



Honoring Breast Cancer Survivors

UPPER VALLEY BREAST CANCER SURVIVORS

Ann Avey
Kathy Bangsund
Marjory Blake
Pamela Brulotte
Carol L. Forhan
Lisa Halseh
Deborah Hartl
Rebekah Nugent
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
Beverly Lobe

V Gay Neese-Sweat
Mary Ellen McKinney
Jodi Ostrem
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
- * 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
- * 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

NATIONAL SUPPORT:

- * American Cancer Society, (ACS) 800ACS-2345, 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 Birthday Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog OfficialBirthDayBlog.com or Cancer.org/circleofsharing.
- * American Society for Therapeutic Radiology and Oncology. 1-800-962-7876, www.astro.org.
- * American Society of Plastic Surgeons, 888-475-2784, www.plasticsurgery.org.
- * AVON Foundation 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 or 866-569-0388
- * Living Beyond Breast Cancer, 888-753-5222 www.lbbc.org.
- * National Breast Cancer Coalition, 1-800-622-2838, www.stopbreastcancer.org or www.canceradvocacy.org
- * National Coalition for Cancer Survivorship
- * Online community Cancerserv.org use to create your own Web pages
- * Susan G. Komen For the Cure, 1-877-GO-KOMEN, www.komen.org
- * The Breast Cancer Alliance, 203-861-0014, www.breastcanceralliance.org
- * National Lymphedema Network, 1-800-541-3259, www.lymphet.org.
- * SHARE (Breast Cancer Hotline) 1-866-891-2392, www.sharecancersupport.org
- * Vital Options International, 1-800-477-7666 www.vitaloptions.org
- * Zero Breast Cancer: 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

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

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."

BREAST CANCER

confluencehealth.org

Allstate

Together we make a difference.

Heidi Huddle

T: 509-664-4000
F: 509-664-4040
HeidiHuddle@Allstate.com
235 N Mission St Wenatchee, WA 98801

HAVE YOU HAD YOUR MAMMOGRAM THIS YEAR?

OCTOBER

BREAST CANCER AWARENESS MONTH

München Haus
709 FRONT ST | 509-548-1158 | WWW.MUNCHENHAUS.COM

State Farm

Hope

Together for Breast Cancer Awareness

Bruce Cheadle, Agent | 509-782-1659 | Cashmere, WA



Breast Cancer Awareness Month

No One Fights Alone.



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

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.



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 soymilk. 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 flashes 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.

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

Student Spotlight

Athlete: Faith Kert

Reason: "Faith was voted co-captain by her peers this season. She leads by example and her teammates can always count on her to do whatever it takes to keep plays alive on the court. She is a servant leader, and an incredibly hard worker. Faith has an innate ability to successfully read both offenses and defenses. She has the best court sense of anyone I have had the privilege of coaching."

Coach: Katie Broadbent
Parents: Trevor & Holly Kert
Grade: 11th
Activities: FBLA, FFA, and Spanish Club
GPA: 4.0
Sports: Volleyball and



Tennis
Future Plans: I plan to go to a 4 year university to get a degree in teaching.

Student: Reese Westlund

Reason: Reese has a near perfect score in chemistry through 4 labs, 2 quizzes, and several other assignments. Reese's lab reports have been well constructed and show a desire to reflect and learn, not just accomplish.
Teacher: Scott Simmons
Parents: Josh and Michelle Westlund
Grade: 11th
Activities: FBLA, National Honor Society, Key Club and Spanish Club
GPA: 3.98
Sports: Tennis and Cheerleading
Future Plans: Business or Education Major



VOTE

★★★ MIKE ★★★

MORRISON

FOR CHELAN COUNTY

SHERIFF (R)

BACKED BY OVER 1,000 YEARS OF LAW ENFORCEMENT EXPERIENCE

Sheriff Dan Kimball
Thurston County Sheriff's Office

Sheriff Frank Rodgers
Okanogan County Sheriff's Office

Chief Dustin Best
Columbia Tribal Police Department

Chief Mike Langford
Oroville Police Department

Chief Ryan Cox
Soap Lake Police Department

Chief Aaron Nelson
Kittitas Police Department

Chief of Operations Dave Helvey
Chelan County Sheriff's Office

Captain Donovan Valdez
Chelan County Sheriff's Office (Reserves)

Lieutenant Patti Mize
Tumwater Police Department

Lieutenant Don Stevens
Tumwater Police Department

Lieutenant Bruce Moses
Chelan County Sheriff's Office (Marine Division)

Lieutenant Jim Wall
Chelan County Sheriff's Office (Reserves - Marine Division)

Sergeant Jeff Middleton
Chelan County Sheriff's Office

Sergeant Jerry Moore
Chelan County Sheriff's Office

Sergeant Bruce Long
Chelan County Sheriff's Office

Sergeant Mike Harris
Chelan County Sheriff's Office

Sergeant Kevin Files
Chelan County Sheriff's Office

Sergeant Andrew Zimmerman
Chelan County Sheriff's Office

Sergeant Mike Magnotti
Wenatchee Police Department

Sergeant Dave Schreiber
East Wenatchee Police Department

Sergeant Eric Mudgette
Okanogan County Sheriff's Office

Sergeant Don Eddy
Omak Police Department

Sergeant Sean Isaac
Omak Police Department

Sergeant Matt Gray
Shelton Police Department

Sergeant Stephen Capellas
Vancouver Police Department

Sergeant Joe Hinkle
Washington Law Enforcement Agency

Corporal Brian Bolz
Wenatchee Police Department

Detective Manny Brincat
Chelan County Sheriff's Office

Detective Dale England
Chelan County Sheriff's Office

Detective Paul Rohrbach
Chelan County Sheriff's Office

Detective Randy Grant
Chelan County Sheriff's Office

Detective Gary McLeod
Douglas County Sheriff's Office

Deputy Mike Simmons
Chelan County Sheriff's Office (Marine Division)

Deputy Bob Francis
Chelan County Sheriff's Office

Deputy Dave Rinehart
Chelan County Sheriff's Office

Deputy Wendell Holve
Chelan County Sheriff's Office

Deputy Bryan Jones
Chelan County Sheriff's Office (Military Police)

Deputy Tim Erwert
Chelan County Sheriff's Office

Deputy Doug Corulli
Chelan County Sheriff's Office

Deputy Aaron Shepard
Chelan County Sheriff's Office (K9)

Deputy Mike Lamon
Chelan County Sheriff's Office (K9)

Deputy Jeff Fogelstrom
Chelan County Sheriff's Office (Reserves)

Deputy Gilbert Lerma
Chelan County Sheriff's Office (Reserves)

Deputy Pete Welker
Chelan County Sheriff's Office (Reserves - Marine Division)

Deputy Judy Wall
Chelan County Sheriff's Office (Reserves - Marine Division)

Officer Craig Bulkley
Spokane Police Department (President Washington Council of Police - WACOPS)

Officer Tracy Martin Valdez
Wenatchee Police Department

Officer Stephynne Silvestre
Wenatchee Police Department (Military Police)

Officer Jim Bucsko
Omak Police Department

Officer Kollin Harmon (PA)
Trooper Mike Carlson

Trooper Leon Layde
Washington State Patrol

Trooper Leeon Layde
Washington State Patrol (Current Sergeant East Wenatchee PD)

Nicole Hankins
Chelan County Prosecuting Attorney (Harkins Law Firm)

Wendy Moran
Chelan County Sheriff's Office Records Specialist

M. Esther Zimmerman
Reserve Deputy Sergeant / Wenatchee PD Dispatcher / 911 Operator

I WILL ENSURE THAT ALL RESIDENTS ARE TREATED WITH FAIRNESS, RESPECT AND DIGNITY, WHILE PROTECTING CONSTITUTIONAL RIGHTS.

morrisonforsheriff.com

[/morrisonforchelancountysheriff](https://www.facebook.com/morrisonforchelancountysheriff)

Paid for by campaign to elect Mike Morrison for Chelan County Sheriff, PO BOX 1086, Wenatchee, WA 98807-1086

SWEET SUCCESS!

#morethanjustapharmacy

and Old Fashioned Soda Fountain

509-782-2717 | 119 Cottage Ave, Cashmere
doanesvalleypharmacy.com