VBCF Board Selects Officers

At the July 23 board of directors meeting, two new officers were elected to the positions of vice-president and secretary. Patti Goodall, formerly vice-president, will serve the unexpired term of Margaret Borwah, who resigned as president in June. Ann Wilson takes her place as vice-president. Judi Ellis replaces Vivian Phillips as secretary. Nancy Golden was elected treasurer at the April Board meeting.

President Patti Goodall was being treated for complications from her first chemo treatment one month after a modified radical mastectomy in 1991 when she saw Elenor Fred being interviewed on the Today show. The rest is VBCF history. Elenor Fred shared her ideas on the need for breast cancer advocacy and talked about a Mother's Day rally she helped organize in San Francisco. Patti shared their conversation with other members of her support group at the Medical College of Virginia and in May they held a rally as their first event.

During the years, Patti has been instrumental in the growth of Virginia Breast Cancer Foundation and served in a number of roles. As VBCF's fourth president, she plans to continue the good work VBCF has accomplished statewide and nationally. In addition, she hopes to increase VBCF membership, especially among minority women. “The thing that really moved me to become an activist is the fact that nothing really had changed much in two generations—no known cause for breast cancer, no prevention, no cure. I have a daughter. I want her to know I tried to change things for her,” says Patti. “I don’t want her to wonder why somebody didn’t do something all these years.”

Vice-President Ann Wilson expressed similar sentiments. “I have three daughters. My diagnosis puts them at greater risk. I’m also thinking about granddaughters down the road,” says Ann. She was diagnosed in 1992 and became active with VBCF in 1993. Since then she has raised thousands of dollars for VBCF and organized the Peninsula Chapter. As vice-president, Ann's goal is to help organize active chapters throughout the state.

Secretary Judi Ellis was one of the members of the MCV support group with Patti Goodall. She and her sister, Mary Jo Kahl, had been diagnosed in 1989. “I remember very clearly when Patti first heard Elenor Fred on TV. One night, Patti, Mary Jo, Sherry Kohlenberg, Phoebe Antrim and I got in the car and drove to Charlottesville. Elenor Fred was there visiting her grandchildren. She was a real ‘in your face’ activist,” laughs Judi. “We kept in touch and got involved in the Do The Right Thing petition drive in 1991. VBCF has continued to grow in numbers and prominence since. Mary Jo and I lost our mother to breast cancer. I have two sons and a daughter. My goal is to eradicate breast cancer in her life time.”

Treasurer Nancy Golden was originally misdiagnosed back in 1991. “The doctor told me not to worry about it, but I did. I called him back and said, ‘I want you to have another look at this thing.’ Lucky I did, because it was cancer.” Nancy is a CPA with 25 years experience. She’s a member of the Tax Executive Institute, the American Institute of CPA's and the Virginia Society of CPA's. Until she retired last August, she had been director and manager of taxes for A.H. Robins Co., Inc. for twenty years. “I want to establish good financial policy and secure future financial stability. VBCF is an important organization that has grown a great deal since its inception in 1991. I hope my financial expertise will help VBCF continue to grow and fight in the war against breast cancer.”

Please welcome and support the officers of the Virginia Breast Cancer Foundation. We are fortunate they are willing to use their talent and expertise in our fight against breast cancer.
I am pleased and honored to serve as the fourth president of the Virginia Breast Cancer Foundation. As a cofounder, I have watched VBCF grow tremendously since we organized the Mother's Day Rally in Capital Square in May of 1991. We had a modest turnout—about 50 people—but we had press coverage and our message was heard! The response to that initial "call to arms" was overwhelming. Today, VBCF has a burgeoning membership in active chapters statewide and we are consulted regularly by individuals, agencies and organizations at local, state and federal levels. VBCF conducts outreach activities for thousands of people every year, including cosponsorship of successful educational programs for health care providers and attorneys. VBCF educates policy makers and the public with an advocacy perspective of breast cancer issues, ranging from autologous bone marrow transplant, drug treatment, environmental concerns, mammography and stereotactic biopsy to the focus of research.

With the support of our membership and the Board of Directors, I am committed to continuing the efforts of VBCF to eradicate the disease of breast cancer. VBCF supports improvements in early detection and treatment, but our ultimate goal is nothing less than prevention and a cure. Please join us in our fight against breast cancer. You can get involved by participating in two special events in September and October.

VBCF was selected to receive proceeds from the Home 2000 Tour sponsored by the Virginia Homebuilders Association September 7 through October 13 in Midlothian, VA. We need members, their families and friends to assist us in hosting the tour. Hosts will assist visitors to Home 2000 by sharing information about the features of the house and about VBCF and breast cancer.

On September 16-24, VBCF is participating in the Richmond premiere of the National Breast Cancer Coalition exhibit entitled Face of Breast Cancer: a Photographic Essay. The exhibit will be on display at Regency Square Mall in Richmond and the public is invited to the opening of the exhibit on September 16 at 12:00 noon. The Sharon H. Kohlenberg Healthcare Service Award will be presented at the opening. We need volunteers to staff a VBCF information table for the opening event and throughout the week.

I urge each of you to support VBCF in its mission to make the eradication of breast cancer a national and state health care priority. It is only through the efforts of all of us together that we have strengthened our organization and made progress in increasing public awareness about this disease.

Karen Board

A fter 20 years employment with Virginia Tech in Blacksburg, Karen Board was denied coverage for high dose chemotherapy followed by autologous bone marrow transplant by Trigon/Blue Cross Blue Shield in 1994. "I knew state employees in the Richmond area were covered, but they had more options for insurance coverage. In southwest Virginia there was only one plan available to state employees. And ABMT was not covered on that plan."

That started an arduous process of letter writing, traveling and testifying that accomplished the goal of coverage for ABMT for all state employees (see VBCF Newsletter May/June 1995) and earned Karen an award as Southwest District Volunteer of the Year (see VBCF Newsletter June/July 1996). Unfortunately, passage of the legislation came too late to benefit Karen. "I was originally diagnosed in 1992, had a mastectomy, chemotherapy and radiation. In April of 1994 my cancer marker levels rose to 147; by August I started on Taxol to control tumor growth in my liver and prepare for ABMT. I started my campaign to change the system in the General Assembly in 1995. I was officially covered for ABMT by the new law on March 15, 1995, but on March 1 of that year I developed insulin dependent diabetes that ruled me out as a candidate for ABMT."

She doesn't regret a second of the hours she spent on the phone, writing letters, traveling the 220 miles from her home to Richmond and back to testify before committees and General Assembly sessions. "Many of the delegates told me they thought the issue was moot when they mandated that all insurance companies had to offer ABMT coverage. Senator John Chichester (R-28th District in 1995) even added an amendment that offered immediate coverage and stipulated there would be no denial based on existence of a preexisting condition. Even if it was too late for me, I didn't want other women to face the problem of raising money when they should be concentrating on getting the medical attention they need."

Karen has continued her activities as a breast cancer advocate with VBCF. "After the Taxol, I enrolled in a clinical trial for Navelbine at Duke. I had to stop due to severe side effects. I'm still getting chemotherapy three days every three weeks and it has slowed me down."

"I can't shop 'til I drop anymore! But I can still dial a phone and I made lots of calls this past winter in support of the Genetic Information Privacy Act."

Continued on page 4
Members of the chapter staffed a table at the Williamsburg Post Office during June for the unveiling of the Breast Cancer Awareness Stamp. A check for $600 was presented to the VBCF from T-shirt and pin sales.

The Peninsula Chapter wants to remind all VBCF members that they meet on the second Tuesday of every month in the Physician's Conference Room at Mary Immaculate Hospital at 7:15 pm. They usually have a speaker on topics that pertain to surviving breast cancer. Call Jennie Davies at 757-229-9812 for more information.

**Northwest District Shenandoah**

Car Phelps organized a group from Winchester to travel to Richmond for the day to staff a display table at the “Face of Breast Cancer” exhibit.

Members of the chapter will staff an information table on October 5 at the Winchester Mall Town Fair.

**Central Virginia District**

The Shenandoah Chapter and the American Cancer Society are sponsoring a Breast Cancer Survivor’s Dinner on October 22 at 6:30 pm at the Winchester Medical Center. VBCF member Mary Huff will speak on Empowerment and Breast Cancer Advocacy prior to a demonstration on self-hypnosis and relaxation techniques.

The Shenandoah Chapter and the American Cancer Society are sponsoring a Breast Cancer Survivor’s Dinner on October 22 at 6:30 pm at the Winchester Medical Center. VBCF member Mary Huff will speak on Empowerment and Breast Cancer Advocacy prior to a demonstration on self-hypnosis and relaxation techniques.

VBCF was represented in the Brandermill Community Association Fourth of July Parade in Richmond. Wanda Bruce drove a shiny white convertible with the Virginia Breast Cancer Foundation banner in the Brandermill Association Fourth of July parade. Her granddaughter Sarah Bruce gave out VBCF stickers and bookmarks.

The Third Annual Dance for the Cause will be held on Sunday, October 20, 1996, at the Jewish Community Center, 5403 Monument Avenue, from 1:30 pm to 3:30 pm. The doors will open at 1:00 pm and the event is open to the public. VBCF members are especially encouraged to attend and cheer the Jazzercise dancers. The Dance for the Cause is organized by Gloria Barnes, Wanda Bruce and Becky Morris. Jazzercise students solicit their family and friends to pledge funds for the benefit of VBCF before the event. Last year the Jazzercise dancers raised $6,477.15 for VBCF and this year they're hoping it will be bigger and better.

Sarah Bruce, granddaughter of VBCF member Wanda Bruce, gives out VBCF stickers and bookmarks.

**Making a Difference**

People join organizations because they believe a united effort is more effective than a solitary individual working alone. They also enjoy the camaraderie and cooperation of working toward a common goal. You can have all of that and more by volunteering with the Virginia Breast Cancer Foundation.

We need your skills and talents! Call the VBCF office at 800-345-VBCF to find out how you can help: answer phones, make phone calls, fill requests for information, perform data entry, do membership outreach, organize rallies, speak to groups, visit legislators. The possibilities are endless. Get involved with VBCF. Be a force for good and the fight against breast cancer.

TOGETHER WE CAN MAKE A DIFFERENCE!

**Five Tips for a Stronger Organization**

1. Go to meetings. Offer active support. Back up words with deeds. If action is needed, take it.
2. Persuade people to assume leadership positions. Look for individuals who will face problems, take initiative, get along with others. Be ready to accept such a role yourself.
3. Promote a spirit of teamwork. Keep your organization from being hobbled by hostile or uncooperative cliques.
4. Pitch in and help with thankless tasks. Mundane yet necessary chores are important to the behind-the-scenes running of any organization.
5. Promote your group with enthusiasm. Make participating worthwhile and enjoyable. Tell others about it.
The Breast Cancer Fund is sponsoring an all women mountain climbing expedition of Alaska's Mr. McKinley (20,230 feet) involving a team of eight women who have faced breast cancer. The climb should take about 23 days and will be led by experienced leaders, patterned after Expedition Inspiration, the Breast Cancer Fund's previous climb of Aconcagua in Argentina. For more information, contact: Moli Steiert at 800-487-0492 or e-mail TBCFund@aol.com.

Contradictory statements about the effect of an aspirin a day on breast cancer were recently in the press. An Ohio State University study of 2,045 women seemed to indicate that aspirin and nonsteroidal anti-inflammatory drugs like ibuprofen, when taken on a regular basis, protected the user from developing breast cancer. Dr. Randall Harris, director of Ohio State's School of Public Health, and his colleagues conducted the study because other research showed anti-inflammatory drugs reduced tumors in animals; and women with arthritis seem to have a lower incidence of breast cancer. However, a study published in the Journal of the National Cancer Institute in July found no reduction in the risk of breast cancer with regular aspirin use in an analysis of the 12-year Nurses' Health Study. The Nurses' Health Study is an on-going research project following 89,528 nurses who fill out surveys and questionnaires at intervals. To date, 2,414 of the nurses have developed breast cancer. In an editorial in the NCI journal, Lynn Rosenberg of the Boston University School of Medicine pointed out that many unanswered questions remain. She states that more research should examine the relationship between aspirin and breast cancer since even a small protective effect could be of public health importance.

The Virginia Breast Cancer Foundation brings important information to you.

The NCIC and the Department of Defense (DoD) have formalized an agreement that allows beneficiaries of TRICARE/CHAMPUS (Civilian Health and Medical Program of the Uniformed Services) to participate in NCIC sponsored clinical trials. Officials speculate that the agreement could serve as a model for future partnerships between the insurance industry and the medical research community. Out of the 8.3 million beneficiaries covered by TRICARE/CHAMPUS, 12,000 are expected to develop cancer each year. The DoD hypothesizes that the increased access to innovative cancer therapies will cost it about the same amount it now spends on conventional treatments.

TRICARE/CHAMPUS providers who have questions can call 1-800-779-3060.
The NCI Cancer Information Service phone number is 1-800-4-CANCER (422-6237).

The Lymphedema Foundation is looking for registered nurses to identify and monitor persons with chronic lymphedema during a 12 month course of therapy. Under a private research grant, qualified persons with chronic lymphedema will be monitored for efficacy of home compression therapy. The responsibilities of the RN coordinators include the identification and qualification of study candidates and monitoring of approved participants at pre-set intervals during a one year treatment and evaluation period. The nurses would be compensated financially for their time. For more information, write the Lymphedema Foundation, PO Box 834, San Diego, California 92014-0834.

President Clinton recently signed legislation that will decrease the amount of pesticides in fruits, vegetables and grains. The pesticides bill was passed with virtually unanimous approval in both the House and the Senate. The new law makes health risks, especially to infants and children, the principal concern in setting allowable levels of pesticide residues in food. Consideration of economic impact on agriculture is strictly limited. Under the new law, the Environmental Protection Agency must examine 9,000 existing pesticides and those under development. They will be considering the cancer risk as well as nerve damage, birth defects and reproductive harm.

Karen Board and fellow VBCF member Barbara Hawley present a certificate of appreciation to Senator John Warner.

“I think sometimes it’s better that I wasn’t able to proceed with the ABMT. The women I knew who had the procedure about the time I would have are dead now,” says Karen. “By changing chemo agents when necessary we’ve been able to keep my cancer markers down around 140. It’s been over two years since the recurrence and I get around pretty well. I’m very happy I was able to give other women the option to have the treatment though.” We all thank Karen for her efforts in the fight against breast cancer and wish her the best in her personal battle. She certainly proved one person can make a huge difference in advocating for all women.
The “Face of Breast Cancer” Comes to Richmond

The Face of Breast Cancer is a photographic essay depicting the lives and deaths of 84 women from all parts of the United States. Those who have had the chance to see the exhibit report it is a moving experience that has enlisted thousands of men and women to become breast cancer advocates.

The Face will be on display at the Regency Square Mall from September 16 to 24. To “kick-off” the opening of the display Mrs. Susan Allen, the First Lady of Virginia, will host a reception at the Executive Mansion on the morning of September 16 sponsored by the corporations which have graciously financed the exhibit. Senator John Warner will be in attendance and will speak when the group moves to Regency Square.

Four women from Virginia are featured in the exhibit. One is Sherry Kohlenberg, a founder of the Virginia Breast Cancer Foundation and the namesake of the Sharon H. Kohlenberg Healthcare Service Award. The recipient of the Kohlenberg award will be announced at the opening ceremonies of the exhibit.

VBCF to Benefit from House Tour

Home 2000: A Woman’s Perspective...

...is the first home in Richmond designed specifically for today’s working woman. A focus group of women from the Richmond area shared their ideas as to what they would like to see in the ideal home. The home features a variety of timesaving, low-maintenance design ideas such as a space efficient kitchen with top-of-the-line counter tops and an all-inclusive laundry room with compartmentalized bins and a time saving laundry chute. It was decorated by Richmond’s top designers and has a luxurious master bedroom and bath.

The home will be open to the public from September 7 until October 13, Tuesday through Sunday from 10:00 am to 5:00 pm, with extended hours on Thursday until 7:00 pm. The cost is $5 each, $4 for groups of ten or more, with a portion of the proceeds to benefit the Virginia Breast Cancer Foundation. “It only made sense to select VBCF to benefit from our project. This organization is making great strides daily to combat a problem that affects scores of women in Richmond and across the state, and we’d like to use Home 2000, which highlights the roles women play in a variety of capacities in our community, to help in the fight against breast cancer,” said Warren Hayden, President of the Home Builders Association of Richmond.

The house is located at The Gardens at Bellgrade Lot #50 in Midlothian. We need your help to staff the house during the seven weeks it is open. There are two shifts most days—10:00 am to 1:30 pm and 1:30 pm to 5:00 pm. On Thursday, there is an evening shift from 5:00 to 7:00 pm. Sign up with friends. Five volunteers are needed for each weekday shift and six are needed for the weekend shifts.

Projects like this help us continue our work to eradicate breast cancer. Please call the VBCF office at 285-1200 or 1-800-345-8223 to volunteer to help us meet our commitment for this important fund-raiser.

Kool Ties
A Pro-Survival Product

Kool Ties are perfect for those hot, hot days of golf.

Just dip the Kool Tie in water, tie around your neck like a scarf and you’ll stay cool for hours! Comes in assorted colors.

$15.00

proceeds benefit the Virginia Breast Cancer Foundation.
Call the VBCF office for more information at 1-800-345-8223 or 285-7735 in the Richmond area.
In addition to membership fees, the Virginia Breast Cancer Foundation activities are supported by donations and memorial contributions. We gratefully acknowledge the individuals, companies, and organizations, whose generosity continues to make it possible for the Virginia Breast Cancer Foundation to work toward the goal of finding the cure for breast cancer.

Our activities and outreach programs are made possible through the generosity of each of our contributors. Pictured are some of the many ways in which your contributions have helped the Virginia Breast Cancer Foundation.

Donations
Rosalie Benson
Virginia Morris
Donna M. Stewart
Sharon Talarico/Women's Memorial Golf Tournament
Williamsburg Better Homes & Gardens House Tour
Susan G. Komen Breast Cancer Foundation
The Board for Women's Health
The Junior Women's Club of Williamsburg
Virginia Department of Health—Breast & Cervical Cancer Program
Joretta Watts & Norfolk Southern RR
Williamsburg Hospital
Lucas Corporation
Riverside Hospital
Crestar Bank
Medifacts
Virginia Medical Society Health Plus
St. Mary's Hospital of Richmond
Anhauser Bush
Southeast Oncology Nurses
Kiwanas Club of Williamsburg
X-Ray Engineering
James River Clinic
Martha Jefferson Hospital
Chi Phi Fraternity Blacksburg, VA
CNA Insurance Co-matching gift from Glo Barnes
Laureate Alpha Xi—Beta Sigma Phi, Richmond, VA
Children's donations from Congregation Beth Ahabah — Richmond, VA
Hampton Machine Shop, Inc.
JPH Designs
Kinka's
Kohl & Associates
Foskey-Phillips Advertising

Pink Badge Reception, October, 1995—Becky Morris, Tom Smith and his daughter

Breast Cancer Awareness Ceremony, October, 1995, Capitol, Richmond—First Lady Susan Allen

Legislative Day, May, 1996, Washington D.C.—VBCF member Margaret Borwhat, NBCC President Fran Visco, Senator John Warner
Honorary Contributions

In honor of the nuptials of Judy Collins & Joe Teefey
Mr. Louis Rossiter

In honor of the nuptials of Miriam Picas & Pete Marshall
David & Doreen Chemertow
Andrew Crump
Joan Davis
Ronni & Chris Frey
B. Mark & Barbara Fried
Kristin Meyer & Mark J. Geistlinger
John & Colleen Holmbeck
Charles & Milly Kaplan
Lois Krement
Myron & Lori Kullens
Eve & Lewis Lustig
Carolyn Ohie
Gerry & Jace Picas
Ronald & Arlene Rosansone
Michael Moore & Leslie Ross
Ginette & Sheldon A. Weiss
Dick Harrington & Victoria Young
The McDonough Foundation
Plumtree

In honor of Sandy Baggett
Glenda Smith-Hayashi
Mr. & Mrs. K. E. Hayashi

In honor of Tina Forkin
Karen A. Raschke

In honor of Patti Goodall
Richmond Consortium on Patient Education

In honor of Alice Goldman’s 80th Birthday
Wanda Bruce
Jim & Nancy Dopp
Shirley S. Kahn

In honor of Pat Horrell
Marcia Gardner

In honor of Mary Jo Kahn
Judy Collins, RN
Murray & Marcia Goldman
Stanley & Carol Goldman

In honor of Mary Jo Kahn’s birthday
Alice F. Goldman

In honor of Ellen Krauss
Mr. & Mrs. J. Hutcherson

In honor of Becky Morris
Carol Barbee
Louise F. Goodrich
Wilson R. Trevett

In honor of Louis Mahoney
Pillsbury 37th Bake-Off

In honor of Bebion Parks
St. Gertrude’s High School

In honor of Terry Rasch
Penny Goldberg

In honor of Barbara V. Scheil
Bennett P. McRackan, Jr.

In honor of the Pink Badge of Courage Reception
Sharon Alderman
Phoebe Antrim
Charles & Gloria Blades
Mr. & Mrs. J. Randolph Hutcherson
June & Larry Skalak
Randy Strawderman
Terry L. Willis

We sincerely regret any errors or omissions. Please contact VBCC at 800-345-8223 or 804-285-1200 with corrections or additions.

Memorial Contributions

In memory of Judith Aaron
Bertram Aaron

In memory of Robin Whitcraft Baden
Mr. & Mrs. Nathan E. Acree
Brigadier General & Mrs. Dewitt C. Armstrong III
Mr. & Mrs. Joseph Benson
Colonel & Mrs. Edward A. Doran
Brigadier General Edmund B. Edwards (West Point Class of 1943)
Colonel & Mrs. John R. Gantt
Mrs. Charles A. Hearn
Mary Lee K. John
Mi-Yang Kim
Col. & Mrs. Frederick M. King
Gen. & Mrs. William A. Knowlton
Kristine K. Laporta
Mr. & Mrs. Rex D. Minckler
Col. & Mrs. John J. Norris
Nancy R. Pinnell
Col. Samuel W. Pinnell, USA
Retired
Barbra J. Runion

Mr. & Mrs. Robert W. Seay
Mr. & Mrs. Frederick C. Spann
Mr. & Mrs. Milton E. Stevens
Gwendolyn Carol Wood
Colonel & Mrs. John S. Wood, Jr.
Mr. & Mrs. Robert Morse Wood
Nitis corporation, Inc.

In memory of Rita R. Becker
Estelle & Gerald Grossman
Mr. & Mrs. Harold Merriam

In memory of Freya Cohen
Marcia Miller

In memory of Marie Brisenaine
Suzanne Guion

In memory of Joan Imbur Deighton
Alice Imbur

In memory of Jean Dandy
Richard K. Grossman

In memory of Eileen Domke
William Domke

In Memoriam

The Virginia Breast Cancer Foundation extends its deepest sympathies to the families and friends of the following members who died recently.

Lynne Kannan
Donna Stewart
Jacqueline Shelton Stewart

May we all continue to remember the dead and fight for the living.
In memory of Eileen Dunklau  
Maria Gardner
In memory of Melva Earhart  
Joyce G. Herndon
In memory of Fred Raymond Ellis  
Donald & Margaret Borwhat  
Denise M. Trauth &  
John L. Huffman  
Dorothy W. Howell  
Jay Bruce Jacoby &  
Marlene Heiman Jacoby  
Dr. Fred & Andrea Kahn  
Shirley S. Kahn  
Basil & Sarah Keys, Jr.  
Risa & Jay M. Levine, MD
Department of English at the  
University of North Carolina  
Human Resources staff at  
Chesterfield County Public Schools–Sarah, Becky, Cindy,  
Brenda, Bobbie & Sally
In memory of Joanne G. Fortin  
Mr. & Mrs. Chester Allan  
Mr. Keith W. Benson  
Susan Crowdor Cyr &  
Nancy Crowder Rogerston  
Jamie Deval  
B. J. & Nancy Evans  
Karen Evans  
Mr. & Mrs. Lionel G. Gaulin  
Jack & Jean Hagan  
Frederick M. Muncy & Family  
Robert & Linda Pomerleau  
Mr. & Mrs. Robert R. Pomerleau  
Carol A. Robinson  
Martha G. Rollins  
Mr. & Mrs. Michael Leroy White  
Ray Lee Wooten  
Black & Yeatch
CH2M Hill’s Reston office  
CH2M Hill’s Hampton Roads office  
CH2M Hill’s Atlanta office  
City of Norfolk, Department of  
Utilities Employees  
EMA Services, Inc.  
GEI Consultation, Inc.  
HDR Engineering, Inc.  
Inner-View, LTD  
McGuire Associates, Inc.  
Waterways Surveys & Engineers, LTD  
Staff R. Kenneth Weeks  
Engineering
In memory of Carole M. Friel  
Colleen F. Olsen
In memory of Karen Tiller Garcia  
Linda Knott
In memory of Barbara Grossman  
Brenda L. Dunlavy  
Frances F. Kalman
Linda Edwards Snyder
In memory of Renee Grubb  
Beta Delta Chapter of ESA
In memory of Cynthia Kay Hipsman  
Lawyers Printing Company, Inc.
In memory of Nancy Mead Hirsch  
Cate Fitt
In memory of Middie Ann Hux  
Sadie J. Stultz
In memory of Doris J. Johnson  
Susan Garland  
Beta Delta Chapter of ESA
In memory of Lynne P. Kannan  
Florence B. Bates  
Elizabeth L. Graham  
Jane B. Graham
In memory of Miss Carrie Kattner  
Mr. & Mrs. Marx Eisenman, Jr.
In memory of Sharon Kohlenberg  
Mr. & Mrs. Leonard J. Goldstein  
Linda Irwin (in memory of her  
sister’s birthday)
Mary E. Kahn  
Mr. & Mrs. Sidney Kohlenberg  
Sidney & Edith Kohlenberg  
Bobbie Lorsch  
Beverley Ramsey  
Mr. & Mrs. Samuel N. Rotter  
Jodi Teitelman  
Mavis Tsai  
Ruth L. Zitzer
In memory of Karen Kushinsky  
Ellen Passel
In memory of Gall Lamonduke  
Beverly Kissell  
Michael Rosenberg
In memory of Selma Leinward  
Robert B. Oppen
In memory of Jean Leith  
Dolly Prenzel Feeney

A token of appreciation for championing genetic research legislation,  
Spring, 1996–  
Margaret Borwhat  
Representative Thomas Bliley

Photo courtesy Seva Raskin

Annual Meeting,  
June, 1996–  
Ann Wilson, Jennie Davies

In memory of Sandee Linnen’s mother  
Dr. & Mrs. William M. Fogel
In memory of Virginia Miller  
Mr. & Mrs. Marx Eisenman, Jr.
In memory of Sandra O’Connell  
Kathy, Mark & Matt Anderson
Mr. & Mrs. Ralph W. Furtner
Mr. & Mrs. Thomas E. Nixon, Jr.
Mr. & Mrs. John E. Pitts
Mr. & Mrs. John E. Richwine, Jr.
Staff of Kemptville High School,  
Virginia Beach
In memory of Doris Peace  
Lynn P. Wilson
In memory of Rosann Peck  
Margaret & Irvin Bernstein
Dr. & Mrs. Stan Goldman
In memory of Jean Goodall Platt  
Clifford & Barbara Goodall
In memory of Constance Rau  
Mrs. John L. McClanahan
In memory of Pat Rendahl  
Marjorie Harelick
In memory of Eleanor Stevens  
Katie S. Byrnes

In memory of Donna M. Stew  
Margaret & Don Borwhat  
Mr. & Mrs. Don Bowyer
Becky & Dylde Shaw  
Laura S. Homan  
Mr. & Mrs. James T. Kildea
Dr. & Mrs. James D. Rawls  
David & Barbara Roth  
Veda Smallwood
Mr. & Mrs. Henry Stovall
Jeffery G. Thompson PA  
Reddi-Lite Club
Tremblay & Smith LLP
In memory of Phyllis L. Starks  
Virginia Kanter
In memory of Muriel Thompson  
Beta Delta Chapter of ESA
In memory of Harold Verme  
Nancy & Steve Schreier
In memory of mother & aunt  
Donna F. Brininger
In memory of friends  
Sally F. Bogle
In memory of every woman  
Sherwood Sackett
Beblon Parks

At the same Board of Directors meeting the new officers were chosen, Beblon Parks was selected to fill the board position vacated by Alice Johnson, who relocated to North Carolina.

Beblon was diagnosed with breast cancer in 1986 and treated with lumpectomy only. In 1990 she noticed a thickening along the incision scar which she reported immediately; the local recurrence of her breast cancer was treated with mastectomy. As a patient at the Medical College of Virginia she became aware of the Virginia Breast Cancer Foundation and joined in 1992. "I can't remember exactly how I found out about VBCF, but I definitely remember the first event I attended—the Mother's Day Rally on the steps of the Capitol when Governor Wilder spoke," said Beblon. "My main goal is to keep breast cancer in the public eye. Many people and organizations seem to downplay the importance of the epidemic of breast cancer by saying more women die of cardiovascular disease each year, and similar things. But there has been so much learned about the causes and prevention of cardiovascular disease over the years. You certainly can not say the same about breast cancer. I want a cause and a cure before I die."

Beblon taught for 12 years before she became the director of Leadership Development and Human Relations for the Virginia Education Association. She is a widow and the mother of 13-year-old Kyle. Despite her busy schedule she frequently gives educational outreach programs on breast cancer and has often been requested as a speaker at public events. She was a featured speaker in June for the unveiling of the Breast Cancer Awareness Stamp along with Richmond mayor Leonidas Young (see VBCF Newsletter June/July 1996). Beblon was also asked to join the Coalition for Every Woman's Life, an organization sponsored by Susan Allen to focus attention on breast and cervical cancer.

The Virginia Breast Cancer Foundation is fortunate and proud to have Beblon Parks with her talent, commitment and experience on the Board of Directors.

Teresa Dayrit

The Virginia Breast Cancer Foundation is happy to announce Teresa (pronounced tah-RESS-ah) Dayrit is our new administrative director. She comes to us with many qualifications and achievements. Her last position was with the Virginia Museum of Fine Arts in Richmond as a community relations assistant. There her responsibilities included outreach efforts, coordinating special events, programs, luncheons and meetings, as well as organizing and working with volunteers.

Teresa is the only paid staff for VBCF. Her primary role is to coordinate the VBCF office on a day-to-day basis. She'll also be developing and coordinating volunteer activities, assisting with fund raising events, maintaining financial records and other projects.

"I've always been interested in women's issues," said Teresa. "The thing I like about the job is the wide range of activities I'll be involved in, such as fund raising and public relations. I see this as a good opportunity to develop my administrative and leadership skills."

The Virginia Breast Cancer Foundation is sure to benefit from her broad array of skills and talents, as well as from her charm and enthusiasm. Please give Teresa a warm welcome when you see her or call her on the phone!
NCI Announces Decline in Breast Cancer Death Rate

by Mary Huff

The National Cancer Institute announced in May that the death rate due to breast cancer continued to decline through 1993. This finding may be due to changes in breast cancer management and earlier detection.

The most recent data that is available is from 1989 to 1993. Age-adjusted breast cancer mortality rates fell approximately 6% in white women but rose about 1% in black women. Although that does not sound significant, from 1980 to 1989 death rates increased 3% in white women and 16% in black women.

In 1996, an estimated 44,300 women will die of breast cancer, although that estimate may be high if the trend up to 1993 continues. In 1993 the estimated number of deaths due to breast cancer was 46,000.

The greatest improvement in mortality rates was in younger women, both white and black, although the changes were not as great for black women in all age groups. Breast cancer mortality rates vary widely across racial and ethnic groups in the United States. Hispanic, Chinese, Filipino and Japanese women have annual rates at or below 15 per 100,000 whereas black, white and native Hawaiian women have rates above 25 per 100,000.

Source: Press release from the National Cancer Institute Cancer Information Service, May 8, 1996

Changes in Breast Cancer Death Rate 1989–1993

Among white women, death rates declined for all decades of age from 30 to 79 years: among black women, rates were down for all decades from 30 to 69 years.

For women aged 30 to 39 years, rates dropped about 13% in whites and 5% in blacks;

For women aged 40 to 49 years, rates dropped 9% in whites and 2% in blacks;

For women aged 50 to 59 years, rates declined 9% in whites and less than 1% in blacks;

For women 60 to 69 years old, rates declined 6% in whites and less than 1% in blacks;

For women 70 to 79 years old, rates increased 5% in blacks and decreased 3% in whites;

For women 80 years and older, rates increased 5% in blacks and 2% in whites.

Advances in Breast Imaging Discussed at ARC Conference

by Mary Huff

The American College of Radiology held a National Conference on Breast Cancer on April 30, 1996. The following are some highlights of radiologic research presented at the conference.

1 Core needle biopsies, either guided by mammography (stereotactic) or ultrasound, are more likely to be effective in retrieving sufficient breast tissue for pathologic examination. In the study, over one third of the fine needle aspirations had insufficient tissue for a diagnosis. The study group discontinued fine needle aspirations in its trial. They also found that ultrason-guided biopsies are quicker and easier to perform, and recommend it as the technique of choice for core biopsies when possible.

2 Breast cancer screening with mammography is at least as cost effective as the other kinds of medical screening, such as PAP smears. Dr. Stephen Feig, author of the study, states that there is greater benefit from screening for individual women in their 40s than in their 50s because they have the potential to live longer.

3 A new form of magnetic resonance imaging, three-dimensional rotating delivery excitation off-resonance magnetic resonance imaging (3-D ROYDEO MRI), provides 20 times higher resolution and much better contrast. It can detect breast cancer in the milk ducts that are not imaged by mammography or regular MRI and not felt on physical exam. And since MRI is significantly more accurate in predicting the extent of the cancer, it may give more women the option of breast conserving treatment.

4 Single photon emission computed tomography (SPECT), a nuclear medicine imaging procedure, combined with radioactive estradiol can detect breast cancer before it is palpable or seen by mammography. The study was conducted on 44 women at the University of Kansas Medical Center. The study found that the sensitivity and specificity of SPECT imaging are extremely high, which means it can be useful in detecting breast cancer early. This type of breast imaging may be very helpful for women at high risk.

5 More breast cancers are detected when mammograms are free or low cost for uninsured women and are more accessible. Using community public education, mobile mammography vans and caseworkers for all patients with suspicious mammograms found 13.4 breast cancers per thousand women in the Bronx, compared to the New York state detection rate of three per thousand. Forty-six percent of the women in the study were uninsured. The mammograms for these women were provided by the Bronx Breast Health Partnership. The program did not fund any treatment but did help women apply for Medicaid funding if they could not afford treatment. The screening program is funded for 3,000 mammograms a year; however, in the Bronx alone there are 125,000 uninsured women over age 45.

Cornell Launches New Study Of Environmental Risks For Breast Cancer

by Phyllis Tyzenhouse

Thanks to the efforts of Senator Alfonse D’Amato of New York, Cornell University will conduct a study of the relationship of environmental risk factors to breast cancer, including exposure to pesticides. Senator D’Amato was concerned about the above average clusters of breast cancer in New York, notably Long Island. The study will cover the entire country. In his January 3, 1996, State of the State address, New York Governor George Pataki said that he is requesting an appropriation of $250,000 to support the program.

Many groups that share the common goal of reducing the incidence of breast cancer have come together to participate: advocacy groups, medical and public health professionals, lawmakers and public officials, scientists, educators, agricultural and agribusiness professionals, and concerned citizens. The program will be housed in the Institute for Comparative and Environmental Toxicology (ICET) in the Cornell Center for the Environment, with Suzanne Snedeker, Ph.D., as project leader. Her background is in reproductive toxicology and mammary gland biology. The research team will be multidisciplinary, drawing on the rich resources of Cornell faculties.

Cornell is already participating in the National Cancer Institute’s Long Island Breast Cancer Study. Dr. Snedeker bases the study on six risk factors for breast cancer, agreed upon by many experts. These are age, early menarche, late menopause, late age of first birth, family history, and high socioeconomic status. She has to add that the established risk factors do not appear to completely explain the high incidence of breast cancer, especially in certain geographic regions, leading to the question of environmental influence. Farmers have felt unduly blamed for their use of pesticides and the study may shed light on that association. As soon as information is available, research summaries and critical evaluations will be published in fact sheets and brochures, as well as on the Internet.

It is heartening to hear that this effort has been encouraged by the governor and elected officials and we hope that this is the beginning of a trend emulated by other states.

Not So Tough a Choice – Is It?

by Kendra McCarthy

What do you think of when you see the word “herpesvirus”? Sounds pretty distasteful, doesn’t it? Yet William Jia, an assistant professor of medicine at the University of British Columbia, thinks a genetically altered herpesvirus may one day be used to attack gliomas, the most common form of brain cancer.

Dr. Jia has managed to genetically engineer a herpesvirus that reproduces only in rapidly proliferating cancer cells, destroys only those cells, and prevents the virus from reproducing in normal, non-dividing cells. In tests on rats, tumors died within 48 hours after injection of the altered herpesvirus; more exciting is that 16 months later, all of the rats treated with the herpesvirus were healthy.

Dr. Jia actually believes that the rat’s immune system might be involved in killing the herpes-infected tumors. When a virus attacks a cell, it alters the cell in ways that prompt the immune system to attack and destroy the infected cell, preventing the further spread of the virus. It is still too early in the research to know whether it is the synergy of the virus and immune system that produces the excellent outcomes, or whether it is one factor alone.

Most of us might flinch if we were told a virus—chickenpox, measles—was being injected into our breast tumor. Considering the alternatives used currently that mutilate, poison and burn, viral therapy doesn’t sound too bad. I know I’d take a case of the mumps over chemotherapy any day!
The Virginia Breast Cancer Foundation appreciates your support. We are a 501(c)(3) non-profit organization. Consult your tax advisor concerning tax deductibility.

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Thank you for your support!

This newsletter is published by Virginia Breast Cancer Foundation, six times per year. The newsletter focuses on breast cancer issues and the activities of VBCF members. Should you wish to join VBCF or have any editorial comments, please call 1-800-345-VBCF or write to: Virginia Breast Cancer Foundation PO Box 17884 Richmond, VA 23226 Mary Huff, RN, Editor Patti Goodall, President Phyllis Tyzenhouse, RN, MN, DrPh, Medical Review Design and Typesetting JPH Designs Contributors to this issue: Karen Board Wanda Bruce Jennie Davies Teresa Dayrit Judy Ellis Nancy Golden Kendra McCarthy Becky Morris Bebion Parks Ann Wilson The newsletter is funded through a donation from the Board for Women's Health of Richmond, Virginia

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Virginia Breast Cancer Foundation

VBCF

calendar

September

16 Face of Breast Cancer Opening Ceremony
Regency Square, Richmond
16-24 Face of Breast Cancer
Regency Square, Richmond
19-22 2nd National Lymphedema Network Conference
San Francisco 1-800-541-3259

October

4-6 3rd World Congress of Psycho-Oncology
New York 1-404-751-7332
19 VBCF Board Meeting

November

8-10 1996 Fall Educational Conference of the American Society of Clinical Oncology
Phoenix, AZ 1-312-644-0828
10 VBCF Board Meeting