for a total of two years doubled this benefit.

## 12 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.

## 13 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.

## 14 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. There are so many new alternatives today with all natural ingredients and essential oils.

## 15 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.

## 16 DO NOT SMOKE

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

**STOP SMOKING!**





## BE BREAST AWARE

Women who report finding Breast Cancer by **looking & feeling** the changes in their breasts regularly



Check For A Lump  
Wig Clients



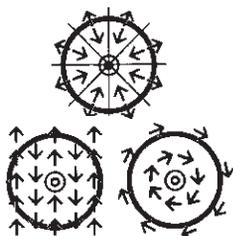
American College of  
Obstetrics and  
Gynecology (ACOG)



Young Survivors  
Coalition

**2/3 of women** who are diagnosed with aggressive breast cancer **discovered it by feeling a palpable mass** in between the time period **between their annual mammograms**

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. Regularly check your breasts for any changes— something you can feel, touch and see.

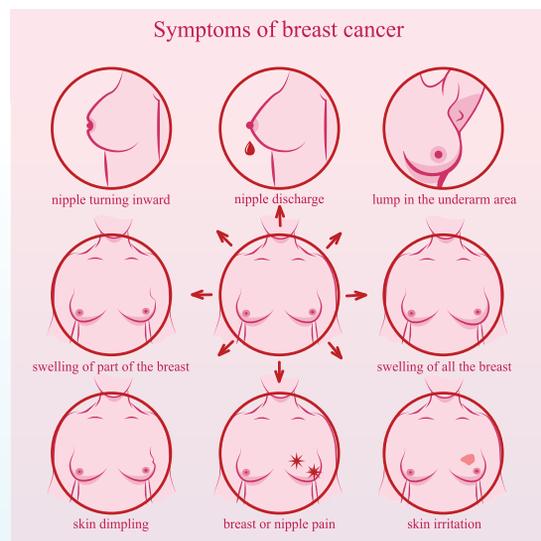


**SELF EXAM** - While lying on your back, or in the shower, place your right hand behind your head. Check segments of your breast at a time using the pads of your fingers firmly pressing down. Screen in a clock pattern, for example twelve – one o'clock from the top portion of your breasts towards your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



## WHY SELF-EXAMS AND PERSISTANCE ARE SO IMPORTANT

Three of our Check for a Lump survivors share their stories...

### ANGIE KNOPE: DIAGNOSED AT 42

I decided to see my general practitioner for my yearly exam because I noticed I was really rundown and thought maybe I was just missing a simple supplement to my diet. She did a breast exam and didn't find any lumps, but strongly urged me to get my 1st mammogram along with all the necessary bloodwork. Of course, I initially rolled my eyes because I didn't want to schedule another doctor's appointment, but begrudgingly went and had my mammogram. I was speechless when the results came back! After more diagnostic tests, a mass was found and it turned out to be Stage 3 breast cancer! **My mammogram and my persistent doctor saved my life!** Listen to your body and don't hesitate to see your doctor!



### HOLLY ROSE DIAGNOSED AT 39

I was a happy homemaker taking my care of my husband and our two daughters. I had just turned 39, so would not have a routine mammogram for another year and I was not in the habit of doing regular breast self-exams. I typically performed one the night before my yearly ob/gyn appointment so I could say, "Yes, I do self-exams," when the doctor asked me and maybe a couple other times a year. My breasts were so lumpy to begin with that I never thought I would be able to feel anything anyway. I was wrong!

It was the dawning of Facebook and a girlfriend of mine posted a funny advertisement from the non-profit, "Feel Your Boobies," reminding women to perform a breast self-exam. For whatever crazy reason, the cartoon and message 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 breasts, but more importantly, I was able to save my life.**



### LAURA PENTSA DIAGNOSED AT 35

While much of what I learned in high school has faded from memory, there was one important lesson that stuck with me, and it actually saved my life! I remember sitting in an auditorium full of girls for a special class on women's health. Our teacher passed around a small prosthetic breast for us to take turns feeling for "the lump". Many of us questioned if we would notice such a small lump if it actually happened, the teacher explained that this is why it is so important to know what our breast normally feels like, so that if something changes, we will notice. Her advice was to feel our breasts in the shower after our cycle ended each month. By doing this we would know if something was different. I took it to heart, and routinely checked for a lump. After years of doing this, one day it was different, I knew something changed. Being only 35 years old, had I not found my lump on my own, just doing a check in the shower, who knows how much that lump may have grown before I went to the Dr. **I am so thankful that I received that education in my teens, because it has now gifted me my late 30s and beyond!**



## 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.





Be one of the 100,000 women helping transform breast cancer detection.

## Join the WISDOM Study.

Founded by internationally recognized doctors and researchers at the University of California, and in partnership with medical centers across the U.S., the WISDOM Study is on a mission to find the best way to detect breast cancer, so all women can live healthier lives — free of breast cancer.

By joining WISDOM you'll receive high quality breast screening recommendations. You can also learn about your personal risk for breast cancer and ways to reduce your risk.

### How to Participate



1

Register for the WISDOM Study at [www.thewisdomstudy.org](http://www.thewisdomstudy.org)



2

Complete online questionnaires about your breast health. Some participants may provide a saliva sample to identify personal risk factors.



3

Receive your WISDOM recommendation on when and how often to have your mammogram.



4

Complete an online survey about your health at the end of each study year.

### Who Can Join



Identify as female



Are between 40-74



Live in the United States



Have not had breast cancer or ductal carcinoma in situ (DCIS)

Joining WISDOM is easy, safe, and makes a difference. You can feel good knowing that you're helping yourself and generations of women to come.

**Enroll today at [www.thewisdomstudy.org](http://www.thewisdomstudy.org).**

**Wisdom**  
thewisdomstudy.org

For questions, please contact WISDOM Study at (855) 729-2844.

For more information and to enroll, visit [www.thewisdomstudy.org](http://www.thewisdomstudy.org).



## 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 mammo gram. 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.**

### 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.

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.



## 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.



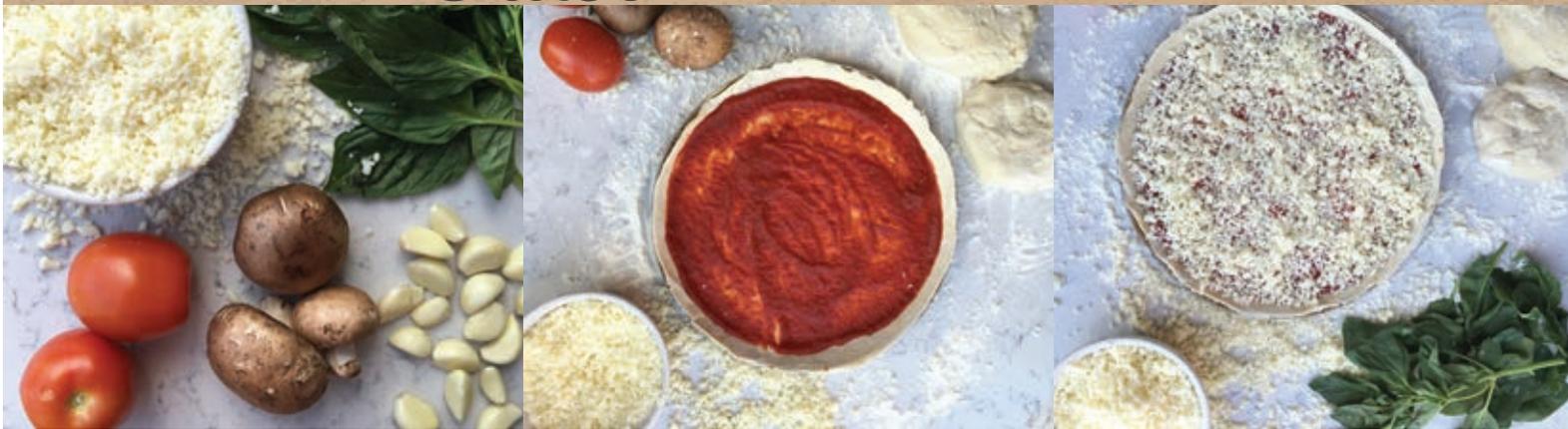
**assessyourrisk**  
BY BRIGHT PINK

To assess your risk  
go to: [www.brightpink.org](http://www.brightpink.org)

# SPINATO'S™

PIZZERIA & FAMILY KITCHEN

*Crust* IS OUR *Canvas*

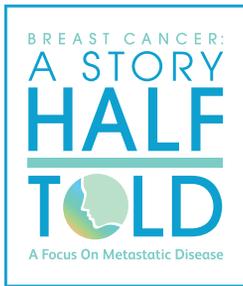


**WE'RE PROUD TO SUPPORT  
CHECK FOR A LUMP!**

We graciously give our hearts, hands, time, and energy to serve and support each other and our community while also providing true, artful Italian cooking and Chicago-style pizza. With multiple locations throughout the Valley, we pride ourselves on serving up the best food in a family atmosphere or right to your door. Stop in or order online to taste the tradition for yourself.

**SPINATOSPIZZERIA.COM**

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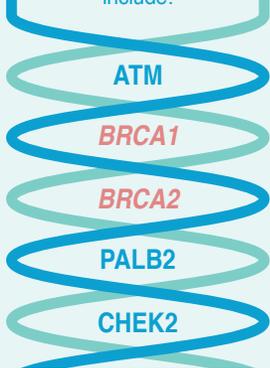


# Understanding Hereditary Breast Cancer

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:



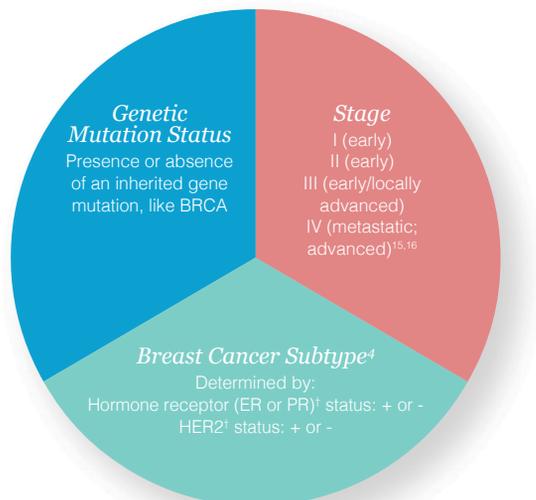
3-6% of all breast cancers<sup>1-4</sup>

25-30% of hereditary breast cancer cases<sup>5</sup>

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.<sup>6</sup>

## 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

<sup>†</sup>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 mutation<sup>7-9</sup>:

### 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-)<sup>†</sup> 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 others<sup>9</sup>

### Family History

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

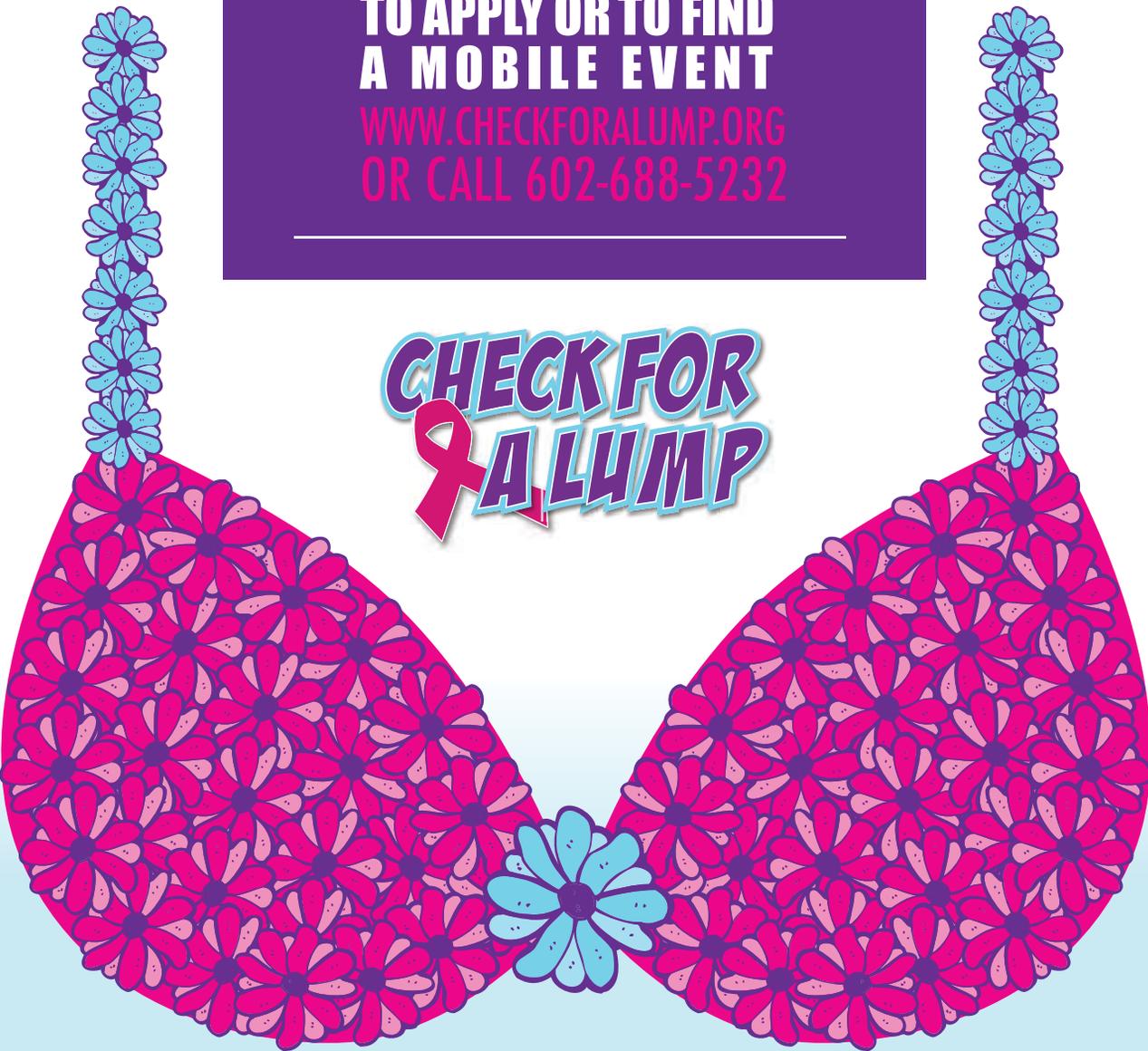
\*These are just some of the criteria that should be considered. Individuals should consult their healthcare provider or a cancer genetics professional for more information.

# FREE MAMMO GRAMS!

VISIT OUR WEBSITE  
TO APPLY OR TO FIND  
A MOBILE EVENT

[WWW.CHECKFORALUMP.ORG](http://WWW.CHECKFORALUMP.ORG)  
OR CALL 602-688-5232

**CHECK FOR  
A LUMP**



## FREE MAMMOGRAMS WITH CHECK FOR A LUMP



"I just got my FREE mammogram while I was at The Mint Car Show. They have a mobile unit out here with Check for a Lump . The reason you want to get it done – those lumps could turn into something worse. **Don't put it off! Get it checked out!**"



"I just did my mammogram at the mobile unit at The Mint Dispensary. Everyone should get their annual exam. **Very simple! Very easy! Get it done!**"



"I'm here at The Mint Dispensary and the Check for a Lump event. **I just got my annual squeeze! Super easy!** The ladies were friendly and they made it painless! I just encourage everyone to get it done and its FREE today! It's important that we get ahead of breast cancer because too many women, regardless of age, are having to fight it and some lose that battle."

"I encourage all women who are out there nervous – just do it! It is a lot easier than you think it is."

"I just had my 1st mammogram. It was so easy and so fast! Check for a Lump makes it so easy to get FREE onsite mammography. **I encourage all women who are out there nervous – just do it!** It is a lot easier than you think it is."

"I just came out this morning for my mammogram. I haven't done one in 15 years! I'm here with Check for a Lump . **It was a great experience!**"



**TOGETHER WE ARE MAKING A DIFFERENCE**  
SCAN THE QR CODE TO OPEN VENMO  
AND DONATE TO HELP US PROVIDE  
**FREE MAMMOGRAMS TO WOMEN IN NEED**

**DONATE**

# BREAST HEALTH LITERACY

## AND ACCESS TO SCREENING IN THE HISPANIC AND LATINO POPULATION



Phoenix is the 5th largest city in the United States with more than 4.2 million residents. Hispanic and Latino account for 42.6% of our Phoenix population. Breast cancers in this community tend to be later stage at diagnosis and the leading cause of cancer death. This may be due to health literacy, cultural stigma, lower screening rates or delays in follow-up testing.

Check for a Lump is stepping up to help reduce disparities and access to care in the Hispanic and Latino population. Our goals for 2022:

- EDUCATE 5,000 THROUGH OUR SPANISH BREAST HEALTH PUBLICATION
- SCREEN 500 WOMEN THROUGH MOBILE MAMMOGRAPHY EVENTS AT SOCIETY OF ST. VINCENT DE PAUL MEDICAL CLINIC
- PROVIDE ALL FOLLOW-UP DIAGNOSTIC TESTING FOR WOMEN WHO ARE SCREENED THROUGH OUR PROGRAM

### Why are we launching literacy and access to screening for the latino population?

Imagine Maria, a 1st generation U.S. citizen. She was not taught breast health, lacked education of proper screening guidelines & prevention. Maria's nipple becomes inverted and doesn't realize this is a

symptom of breast cancer. She is embarrassed by her cultural upbringing to talk about it. Maria then develops a lump in her breast and wants to see a doctor, but she has no health insurance. Her family makes \$50 over eligibility for state insurance. She calls around for free services and finds an screening event 40 miles away, however she does not have access to a car or a babysitter. She finds an office close by that charges \$150 for a mammogram. That is her grocery budget for the week for her family. Maria chooses to buy groceries & puts off the doctor. Her friend shares that Check for a Lump provides free mammograms. She attends our free mobile screening event and receives our free breast health publication. We share we can cover all follow up diagnostic testing too. Maria is filled with tears of gratitude for providing her access to care. Maria is likely to share Check for a Lump and our programs with her family & friends.

Our deepest appreciation for the generous gifts to launch this vital program!

- \$100,000 UNICORN PHILANTHROPY (FUNDS DISPERSED TO ALL PROGRAMS)
- \$30,000 BHHS LEGACY FOUNDATION
- \$25,000 ALBERTSONS, SAFEWAY, VONS FOUNDATION
- \$10,000 HOLOGIC
- 2022 FUNDRAISING



"In 2021, I went to my doctor's office, and he told me that I needed to get my mammogram as soon as possible.

It had been seven years since my last one. I skipped my screenings for years as I was always putting my work and family first. Breast cancer awareness is such an important priority to me and my family. I needed to take care of myself.

Seven years ago, I was fortunate to attend a community health event and Check for a Lump was there providing free mammograms that day. I received my free screening and thank goodness my results were negative for breast cancer. I was so grateful for their service.

Luckily, I kept the Check for a Lump information from years back and contacted them right away after my doctor's appointment. I had the option to schedule with a local imaging company or attend one of their upcoming mobile events. Check for a Lump made it so easy for me to schedule my free mammogram.

I went to the mobile screening event held at their PINK OUT 5K at a park near me. The ladies were so nice, and it was very easy! I ended up staying and enjoying the day at their PINK OUT 5K, taking pictures of all the people that were dressed up in pink for the race. I absolutely loved the people and the breast cancer community. It was an amazing day and I felt like I accomplished something by getting my mammogram.

Getting a mammogram is very important to me. My mother passed away at the age of 49 of breast cancer. My sons, grandkids and I are all very close. They know their grandma passed away so early. Fear is always in the back of their head that I may be diagnosed as well. They were all anxious and were very excited when we got the good news of the results of the mammogram!

It's a beautiful thing what Check for a Lump's free mammogram program does for our low-income community!"

*Irene Hernandez*



## Irene's STORY



It had been seven years since my last one. I skipped my screenings for years as I was always putting my work and family first. Breast cancer awareness is such an important priority to me and my family. I needed to take care of myself.

# 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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# HELPING YOU ANSWER SOME OF BREAST CANCER'S TOUGHEST QUESTIONS

By Christine Oleksiuk

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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.”**<sup>1</sup> But for Hispanic women, breast cancer is the leading cause of cancer death (16%).<sup>2</sup> 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!<sup>3</sup>

## 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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# I'VE DISCOVERED A LUMP IN MY BREAST... WHAT DO I DO NOW?

**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.

## 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](http://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.

### 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 Dr. Gunia and Dr. Duchini | Comprehensive Breast Centers of Arizona | [www.azbreastcenter.com](http://www.azbreastcenter.com)**

### 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.com](http://www.azbreastcenter.com)**

### RADIATION ONCOLOGIST

Your radiation oncologist uses ionizing radiation (such as megavoltage X-rays or radionuclides) in the treatment of cancer.

### 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.

### 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.

### 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](http://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](http://www.CheckforALump.org)**





# Take Charge of Your Health



Extensive network of 75 Patient Service Centers located throughout Arizona including 15 sites inside Safeway stores



Schedule appointments at our Patient Service Centers or in the convenience of your home, get your results, and more at [SonoraQuest.com](https://www.SonoraQuest.com)



My Lab ReQuest™: Wellness profiles, screening tests, and COVID-19 testing available without a doctor's order



Discounted pay at time of service pricing for patients without insurance or with high deductibles; 0% APR financing options available on balances \$100+ through our CarePayment® partnership

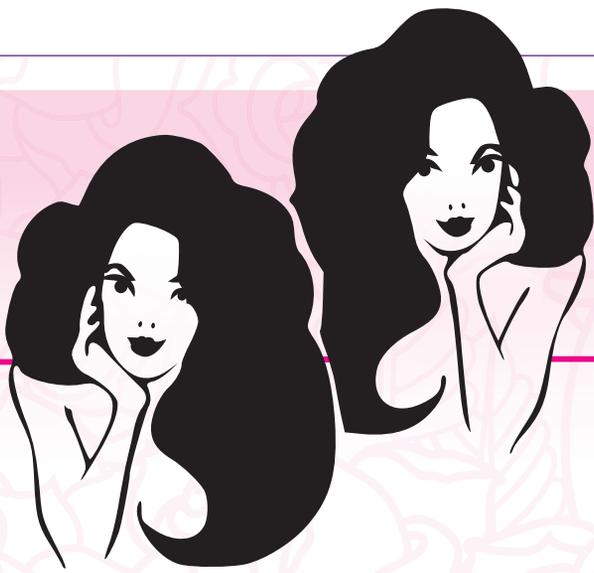


Contracted/in-network with most major health plans including Aetna, Banner Health Plans, BC/BS, Care1st, Cigna, Health Net, Humana, Mercy Care, and UnitedHealthcare



Active supporter of the Alzheimer's Association, the American Heart Association, JDRF, Mission of Mercy, Prostate On-Site Projects, St. Mary's Food Bank & more





# *Classy Sisters Wigs*

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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 RECIEVE  
A MEDICAL DISCOUNT,  
A FREE CUT & STYLE, AND A SPECIAL GIFT.**

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  
AND AREOLA RE-PIGMENTATION.**

**CALL FOR MORE INFORMATION  
OR TO SCHEDULE AN APPOINTMENT**

**[www.classysisterswigs.com](http://www.classysisterswigs.com)**

# CHECK FOR A LUMP

## CLIENTS ARE LOOKING AMAZING 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**.

## OVER 1,840 FREE WIGS!

TOGETHER WE ARE  
MAKING A DIFFERENCE



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](http://www.checkforalump.org)



For more info you can contact us at 602-688-5232 or email us [outreach@checkforalump.org](mailto:outreach@checkforalump.org)

# Berklee's Story

In the past 12 months I have lost my grandfather, lost my grandmother, got a divorce, and got diagnosed with Stage 3c Breast Cancer. Life is surely trying to tear me down, but I am fighting back.

At 23 years old I learned that I was positive for the BRCA1 genetic mutation. Knowing this, I got mammograms and breast MRIs like clockwork for 7 years. In May 2021 I had just finalized my divorce and was in the process of changing health insurance. In June I found a large lump in my left breast. I assumed since I had a clean mammogram in November 2020, it probably was just a milk duct cyst from all those years of breastfeeding my sons. When I finally got my health insurance sorted out I had my MRI in July. I had a terrible feeling when I laid my eyes on the imaging. Sure enough, I got the call the next day that I needed to come in for a biopsy. On July 28, 2021, at 30 years old, I was officially diagnosed with Triple Negative Invasive Ductal Carcinoma.



At first I didn't really freak out because I had mentally prepared for a preventative double mastectomy for years due to my genetic status. I figured we would just have the surgery and all would be fine! Unfortunately in that short amount of time between scans, it had

spread to multiple regional lymph nodes, putting me at Stage 3c. I learned I would have to undergo 16 chemotherapy treatments, then a double mastectomy, and then 30 rounds of radiation. That's the moment where my world felt like it was caving in. I didn't plan for this. I didn't feel prepared to do this. I wasn't sure I would have the strength for this. Even though I wasn't ready, my team was, and they got the ball rolling quickly.

In the whirlwind after my diagnosis, I knew before



I started chemotherapy I wanted to pick out a wig. I went to Classy Sisters Wig Shop and perused the shelves for what might make me feel a little bit like myself once I lost my hair. One of the ladies asked what type of cancer I had and when I said breast, she excitedly told me, "You should apply for a wig grant through Check for a Lump!" I am so grateful for her – I would have never even thought of or searched for grants in the blur that followed my diagnosis. I applied,

**I am grateful for a season to slow down, precious connections with friends old and new, and organizations like Check for a Lump that come alongside you when your world is falling apart and carry you for a little bit of the journey.**

was approved, and went back about a week later and picked out the most perfect wig! It looks JUST like my old hair and the money that Check for a Lump! provided covered it in its entirety.

In the past 12 months I have lost my grandfather, lost my grandmother, got a divorce, and got diagnosed with Stage 3c Breast Cancer. Life is surely trying to tear me down, but I am fighting back. I have made it my mission to remain a light during the darkness. Nothing, not even cancer, will snuff out my spirit! I didn't choose a lot of my hardships in life, but I do get to choose my attitude, and with

that I will always choose positivity. I have chosen to be intentional about seeing things through the lens of gratitude.

I am grateful for a season to slow down, precious connections with friends old and new, and organizations like Check for a Lump! that come alongside you when your world is falling apart and carry you for a little bit of the journey.



# THIS IS LIVING WITH CANCER™

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



**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

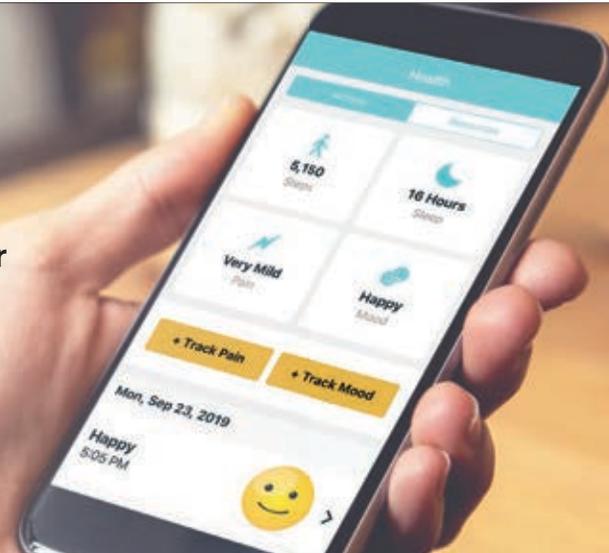
[ThisIsLivingWithCancer.com](https://www.thisislivingwithcancer.com)





## 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

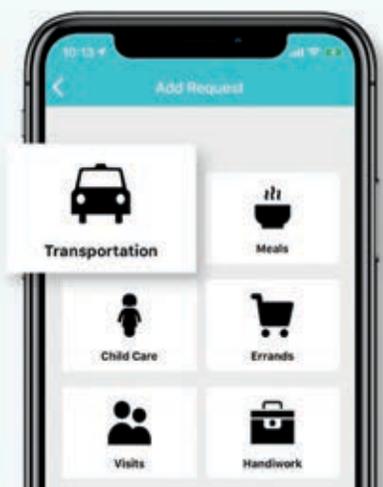
- Track mood and pain patterns and share personalized graphs and reports
- Sync sleep and steps with wearables like **Fitbit™**, **Apple® Health** or **Google Fit™**

### STAY ORGANIZED

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

### ASSIGN A PROXY

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



### 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

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# 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.



## 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!



## 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!



## 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.



# 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.

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 Phoenix, AZ 85004

**DONATE BY PHONE**  
 602.688.5232

## 2011-2021 IMPACT

**300K**  
PREVENTION

We have distributed over 300,000K free breast health education magazines and presented our STEP UP to Prevention Wellness Workshop at events to help save lives in our community. We have even made our footprint into Pima County!

**600+**  
MAMMOGRAMS

Our mammogram program assists underinsured and uninsured women with a free screening mammogram. If additional testing is recommended we also cover diagnostic mammograms, ultrasound, biopsies and pathology. If diagnosed we will assist her in finding additional resources for treatment.

**1840**  
WIGS

We are assisting nearly ONE WOMAN A DAY with a free wig! Our wig program provides breast cancer patients the comfort and normalcy they deserve while going through one of the most terrifying times in her life.



## 2022 AND BEYOND!

### BREAST HEALTH AND EDUCATION

- EXPAND CORPORATE WELLNESS PROGRAMS
- TRANSLATE MAGAZINE INTO SPANISH
- REACH INTO THE HISPANIC AREA
- ENHANCE AND GROW OUR MARKETING AND AWARENESS EVENTS

### MAMMOGRAM PROGRAM

In 2017, Susan G. Komen, who granted free mammograms exited Arizona and left a huge void. In April of 2019, Check for a Lump stepped up and launched a program to provide free mammograms and diagnostic testing for women who are uninsured or underinsured.

**WE SUCCESSFULLY HIT OUR GOAL OF 300 SCREENINGS IN 2019, PAUSED IN 2020 AND REOPENED OUR MAMMOGRAM PROGRAM IN 2021.**



### MAMMOGRAM GOALS

- PROVIDING OVER 1000 FREE SCREENINGS IN 2022 TO PROVIDE ACCESS TO BREAST HEALTH SCREENINGS IN THE HISPANIC AND LATINO POPULATION THROUGH MOBILE UNITS.
- SUPPORTING WOMEN WITH MAMMOGRAMS AND TESTING THROUGH THE DIAGNOSTIC PHASE
- GOAL OF 3000 SCREENINGS IN 2021 TO UNDERINSURED WOMEN



**TOGETHER WE ARE MAKING A DIFFERENCE**

SCAN THE QR CODE TO OPEN VENMO  
AND DONATE TO HELP US PROVIDE  
**FREE MAMMOGRAMS TO WOMEN IN NEED**





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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 at the Arizona Center for Reconstructive Breast Surgery, visit

**[AZBREASTCENTER.ORG](http://AZBREASTCENTER.ORG)**

# CHOICES

## IN BREAST RECONSTRUCTION

**T**he Arizona Center for Reconstructive Breast Surgery is one of the nation's leading centers for breast reconstruction and restorative breast surgery. The Board-certified Plastic Surgeons that lead the center are among the most highly trained and experienced in the country and specialize in all aspects of breast reconstruction including microsurgical reconstruction (DIEP flap), implant reconstruction (direct to implant), nipple sparing reconstruction, revision and corrective surgery, fat grafting and complex breast reconstruction of all types, including breast implant en-bloc removal and ALCL surgical treatment.

**Our mission is to set the standard for breast reconstruction outcomes and curate an amazing experience for our patients—partnering with them on their journey of holistic restoration.**



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, MD

"One of the great parts of being a plastic and reconstructive surgeon is getting to work with patients during their breast cancer journey. In what is a scary and uncertain time in their life, I can help patients restore a part of their body they may feel like they are losing. The challenge of working through the puzzle, combining artistry and anatomy, to deliver the "happy" side of cancer is what I enjoy most."



— Jennifer Geoghegan, MD



# SETTING THE STANDARD IN EXCELLENCE with Breast Reconstruction outcomes

## Revision and Refinement of Breast Reconstruction

**A**t the Arizona Center for Reconstructive Breast Surgery, our mission has always been to set the standard for breast reconstruction outcomes and overall patient experience. One of our founding principles is a commitment to education—continued education for our providing surgeons, but also a passion for education of the community and clients that we serve. Not a day goes by that we are not educating fellow physicians, patients, insurance companies, or the community at large about the latest trends, advancements, and complexities of our challenging but exciting specialty.

Along those lines we find it important to emphasize to patients, physicians, and providers alike that breast reconstruction “always” requires multiples stages and often several surgeries over a patient’s lifetime to achieve and maintain a symmetric and acceptable reconstruction. Revision, or as we like to call it “refinement” breast surgery is one of the most common types of breast reconstruction we perform. This is not surprising considering the number of patients that have had breast reconstruction that will require correction of the initial results or simple refinement or improvement of the reconstruction due to normal changes that occur with age, as well as cancer treatment related deformities such as radiation, fat necrosis and atrophy, and implant shifting and malposition. Refinement and revision reconstructive breast surgery continue to be a focus of our team at the Arizona Center for Reconstructive Breast Surgery.

One of our founding principles is a commitment to education—continued education for our providing surgeons, but also a passion for education of the community and clients that we serve



— Bryan Gawley, MD  
& Jennifer Geoghegan, MD



## Physical activity **BEFORE** and **AFTER** you are diagnosed decreases the risk of breast cancer mortality.

According to the American Cancer Society, (2016) the incidence of breast cancer has increased 3-fold over the last 30 years! It is critical that we empower ourselves with information on the crucial factors that lead to improved survival rates for breast cancer patients. Exercise is a crucial factor prediagnosis and postdiagnosis for improved survival rates. **Step Up to Prevention and Get Moving!**

\*Cancer Nursing – An International Journal for Cancer Care Research conducted A Meta-analysis of the Association Between Physical Activity and Breast Cancer Mortality. The Meta-analysis included 24 studies looking at physical activity and reduced breast cancer specific mortality and all-cause mortality. They looked at the varying activity levels categorized by the amount of physical activity.

-  **Low** less than 300 minutes/week
- Moderate** 300-500 minutes/week
- High** greater than 500 minutes/week

The Purpose of this study was to determine the association between physical exercise and risk of death in breast cancer survivors and its dependency on intensity and amount of change after breast cancer diagnosis.

### The conclusions found were:

Breast cancer survivors who were both physically active prediagnosis and postdiagnosis, 300-500 minutes/week were 28% less likely to die of breast cancer and 26% less likely to die from any cause.

\*Cancer Nursing – An International Journal for Cancer Care Research

[https://journals.lww.com/cancernursingonline/Fulltext/2019/07000/A\\_Meta\\_analysis\\_of\\_the\\_Association\\_Between.3.aspx](https://journals.lww.com/cancernursingonline/Fulltext/2019/07000/A_Meta_analysis_of_the_Association_Between.3.aspx)

Most beneficial survival outcomes for women included moderate intensity physical activity and high amount of physical activity greater than 500 minutes/week both prediagnosis and postdiagnosis. The worst or highest risk of mortality is in women who decreased their physical activity post-diagnosis.

The meta-analysis suggests that more than 300 minutes/week of physical activity can lead to better chances of survival for breast cancer patients. The current standard for exercise is 150 minutes/week. Considering the results of this study, they suggest revising the standard and for physicians to recommend at least 300 minutes of moderate intensity physical activity a week to improve survival rates.

This message is for all women! Exercise has endless benefits to your health; improves heart health, decreases risk of obesity and side effects, reduces inflammation, decreases insulin resistance, and on and on. Plus, God forbid if you are ever diagnosed with breast cancer, if you continue to exercise postdiagnosis your chances of surviving increase!

## STEP UP TO PREVENTION & GET MOVING!



# nigh4 run

## \$5000 RAISED!



join us next year!

[kierlandnightrun.com](http://kierlandnightrun.com)



[www.triforthecureaz.com](http://www.triforthecureaz.com)

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## A Race for Everyone:

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



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**10,000**

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Are in various personal care products we use every day

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for safety before they're sold in the marketplace.

That includes your personal care and household products - shampoo, toothpaste, lotion, deodorant, cosmetics, cleaners, etc.

**1,500**

**CHEMICALS CONSIDERED CARCINOGENIC**

and banned in Europe 35 Chemicals considered carcinogenic and banned in the United States



## 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](http://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.



### CLEAN 15

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





**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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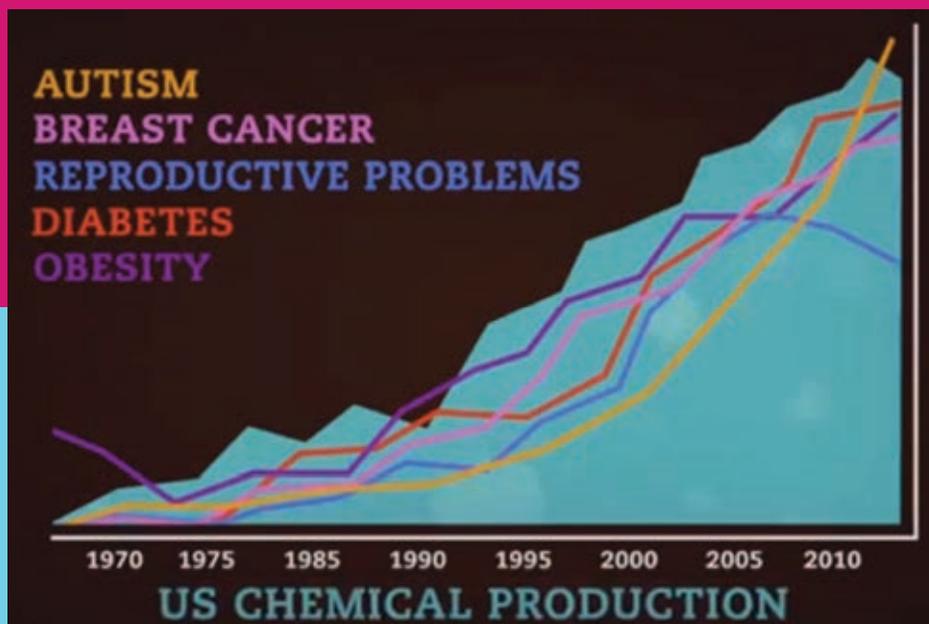


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**OUR APPRECIATION TO THE DOCUMENTARY STINK!  
FOR THE USE OF THE GRAPHIC BELOW...**

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



# OBESITY & CANCER

## OBESITY and LACK OF NUTRITION increase CANCER RISK

55 percent of all cancers diagnosed in women in the United States are associated with overweight and obesity.\*

The National Health and Nutrition Examination Survey showed in 2011-2014 nearly 70% of U.S. adults were overweight or obese compared to 56% in 1988-1994. Obesity is linked to 13 different types of cancer including post-menopausal breast cancer. Tragically, there is an uptrend in obesity rates that will lead to and uptrend in cancers.

Taking a Body Mass Index (BMI) test can determine if you are a healthy weight. Google BMI calculator and enter your height and weight for your BMI Score.

### BMI CATEGORIES:

Underweight = Less than 18.5

Normal weight = 18.5–24.9

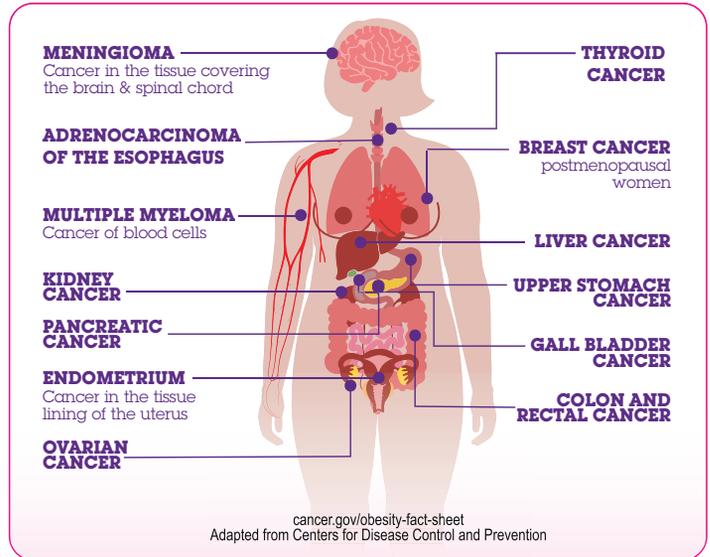
Overweight = 25–29.9

Obesity = 30 or greater

If your BMI score reflects you are overweight or obese we recommend you take steps to improve your health and reduce your risk of cancer and other diseases.

### CANCERS ASSOCIATED WITH OVERWEIGHT & OBESITY

NATIONAL CANCER INSTITUTE



\*The Vital Signs report, by CDC and National Cancer Institute (NCI) researchers

## Nutrition and exercise are important to maintaining a healthy weight

The World Health Organization reports that 30-40% of all cancer is lack of proper nutrition. To address this issue and the increasing rate of obesity in the U.S., the American Institute of Cancer Research (AICR) created a 10-week interactive program,

The Healthy 10 Challenge, to help build healthy habits to eat smarter and move more in order to maintain a healthy BMI.

Part of the program is incorporating The NEW AMERICAN PLATE into your diet. This diet emphasizes food that can reduce your risk of cancer and other chronic diseases and aid in efforts to increase weight loss. AICR recommends that over 2/3 of your plate be filled with plant food, whole grains, vegetables, fruits, beans. 1/3 of your plate with lean protein.

In addition, the U. S. Department of Health and Human Services recommends to be aware of portion distortion. Portion sizes at restaurants have increased over the years and often could feed two or three people. This has changed how Americans view portions at their home table too.

**STEP UP  
TO PREVENTION**  
and reduce your risk  
of cancer and disease  
through nutrition and  
exercise.



# ALCOHOL & CANCER

**Alcohol is one of the most preventable risk factors for breast cancer and 6 other cancers.**

According to the National Toxicology Program of the US Department of Health and Human Services **alcohol is a known human carcinogen!** This includes all types of alcohol – wine, spirits and beer. Approximately 15% of breast cancer deaths among women in the United States were attributable to alcohol consumption. **Education on the association between regular alcohol use and increased risk of cancer is an important and underemphasized cancer prevention strategy.**

Alcohol use and cancer risk is dose dependent. The more you drink the higher your risk of many cancers. Limit your alcohol consumption to 3 or less glasses a week. Komen Studies and Breast Cancer Prevention Partners studies reported

- EACH DRINK CONSUMED PER DAY INCREASES YOUR RELATIVE RISK BY 7%.
- BINGE DRINKING 25% INCREASE
- BLACK OUT DRINKING 39% INCREASE

## DEFINING A STANDARD DRINK



**12 OZ. REGULAR BEER**  
(5% alcohol content or lower)



**8-9 OZ. MALT LIQUOR**  
(7% alcohol)



**5 OZ. WINE**  
(12% alcohol)



**1.5 OZ. SHOT OF 80 PROOF LIQUOR**  
(40% alcohol)

## ALCOHOL IMPACTS YOUR CANCER RISK MANY WAYS:

- METABOLIZES AND BECOMES CARCINOGENIC
- DAMAGES DNA IN CELLS
- INCREASES HORMONE LEVELS
- INCREASES RISK OF HORMONE- RECEPTER POSITIVE BREAST CANCER
- MAY AFFECT BREAST DENSITY
- INCREASES CALORIE INTAKE AND BMI
- DECREASES FOLIC ACID – HELPS MAKE HEALTHY RED BLOOD CELLS TO CARRY OXYGEN

## ALCOHOL INCREASES YOUR RISK OF CANCER AND OTHER DISEASE

Choose a **MOCKTAIL** instead of a **COCKTAIL** and skip the increased risk of breast cancer.



### Virgin Sangria

- 3 c. pomegranate juice
- ½ cup orange juice
- 1 (12-oz.) can seltzer
- 1 orange, sliced
- 1 apple, cored and sliced
- 1/3 c. blackberries or raspberries
- Ice

In a large pitcher, combine pomegranate juice, orange juice, and seltzer. Add fruit and stir to combine.



### Virgin Cucumber Gimlet

- 1.5 oz club soda
- 4-5 slices of muddled cucumber
- 1 oz fresh lime juice
- 1 oz simple syrup

Combine all ingredients and shake with ice. Serve in a rocks glass over crushed ice. Garnish with a rolled cucumber slice



### Rosemary Blueberry Smash

- 7-8 blueberries
- 1 rosemary sprig, stripped
- 1 oz honey syrup
- 1 oz fresh lemon juice, strained
- 4 oz sparkling mineral water
- Ice

Gently muddle blueberries, rosemary leaves, and honey syrup in the bottom of a cocktail shaker. Add lemon juice and shake, covered, with ice vigorously for 10 seconds. Strain through a mesh strainer into a tall glass of fresh ice. Top with sparkling water and stir to incorporate.

Public Prevention in Breast Cancer California Cohort study f1b.



# SKIP THE SIDE EFFECTS

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.

## CHOOSE PREVENTION

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.

—Lynette



Terrible fatigue that I could hardly get out of bed.

—Ellie



Taking a shower and my hair coming out in handfuls.

—Shawna



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



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



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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](http://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.



Pink Out 5K  
raised  
**\$50,000!**



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magazine & attend  
one of our  
**FUNDRAISING  
EVENTS**



Their sponsorship  
helps provide **BREAST  
HEALTH EDUCATION**  
to **60,000** women  
through our magazine



Friends and families  
**VOLUNTEER** for  
Check for a Lump



Volunteers **SHA  
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2



We provided  
**FREE**  
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at our mobile  
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3



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pay it forward  
through **FACEBOOK**  
**BIRTHDAY**  
**FUNDRAISERS**

4



With the  
Birthday Fundraiser,  
**WE PROVIDE A**  
**FREE WIG** to  
someone going  
through  
chemotherapy

5



The woman attends a  
**SUPER SURVIVOR**  
event & shares our  
mission with  
her family & friends



**RE WITH THEIR**  
es an annual sponsor



# CORPORATE GIVING

makes a difference in the fight against breast cancer!



## Unicorn Philanthropy donates \$100,000!

Dear Drs, Gawley and St. Peter, I've been trying to find the right words to express my gratitude to you and I keep finding myself speechless. I am awestruck by your kindness and generosity!

When I first opened up the email and read that you were donating \$100,000 to Check for a Lump and an additional \$100,000 to Elevate Phoenix I broke into tears. My employees thought something awful had happened. Just the opposite, your generosity is so beautiful and the donation will impact so many women in multiple ways that my tears were ones of immense joy.

As the steward of your generosity for seven years, I hear the stories first hand from women who benefit from your generosity. I hear their fearful tears that they are going to lose their hair, and the guilt that they feel for even worrying about their hair, since they are also worried about losing their life. Thanks to your kindness, I have the privilege to share with these women that we can provide them with a free new beautiful wig, and the even bigger gift of having a piece of their normalcy back. I receive the phone calls and emails exclaiming, "I love my new hair!" "Thank you!" "I don't feel like Frankenstein any longer!" "I can't wait to show my husband!" "God bless you!" "I can go to work again!" "My children will still see their mom. What a relief this provides on so many levels!" Their testimonies go on and on, as we have provided over 1,800 women going through breast cancer treatment with a beautiful new wig of their choice – all because of generous people like you Drs. Gawley and St. Peter!

I hear the fear in women's voices when they call us in need of a mammogram. They are terrified by the symptoms they have

discovered and extremely frustrated that they have called around and for financial assistance with no luck. Then I hear the overwhelming relief when I share that we can provide them with a screening mammogram and all diagnostic testing up until diagnosis. Like me, these women share tears of gratitude. They are so grateful for access to healthcare, a right that every person deserves. Again, I receive the phone calls, emails, and in-person responses from women who are humbled, "You helped me!" "You are a God send!" "Thank you so much." "You saved my life!" Your generous donation is providing women with equitable breast healthcare, peace of mind, the opportunity to an early diagnosis and treatment if breast cancer is found. Your donation provides women a better chance of surviving breast cancer and LIVING! We have provided over 600 women with life-saving mammograms and testing and on track to provide another 500 women in 2022 – again, because of generous people like you Drs. Gawley and St. Peter!

You are a blessing in my life, our non-profit Check for a Lump, and the lives of many, many people in our community. I'm so honored to be one of the stewards of your generosity and kindness. Drs. Gawley and St. Peter, and your team at Unicorn Philanthropy, Gawley Plastic Surgery and MD Skin Lounge, thank you for believing in the Check for a Lump mission to provide free breast health education, mammograms, wigs and support! Thank you for being philanthropic pillars in our community! We appreciate your kindness, the effort that goes into fundraising, and your very generous gift of \$100,000!!! I can assure you the women we assist thank you even more! You are making a difference in the fight against breast cancer!

*Your generous donation is providing women with equitable breast healthcare, peace of mind, the opportunity to an early diagnosis and treatment if breast cancer is found. Your donation provides women a better chance of surviving breast cancer and LIVING!*

*Live & Give*  
Holly Rose



# GAWLEY GALA 2022

Saturday, October 22, 2022  
The Camby Hotel  
Phoenix

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. The Gala will be hosted again at the luxurious Camby Hotel in Phoenix, AZ.

Visit [unicornphilanthropy.com](http://unicornphilanthropy.com) to register for email updates for this and other events.



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## Knickers FORE KNOCKERS

Unicorn Philanthropy's annual charity golf tournament is coming again — May 2022. Attendees enjoy golf, drinks, lunch, contests and a silent auction in the gorgeous Arizona sunshine.

Visit [unicornphilanthropy.com](http://unicornphilanthropy.com) to register for email updates for this and other events. We hope you'll join us May 2022 for our next tournament!

Friday, May 6, 2022  
Camelback Golf Club  
Ambiente Course



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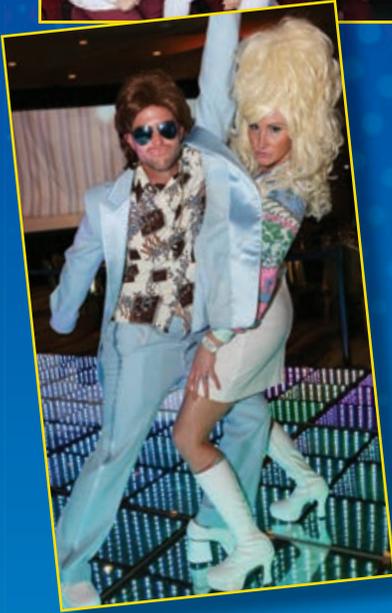
# '22 WIG OUT



## WHO'S YOUR HERO?

JOIN US FOR THIS HEROIC EVENT!

SAVE THE DATE!  
APRIL 8TH '22



11 YEARS OF FUN!

# WIG OUT



## KEEP YOUR CLEANING CLEAN WITH THESE EASY RECIPES

We Highly Recommend these Non-Toxic Recipes for Home Cleaning

### Detergent

- ④ 4 – 4 oz bars Kirk's Original Coco Castile Soap Fragrance Free (16 ounces total)
- ④ 4 lbs Baking Soda
- ④ 3.7 lbs Arm & Hammer Super Washing Soda (1 box)
- ④ 3 lbs OxiClean Free or Baby (1 container)
- ④ 28 oz Epsom Salt
- ④ 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

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 time shorter! I love that my clothes still get clean, but without the added harmful ingredients.





## Six Holistic Remedies for Relaxation & 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.

### SOOTHING HAND/BODY CRÈME

- 1/4 cup raw shea butter
- 1/8 cup coconut oil (extra virgin is preferred)
- 3-4 tbl cornstarch or arrowroot
- Essential oils as fragrance

Combine coconut oil and shea butter in a small bowl with a hand mixer or stick blender. You may have to soften the shea butter just slightly over very low heat in order to incorporate them well together, but it should combine well with a mixer. Add cornstarch or arrowroot a tablespoon at a time until you achieve the desired thickness. It will look similar to a whipped icing. That's it! Transfer to a small covered container and place at your changing station. Keep a small portion in the diaper bag as well. Apply liberally with each diaper change as a preventative and rash salve. There are many more complicated homemade varieties out there, but this simple recipe has done the trick for us! Makes about 1 cup.

### LIP BALM

- 2 1/4 tbsp / 30 g pure shea butter
- 2 1/2 tbsp / 40 g coconut oil
- 2 tbsp / 20 g beeswax
- 10 drops essential oil of your choice (e.g. peppermint, lavender, vanilla)
- Optional coloring: beet root powder, turmeric, cinnamon, alkanet root

Add the shea butter, coconut oil, and bee wax into a microwave-safe bowl. Melt in the microwave set to medium in one-minute intervals until bee wax is melted. Stir in between each interval and until perfectly blended.

Once melted, stir 10 drops of essential oil into the mixture and optional color ingredient. Pour the lip balm into cosmetic pots or tins. Allow the lip balm to set, which take an hour at room temperature or 20 minutes in the fridge. Once set, the lip balm looks white and opaque.

### HAND SANITIZER

- 5-10 drops lavender essential oil.
- 30 drops of Tea Tree essential oils
- 1 tablespoon witch hazel extract or high-proof vodka
- 8 ounces 100% pure aloe vera gel
- 1/4 teaspoon Vitamin E oil - a natural preservative to increase shelf life (It will also help soften hands!)

Add essential oils and Vitamin E oil to a small glass bowl or container and swirl to mix. Add witch hazel (or alcohol) to the oils and swirl again. Combine this mixture with the aloe vera gel and mix well. Shake gently before each use. (Sanitizer should last several months with the addition of Vitamin E and alcohol to help preserve.) Transfer hand sanitizer to small, clean squirt bottles. Also, use colored bottles so the essential oils in the recipe are not exposed to light. Finally, this recipe is perfect for throwing into a purse or a backpack! Even more, you could also mix up a batch and keep in a container with a pump.

# KNOWLEDGE IS POWER!

OUR QUEST FOR KNOWLEDGE: TO MAKE A DIFFERENCE IN THE FIGHT AGAINST BREAST CANCER!



## 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

## 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.

## OUR GRATITUDE FOR OUR SCHOLARSHIPS AND ADDITIONAL OPPORTUNITES TO ATTEND LEADING NATIONAL BREAST CANCER CONFERENCES



We were fortunate to attend National Breast Cancer Coalition Project LEAD. Each of these experiences provide cutting edge developments in treatment, research, legislation and one on one educational opportunities.

# 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?

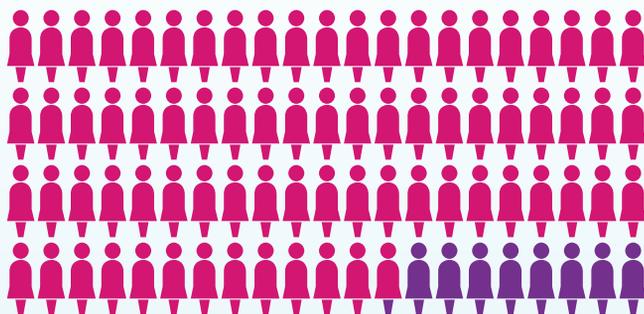
With the recent “recall” of textured breast implants and the increased awareness of breast implant illness (BII), there has been an increased interest in the en-bloc procedure. In a total capsulectomy the implant and all of the capsule around the implant are removed separately. The en bloc procedure 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](http://azbreastcenter.org) to get more information or call today to schedule a consultation.

# How Many People Survive 5 YEARS OR MORE After Being Diagnosed with Female Breast Cancer?

Relative survival is an estimate of the percentage of patients who would be expected to survive the effects of their cancer. It excludes the risk of dying from other causes. Because survival statistics are based on large groups of people, they cannot be used to predict exactly what will happen to an individual patient. No two patients are entirely alike, and treatment and responses to treatment can vary greatly.

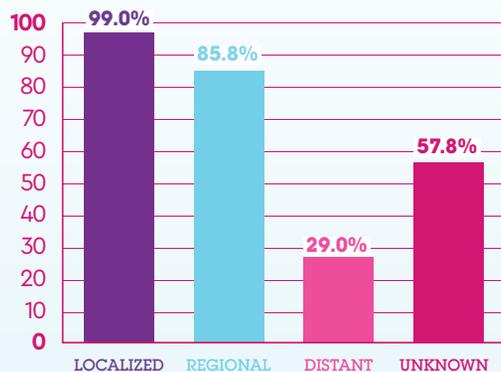
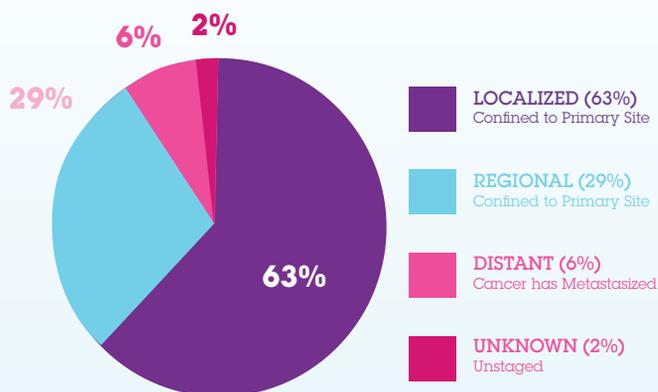


**5-YEAR  
RELATIVE  
SURVIVAL**



Based on data from Seer 18 2011-2017. Purple figures represent those who have died from female breast cancer. Pink figures represent those who have survived 5 years or more.

## Percent of Cases & 5-Year Relative Survival by Stage at Diagnosis: Female Breast Cancer



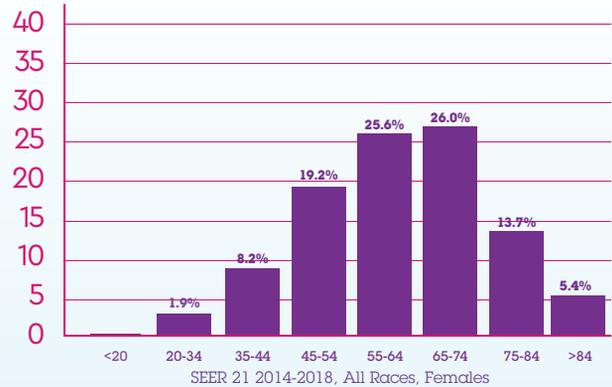
SEER 18 2011-2017, All Races, Females by SEER Summary Stage 2000

## Rate of New Cases per 100,000 Persons by Race/Ethnicity: Female Breast Cancer

<b>ALL RACES</b>	<b>129.1</b>
<b>WHITE</b>	<b>131.8</b>
<b>BLACK</b>	<b>124.7</b>
<b>ASIAN   PACIFIC ISLANDER</b>	<b>105.1</b>
<b>AMERICAN INDIAN   ALSASKA NATIVE</b>	<b>81.7</b>
<b>HISPANIC</b>	<b>100.3</b>
<b>NON-HISPANIC</b>	<b>134.3</b>

SEER 21 2014-2018, Age-Adjusted

Female breast cancer is most frequently diagnosed among women aged 65-74.  
**MEDIAN AGE AT DIAGNOSIS IS 63**



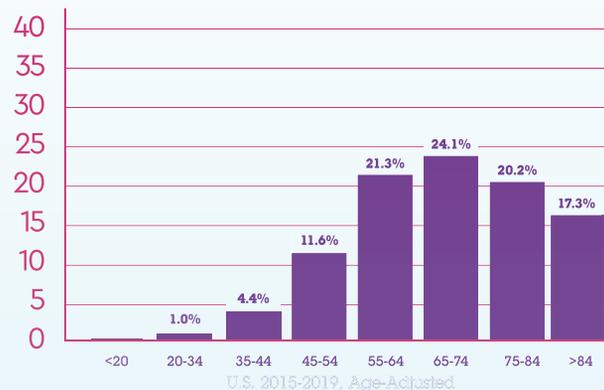
## Death Rate per 100,000 persons by Race | Ethnicity: Female Breast Cancer Who Dies From This Cancer?

Overall, female breast cancer survival is good. However, women who are diagnosed at an advanced age may be more likely than younger women to die of the disease. Female breast cancer is the fourth leading cause of cancer death in the United States. The death rate was 19.9 per 100,000 women per year based on 2015–2019, age-adjusted.

<b>ALL RACES</b>	<b>19.9</b>
<b>WHITE</b>	<b>19.4</b>
<b>BLACK</b>	<b>27.1</b>
<b>ASIAN   PACIFIC ISLANDER</b>	<b>11.6</b>
<b>AMERICAN INDIAN   ALSASKA NATIVE</b>	<b>15.6</b>
<b>HISPANIC</b>	<b>13.7</b>
<b>NON-HISPANIC</b>	<b>20.6</b>

U.S. 2015-2019, All Races, Females

The percent of female breast cancer deaths is highest among women aged 65-74.  
**MEDIAN AGE AT DEATH IS 69**



SEER is supported by the Surveillance Research Program (SRP) in NCI's Division of Cancer Control and Population Sciences (DCCPS). SRP provides national leadership in the science of cancer surveillance as well as analytical tools and methodological expertise in collecting, analyzing, interpreting, and disseminating reliable population-based statistics.

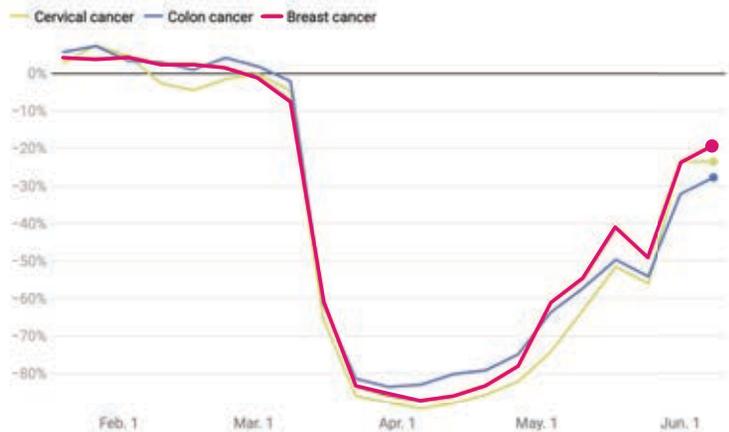
# COVID-19 IMPACT ON BREAST CANCER



Covid may have paused the world, but it did not pause breast cancer. **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 and delays in care. It is projected that breast cancer rates, later stage diagnosis and mortality are expected to dramatically increase through 2030.

The Silver Lining is that Covid-19 changed access to care through the breakthroughs in Telemedicine. Telemedicine enables video or phone appointments between a patient and their health care practitioner through computers and smartphones. Patients don't have to worry about time, travel, childcare, spreading disease, waiting room times and more. Telemedicine helps to reduce disparities in care by easily reaching into rural and other areas who don't have access to leading physicians. Check for a Lump is hopeful telemedicine will continue on and increase access to care for all.

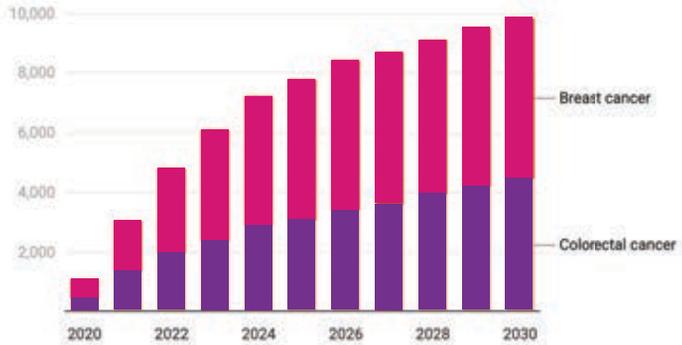
The lines show how the volume of cancer screenings this year compares to the weekly average in the three years prior to the pandemic.



Data are pooled from 60 health care organizations representing 306 hospitals that span 28 states and cover 9.8 million patients.

## Cumulative excess deaths due to COVID-19

A moderate disruption in care for six months due to the pandemic may add nearly 10,000 deaths from two cancer types this decade.



Breast and colorectal cancers account for about one in six cancer deaths in the U.S.

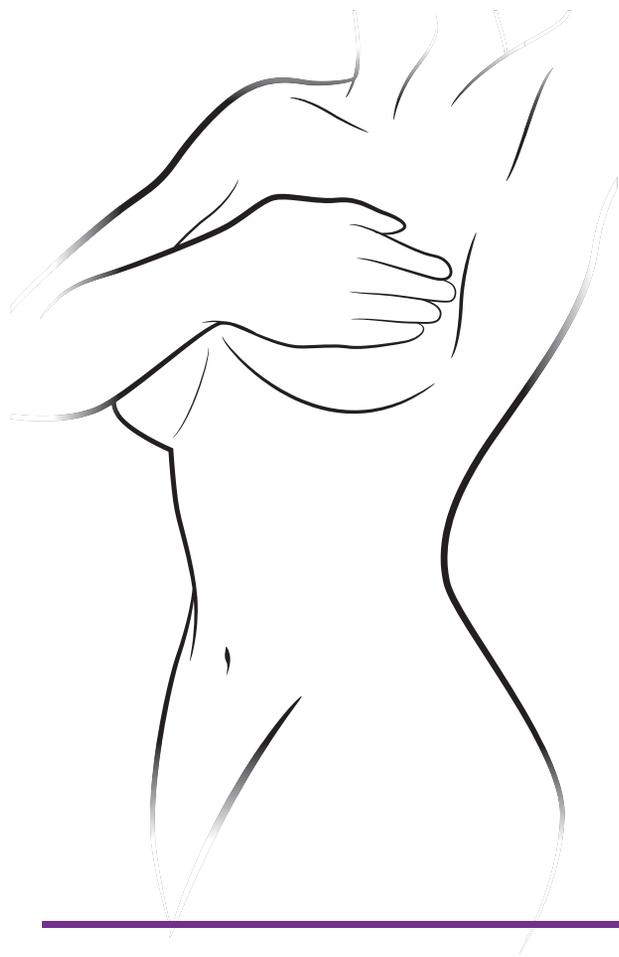
Chart: Emily Barone for TIME • Source: Science, National Cancer Institute • Get the data • Created with Datawrapper

## VACCINE REACTIONS CAN MIMIC BREAST CANCER SYMPTOMS

COVID-19 vaccine reaction can mimic breast cancer symptoms causing undue fear in women. The Pfizer and Moderna vaccines can cause the lymph nodes to swell in the armpit on the side where the vaccine shot was given. In clinical trial patients receiving the vaccine, 16% had enlarged lymph nodes after their

**The Society of Breast Imaging has recommend that women postpone any mammography scheduled within four weeks after their final COVID-19 shot.**

second shot of the Moderna vaccine, and the Pfizer vaccine produced a similar effect. Swollen lymph nodes in the armpit are a sign of breast cancer, however post-vaccine lymph node swelling is common and harmless. The swollen lymph nodes due to Covid-19 vaccine shots, whether you feel them or not, may show up in a mammogram and trigger a false positive. This may prompt unnecessary worry, screenings and diagnostic testing. The Society of Breast Imaging has recommend that women postpone any mammography scheduled within four weeks after their final COVID-19 shot.



**The swollen lymph nodes due to Covid-19 vaccine shots, whether you feel them or not, may show up in a mammogram and trigger a false positive**

# CHECK FOR A LUMP



## REBA'S Baskets of Hope

Reba Mason-Mikutowicz, aka Lisa Mason, well known in our Arizona breast cancer community as simply "Reba" was a shining star long before her advocacy and support for fellow breast cancer survivors! She grew up in Texas, crowned rodeo queen and later a Dallas Cowboys Cheerleader for four years!

In 2011, Reba's world came crashing to a halt when she was diagnosed with hereditary BRCA2 breast cancer, following diagnosis of her mother, aunt, grandma, and cousin. In 2014, Reba was diagnosed with Stage IV Metastatic Breast Cancer.



She is a natural born fighter and an inspiration to all survivors in the community. She shows up with a smile and positive attitude everywhere she goes! She wanted to give back to the community that helped her through her

years of treatment and hope was an important part of her journey. To bring hope to other women in breast cancer treatment, she was inspired to create **REBA'S BASKETS OF HOPE!**

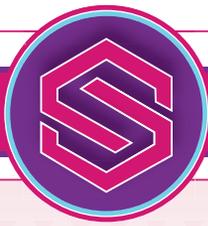
Reba's Baskets of Hope are filled with items found helpful during treatment and help make a woman feel beautiful during her treatment. Reba, being a former Dallas Cowboy Cheerleader, wanted to look and feel the as she calls it, "**BLING IT GIRL!**" so inside each Basket are items to let you dress up on days when you're having a really great day and flaunt it, or possibly turn a bad around to a great day!

We know survivors have many more down days, and simply want to snuggle in bed, so comfort items are included too.



Check for a Lump was pleasantly introduced to Reba in 2011. We found her volunteering at EVERY non-profit event in the valley for years with her giant smile, fluffy pink skirt and cowgirl boots anywhere she could donate her time, advocacy, and services to fellow survivors. **Check for a Lump was so inspired by her advocacy that we crowned her our "Survivor with Hope" at Wig Out Gala in 2019.** In 2021, we invited her to join and our organization, Check for a Lump, and have her program as a tier of our Support Program – Reba's Baskets of Hope – to share words of hope and live by giving acts of kindness for others." We are delighted Reba graciously accepted our offer and we can now offer survivors a Reba's Basket of Hope!





# SUPER SURVIVORS UNITE!

**SUPER SURVIVORS**



HOSTED BY:

**CHECK FOR  
A LUMP**



## BREAST CANCER SURVIVORS & CAREGIVERS

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!



Save the  
**DATE!**

### LIVE & VIRTUAL EVENTS!

RSVP at [www.checkforalump.org/super-survivors](http://www.checkforalump.org/super-survivors)



### 2022 EVENTS

(TENTATIVE)

- January 13th:** Vision Boards at Our Office
- February 10th:** Yoga at Tempe Town Lake
- March 10th:** Hiking at North Mountain
- April 14th:** Making Toxic-Free Beauty & Home Products
- May 12th:** Sound Healing at Our Office
- June 9th:** Salad in a Jar
- July 14th:** Mermaid Fitness
- August 11th:** Medicinal Marijuana at the Mint
- September 8th:** Tie-Dye Breast Cancer Shirts
- October:** None (Oct. AwarenessMonth)
- November 10th:** Cultivate Gratitude
- December 8th:** Holiday Crafts



Yoga at  
Tempe Town Lake



Medicinal Marijuana  
at the Mint



Holiday Crafts



Mermaid Fitness





# PINK PATCH PROJECT

Your Police Department can join the **PINK PATCH PROJECT** and select **Check for a Lump** as the charity of your choice to keep funds local!



**SCOTTSDALE POLICE DEPT. PINK PATCH PROJECT raises over \$10,000!**

“The goal of the Scottsdale Police Department Pink Patch Project is to increase public

awareness about breast cancer and to raise funds for the on-going fight against Breast Cancer. The bright pink patches that are worn by our officers have been specially designed to encourage conversations and public awareness about the importance of early Breast Cancer detection and treatment. Scottsdale Police Department chose to donate their proceeds to a locally based non- profit organization Check for a Lump. The reason why this organization was chosen was because one of their focuses is on helping Arizona women afford wigs who are undergoing chemotherapy.”

“Through our partnership, The Scottsdale Police Department has donated over \$10,000 in their efforts to help combat this devastating cancer.”

— Officer Michael Clore

**PINAL COUNTY POLICE DEPT. PINK PATCH PROJECT supports the fight against breast cancer!**

“Again this October, we wanted to make a special effort to support those in the fight against breast cancer. They are in our thoughts and prayers this month, and always,” said Sheriff Mark Lamb.

“I would like to thank all PCSO employees and members of the public who helped to pitch in for this worthy cause. Their support and dedication to helping others never ceases to impress me.”

— Sheriff Mark Lamb



**MESA POLICE DEPT. PINK PATCH PROJECT chooses Check for a Lump to help local women in the fight against breast cancer!**

“The Mesa Police Department chose to donate the money we raised during our Pink Patch Project to Check for a Lump because of the impact they make in the community. We wanted the money we raised to stay local and go to help individuals in Arizona who need the extra support. After meeting Holly and her team and seeing the amazing passion they have for genuinely helping others, we knew we found the right nonprofit to donate to!”

— Officer Kylie Clore





# thank you



The National Charity League (NCL) has a special place in my heart! While I was going through breast cancer treatment I was the recipient of many acts of kindness from women in my community, many of the women were strangers to me and many of them happened to be NCL moms. A few years later I joined NCL with my 2 daughters and we were a part of their league for seven years.

The NCL mission is fostering the mother daughter relationship through an ongoing commitment to philanthropy, culture, and leadership. My favorite pillar was philanthropy. We learned about various charity missions in our community and had the opportunity to give back through community service. I treasured this opportunity and was grateful to pass on to my girls through their school years.

I am now honored that all NCL chapters in Maricopa County have chosen Check for a Lump as an approved charity! Their hours of service mean the world to my team and me! We could not do all that we do within the breast cancer community without the help of volunteer hours! We rely heavily on the NCL for our volunteers and they come through for us every time!!!

Thank you National Charity League for your time, effort and commitment to our community! We appreciate you and the women we serve appreciate you even more!



"We love getting out to the Check for a Lump events and seeing all of the inspiring faces - those of survivors, those currently fighting and those supporting others!" —NCL Moon Valley Chapter

"We love giving back and supporting women's causes!" — NCL Sonoran Centennial Chapter





# 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 4 years and your October Pick Cup for a Cause Campaign that raised **\$10,480.20!**



Larry H Miller Automotive Charities donated **\$7100!**



The Mint Dispensary hosted an unique and fun 'Buds-n-Bras' campaign that raised **\$8100!** Thanks for your support!



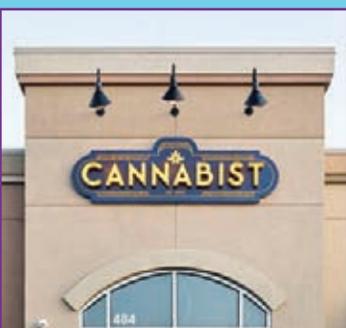
Kierland POP lit up Main Street in Kierland Commons for the 4th Annual Kierland Night Run taking runners and walkers through the gorgeous grounds of Westin Kierland Golf Club while raising **\$5,000!**



The Sierra Verde STEAM Academy student council, students, staff and families were able to raise **\$3,066.39!** during their Pink Week in October for Check for a Lump!



Serrano's Mexican Restaurant held specials during the month of October in honor of Stephanie Serrano who had battled with breast cancer and were able to raise **\$3,000!** in her memory!



Cannabist in Tempe raised **\$8,348.98!** during October at their store in Tempe and Prescott to help fight breast cancer!



Genuwine hosted a night of drinks in October and raised **\$300!** from the proceeds.

# HAPPY BIRTHDAY!!!



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



"I love having my birthday fundraiser for Check for a Lump. Check For A Lump and Holly Rose have a special place in my heart. I am grateful that during the fight for my life, Holly and Check for a Lump were there for me. Having them gift me with a very top of the line wig truly helped me feel good about myself when I was feeling so down. My birthday reminds me how blessed I am to be alive after breast cancer and what better way to celebrate than by helping another person receive the same help I did."

—*Chrissy Miranda*

My reasoning for doing a fundraiser for Check for a Lump, is because they helped me get a wig while I was going through chemo for stage 4 breast cancer. I literally had no money or self esteem. My hair was down to my waist, and my prized possession. I got married, and 6 weeks later I lost all of my hair. Devastated and embarrassed. I found out about Check for a Lump, and they helped me immediately. I could never be more grateful. I will be sure to raise donations again, for my next birthday. Grateful to be alive, and grateful for such a wonderful organization. I couldn't thank you all enough.

—*Aja Harper*



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*

I chose to donate again this year because this organization helped me 7 years ago. I had breast cancer and they assisted in purchasing one of my wigs. I so appreciate Check for a Lump.



—*Heather Pruett*

# 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](mailto: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! Phoenix Art Museum | April 8th | 6-10PM

Tickets available online [checkforalump.org](http://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!



**6TH 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 1st at 8:00 a.m.-Steele Indian School Park

For more information go to our events at [www.checkforalump.org](http://www.checkforalump.org)



@checkforalump



@checkforalumpaz

Help us spread our mission by: following, liking, and sharing on social media. Facebook, Instagram, Twitter, LinkedIn, and Youtube

# THANK YOU 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  
Laura Fial  
Sole Sports  
Running Zone  
Ahwatukee Women's Center  
Lasiter and Jackson  
Academy Mortgage  
Linsley Gold Barry

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

Micheal Murhpy 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.*



**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](http://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](http://www.arizonabcs.com)

**BAD GIRLS DO GOOD THINGS** - Raising funds for cancer research, education, outreach and awareness. [www.badgirlsdogoodthings.org](http://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](http://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](http://www.bikers4boobiesaz.org)

✿ **BOSOM BUDDIES OF ARIZONA** - Offering support and resources to men and women with breast cancer. [www.bosombuddies-az.org](http://www.bosombuddies-az.org)

✿ **BRIGHT SPOT NETWORK** - Provides young cancer survivors who are parents of small children a safe space for individual and family healing, recovery and connection. [www.brightspotnetwork.org](http://www.brightspotnetwork.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](http://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](http://www.castingforrecovery.org)

**CIRCLE OF HOPE** - Bringing hope, healing and care to those battling cancer [www.hopecancer.org](http://www.hopecancer.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](http://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](http://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/>

**I'MPACT 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](http://www.impactone.pink)

**LOTSA HELPING HANDS** - Easily organize meals and help for friends and family in need. [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

**METASTIC 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](http://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](http://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](http://www.provisionproject.org)

**THE SINGLETONS** - A community dedicated to lessening the burdens of single parents with cancer and their families. [thesingletonaz.org](http://thesingletonaz.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](http://www.youngsurvival.org)

If you know of additional local non-profits please contact us so we can share all resources in Arizona. [outreach@checkforalump.org](mailto:outreach@checkforalump.org)

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

# WE DARE YOU!!

## TO DO THESE 5 QUICK & EASY CHALLENGES THAT COULD HELP SAVE YOUR LIFE!



### 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 of fruit, etc. It's easier than you think!



### THROW OUT THE TOXINS

Many household and beauty products that contain carcinogens. Download EWG Healthy Living App. **DOWNLOAD THE EWG HEALTHY LIVING APP.** It's super easy to check how safe your products are while you are shopping! Open the app, scan the product bar code, and the safety rating pops up. If it gets a poor score, move to the next product. We challenge you to check the safety rating of your body lotion, dish washing detergent and laundry detergent. You may be shocked! (see page 62)



### MOCKTAILS INSTEAD OF COCKTAILS

Alcohol is one of the most preventable risk factors for breast cancer and 6 other cancers.

It is dose dependent. The more you drink the higher your risk. Limit your alcohol consumption to 3 or less glasses a week. More information on page 51.



### HEALTHY 10 CHALLENGE

American Institute of Cancer Research estimates three percent of all U.S. cancer cases annually—approximately 46,000 cases—could be prevented if inactive adults were to meet the physical activity guidelines of five hours per week.

Sign up for the AICR Healthy 10 Challenge to improve your nutrition and increase your activity to reduce your risk of cancer and other diseases.



### CHECK FOR A LUMP

CHECK FOR A LUMP - PERFORM A BREAST SELF-EXAM TONIGHT. NO EXCUSES. . . IF YOU FIND BREAST CANCER IN THE EARLY STAGES YOU HAVE CLOSE TO 100 % CHANCE OF SURVIVING!





## 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 at the Arizona Center for Reconstructive Breast Surgery, visit [AZBREASTCENTER.ORG](http://AZBREASTCENTER.ORG)

# TAKING IT ON TOGETHER

Cigna is dedicated to helping women in their fight against breast cancer. Visit [Cigna.com](http://Cigna.com) and search "breast cancer" for support and resources.



Together, all the way.®

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