



# Honoring Breast Cancer Survivors

## UPPER VALLEY BREAST CANCER SURVIVORS

Ann Avey  
Kathy Bangsund  
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Linda Porlier  
Kris Taylor  
Diane Wells

During our 23 years of compiling the Breast Cancer Survivors' pages, many of these ladies have moved, or are no longer participating at this time.

Our sincere Best Wishes to all our Survivors.

Joan Baldwin  
Gale Bates  
Carla Carey  
Bev Carlson  
Janice Clark  
Terri Clarke

Floy Detwiler, M.D.  
Joy Fields  
Elsie Fogelstrom  
Carol Hanson  
Pat Hills  
Sonja Hurt  
Jordi Kimes  
Dorothy Kellison  
Wendi Krieg  
Verna Lotts  
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V Gay Neese-Sweat  
Mary Ellen McKinney  
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Dorene Parise  
Winnifred Pflugrath  
Kelley Rose  
Terri Scenard  
Kara Shephard  
Dorothy Shipley  
Camille Stemm  
Wendy St. Germain

Dorothy Spanjer  
Lori Vanderbrink  
Camieon Voss  
Julie Williams

**\*\* In Memory of these ladies who have passed away.**

Grace Clausen, Jessica Green, Mary Newberry, Marie V. Peck, Judy M. Peck-Cameron, Charlotte Turner, Elizabeth Peyrollaz, Carolyn Wilson

## LOCAL SUPPORT

\* Cancer Care of NCW, Inc. Our House, Wenatchee: 509-663-6964 or Email: [cancare@nwi.net](mailto:cancare@nwi.net)  
\* Wellness Place, Wenatchee, 509-888-9933. Support groups, and other resources.  
\* Cascade Medical, Leavenworth, 509-548-5815.  
\* Confluence Health/Wenatchee Valley Medical, 509-663-8711.  
\* Confluence Health, Breast, Cervical and Colon Cancer Health Program, 509-664-3415.  
\* EASE Cancer Foundation, Cashmere: 509-860-1322 or [www.easecancer.org](http://www.easecancer.org)  
\* Lake Chelan Health Hospital. 509-682-3300  
\* Columbia Valley Community Health, Chelan, 509-682-6000  
\* Lake Chelan Express Care Clinic, Chelan, 509-682-2511  
\* Three Rivers Hospital, Brewster, 509-689-2517  
\* Family Health Center, Brewster, 509-689-3455  
\* Seattle Cancer Alliance, 800-804-8824, [www.seattlecca.org](http://www.seattlecca.org)

## NATIONAL SUPPORT:

\* American Cancer Society, (ACS) 800ACS-2345, [www.cancer.org](http://www.cancer.org). Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK  
Reach to Recovery, a one-to-one survivors' help program. New Birthdays Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog OfficialBirthdaysBlog.com or [Cancer.org/circleofsharing](http://Cancer.org/circleofsharing).  
\* American Society for Therapeutic Radiology and Oncology. 1-800-962-7876, [www.astro.org](http://www.astro.org).  
\* American Society of Plastic Surgeons, 888-475-2784, [www.plasticsurgery.org](http://www.plasticsurgery.org).  
\* AVON Foundation [www.avonfoundation.org](http://www.avonfoundation.org)  
\* Blood & Marrow Transplant Information Network 1-888-597-7674, [www/bmtinfonet.org](http://www.bmtinfonet.org)  
\* Become a member of Love/Avon [www.armyofwomen.org](http://www.armyofwomen.org) or 866-569-0388  
\* Living Beyond Breast Cancer, 888-753-5222 [www.lbbc.org](http://www.lbbc.org).  
\* National Breast Cancer Coalition, 1-800-622-2838, [www.stopbreastcancer.org](http://www.stopbreastcancer.org) or [www.canceradvocacy.org](http://www.canceradvocacy.org)  
\* National Coalition for Cancer Survivorship  
\* Online community [Cancerversary.org](http://Cancerversary.org) use to create your own Web pages  
\* Susan G. Komen For the Cure, 1-877-GO-KOMEN, [www.komen.org](http://www.komen.org)  
\* The Breast Cancer Alliance, 203-861-0014, [www.breastcanceralliance.org](http://www.breastcanceralliance.org)  
\* National Lymphedema Network, 1-800-541-3259, [www.lymphnet.org](http://www.lymphnet.org).  
\* SHARE (Breast Cancer Hotline) 1-866-891-2392, [www.sharecancersupport.org](http://www.sharecancersupport.org)  
\* Vital Options International, 1-800-477-7666 [www.vitaloptions.org](http://www.vitaloptions.org)  
\* Zero Breast Cancer: [www.zerobreastcancer.org](http://www.zerobreastcancer.org)

## Breast Cancer Glossary

COMPILED BY CAROL FORHAN

### Survivor

Educate yourself on these terms when your doctor talks to you about breast cancer  
**Adjuvant therapy:** Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.  
**Aspiration:** The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.  
**Atypical lobular hyperplasia:** Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobule.  
**Axillary:** In the armpit.  
**Benign:** Not cancerous.  
**Biopsy:** Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.  
**Calcifications:** Small calcium deposits in breast tissue that can be seen by mammography.  
**Carcinoma:** Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.  
**Chemoprevention:** The use of drugs or chemicals to prevent cancer.  
**Chemotherapy:** Treatment of cancer with powerful drugs that destroy cancer cells.  
**Core needle biopsy:** Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.  
**Cyst:** A lump or swelling filled with fluid or semifluid material.  
**Duct:** A channel in the breast that carries milk from the lobule to the nipple during lactation.  
**Estrogen:** A female sex hormone produced chiefly by the ovaries.  
**Estrogen receptor:** A site on the surface of some cells to which estrogen molecules attach.  
**False negative:** Test results that incorrectly indicate that the tested disease or substance is not present.  
**Fibroadenoma:** A benign, fibrous tumor commonly found in the breast.  
**Free radicals:** Toxic atoms produced by chemical reactions within a cell.

**Hematoma:** A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.

**Hyperplasia:** Excessive cell growth.

**Infiltrating cancer:** A cancer that has spread from its site of origin into surrounding tissue.

**In situ:** Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

**Lobules:** Milk-producing glands of the breast.

**Lymphedema:** An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

**Lymph nodes:** Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

**Malignant:** Cancerous.

**Metastasis:** The spread of cancer cells from the site of origin to another part of the body.

**Metastases:** Secondary cancers that form after cancer cells spread to other parts of the body.

**Neoadjuvant therapy:** Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

**Palpable:** Able to be felt.

**Progesterone:** A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

**Radiation therapy:** The use of x-rays at very high doses to treat or control disease.

**Seroma:** An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information. [www.mammosite.com](http://www.mammosite.com)

### Screening saves lives by helping find breast cancer early.

Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

**Get your mammogram. Tell your friends, mothers, sisters, aunts, and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.**

Information from American Cancer Society

## Wellness Place Breast Cancer Awareness Month events

SUBMITTED BY JULIE LINDHOLM

Executive Director at Wellness Place

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. To kick off this important month, Wellness Place has events the first week of October to bring awareness and support their mission of providing free support to cancer patients in North Central Washington.

**Taproom at Hellbent Brewery** - Wednesday, October 5

It's "Warrior Wednesday with Wellness Place" at The Taproom by Hellbent Brewing at Pybus Public

Market in honor of Breast Cancer Awareness month. All day long, they will donate \$1 for every Hellbent Pint and \$2 for every "Pint to Go" to Wellness Place (glassware included, availability limited). Also, you can write notes of encouragement to be given to our NCW cancer warriors! Do Good. Drink Beer.

**Pybus Farmers Market** - Saturday, October 8, 9-11 a.m.

Visit us at the Wellness Place table during the Pybus Farmers Market to learn about our nonprofit, and the free cancer services and support we provide. We will have breast cancer awareness handouts, and kids can draw "Happy Letters" to provide

a smile and encouragement for our NCW cancer warriors during their cancer journey.

**Wellness Place FREE education afternoon** - Saturday, October 8, 1-4 p.m.

Join us for "A Mindset of Meaning". Designed for, and free, for all cancer patients, survivors, caregivers, and loved ones. An afternoon of learning how to cultivate tools to support meaning and well-being. Registration required at [www.WellnessPlaceNCW.org](http://www.WellnessPlaceNCW.org)

Dr Chandra Villano, ND, and Kari Lyons-Price, MSW with Meditate Wenatchee will present topics including:

- Cultivate Connection- Open hearted approach to

harmonious and consistent optimal breathing, grounding, and mindful movement.

- Nutrition: Wellness Mindset- Overview of tasty Abundance Bowls & Gratitude Bowls for ease of anti-inflammatory whole foods prep, rotation, variety, and maximizing nutrition.

- The Mindfulness-Based Stress Reduction (MBSR) Experience- By design this course empowers participants to take an active role in the management of their health and wellness.

- Sleep Hygiene - High quality sleep is vital for healing and feeling and being well. Learn about an arsenal of practices for getting the

invaluable sleep you need.

*"At Wellness Place we are committed to helping all cancer warriors in our community, no matter the cancer diagnosis," says executive director Julie Lindholm. "However, 1 in 8 women will be diagnosed with breast cancer during their lifetime, so for the month of October it is our mission to bring awareness and reminders to our community members to get your mammograms, and self-check your breasts regularly. The earlier breast cancer is diagnosed, the better the chance of successful treatment."*

**No One Fights Alone.**

**Wellness Place**  
compassionate cancer support

We give FREE cancer support and services to all cancer warriors in Chelan, Douglas, Grant and Okanogan counties.

Scan to see our October events!

LEARN MORE AT:  
**WellnessPlaceNCW.org**  
#509-888-9933

# Breast Cancer Awareness Month

## Phytoestrogens

Years ago, while speaking to 120 pharmacy students in an auditorium in Pullman, Washington, I had my first hot flash. I noticed my scalp suddenly feeling hot and prickly. Two heartbeats later, a shower of sweat gushed down my neck and back. In less than 5 seconds, I was soaking wet!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their nighttime equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains much more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against hot flushes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol. Asian and Hispanic women can do this more easily.

Phytoestrogens work by attaching or binding to the same places in your body

that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, which can also stimulate breast and uterine cancer.

However, some phytoestrogens bind to ER-beta receptors, which triggers the opposite effect. Binding to ER-beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to how the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) help prevent certain types of breast cancer.

Unfortunately, studying the effects of any one phytoestrogen in the body is challenging. One reason is that foods and herbal sources of phytoestrogens contain different types of phytoestrogens. The 2 most common types of phytoestrogens are isoflavones and lignans. Soybeans contain isoflavones like genistein and daidzein, while lignans are found in flaxseed, fruits and vegetables, and other foods.

Another reason it's hard to predict the effects of phytoestrogens is that some attach to ER-alpha receptors, some to ER-beta receptors, and some to BOTH, which can create different outcomes. This may explain why phytoestrogens have been shown to encourage weight loss in post-menopausal women in some studies yet

weight gain in others.

Depending on their growing conditions, plants can also have variable concentrations of phytoestrogens. An additional complication is how much estrogen is already in place. Phytoestrogens can act differently in pre-menopausal women compared to post-menopausal women, whose bodies contain much less estrogen.

How much soy do you need to reduce hot flashes/hot flush symptoms? Most clinical studies have used between 40 and 80 mg of phytoestrogens from soy-based products daily. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soy milk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flushes or hot flushes, you can stop it.

Can eating soy-based food cause breast cancer? If you're not a vegetarian, you're unlikely to get enough soy in your diet to increase your risk of breast cancer.

Be cautious about taking supplements that contain phytoestrogens and estrogen-like compounds. Soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin®, may increase breast cancer risk.



### Ask... Dr. Louise

Here are 3 Tips for Taking Phytoestrogens Safely:

**1. You CAN eat food containing soy, even if you have a history of breast cancer.**

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day, and watch your consumption of soy milk.

**2. Be cautious with supplements for menopausal symptoms.**

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens, like soy concentrates or black cohosh, until more is known about their long-term effects.

**3. Stick to phytoestrogens that have had their potency tested.**

The exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to ensure consistent potency.

*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2022 Louise Achey*

# Think Pink

In honor of breast cancer awareness month, Cascade Medical is offering free mammograms to those without insurance. Same-week appointments, 3D imaging, and fast results. Call 548-2512 for details.

**CASCADE MEDICAL**  
PARTNERS IN YOUR HEALTH

## Think Pink

By: SHARI CAMPBELL

Cascade Medical Foundation

It's October, the time of year when the temperatures start to cool and we celebrate Oktoberfest, with all the beauty of our Bavarian village and alpine setting. October also marks National Breast Cancer Awareness Month. Across the country, people show their support for everyone affected by breast cancer and the approximately

264,000 women and 2,400 men expected to be diagnosed with the disease this year. Here in Leavenworth and the surrounding communities, the Cascade Medical Foundation and Cascade Medical invite you to take time to know the facts and support women in our community. Think Pink. As you stroll shops and restaurants in downtown Leavenworth, you may see brightly colored Think Pink fliers. Not only does this remind us all about Breast Cancer Awareness Month, but it lets you know the business is

supporting free and reduced-price mammograms at Cascade Medical - either by making a donation or by selling a "Think Pink" item such as a pink soap, a chocolate with a fun pink design or a pink t-shirt. For women who don't have insurance, the funds donated by these businesses help pay for mammograms, which are still the best tool to diagnose breast cancer. What else should you know about Breast Cancer?

### Know the numbers!

- One in eight women will be diagnosed with cancer
- Nearly 275,000 women are diagnosed annually with breast cancer
- Most women who get breast cancer don't have

a family history of breast cancer. In fact, only about 15-20% of women diagnosed with breast cancer report having a family history of the disease.

- About 65% of breast cancer cases are diagnosed at a localized stage - there is no sign the cancer has spread outside of the breast and the 5-year survival rate is 99 percent!
- And, importantly, about 47% of women put off preventive care such as mammography due to cost. That's why the funds raised via Think Pink are so important!

- Get your mammogram scheduled. Today.

Whether you're Katie Couric (who was recently diagnosed with breast cancer after forgetting to her annual exam) or Katie from Cole's Corner, getting regular mammograms is your best tool to spot breast cancer in its earliest stages, when it's most treatable and most curable. And, thanks to the work of the Cascade Medical Foundation and the support of our generous community, Cascade Medical has leading edge digital mammography. According to the American Cancer Society,

women between the ages of 40 and 44 have the option to consider getting a screening mammogram. Women 45-54 should get mammograms every year, they say.

Additional guidelines or mammograms vary, based on your age, family history and other health factors. Talk to your health care provider about what's best for you.

*To schedule a mammogram at Cascade Medical, just call 509-548-2512. Their friendly, helpful staff will get you scheduled and get your results back within a matter of days, so don't wait.*

# BE A SUPERHERO

## Fight the Flu

# FLU SHOT CLINIC

**OCTOBER 8TH**  
**9AM-1PM**  
**ALPINE LAKES ELEMENTARY**

brought to you by:

- Drive Through Clinic**  
Alpine Lakes Elementary  
500 Pine Street
- \$35 per person**  
Cash or insurance accepted.
- Available to all!**  
While supplies last.
- Questions?**  
Contact Cascade Medical Center  
509-548-5815

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# Borrow LOCALLY WITH A LIBRARY CARD

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1-800-426-READ | info@ncwlibraries.org | ncwlibraries.org/signup

**VOTE**

# ALLEN BLACKMON

FOR

# JUDGE

CHELAN COUNTY DISTRICT COURT POS. 1

**8 TH OF NOVEMBER 2022**

509.720.7706