2004 Mid-Atlantic Holistic Health Conference

The Virginia Breast Cancer Foundation (VBCF) is proud to present in partnership with Keith Bell, Oriental Medicine Specialists, P.C., the Mid-Atlantic Holistic Health Conference 2004, themed “New Paradigm Medicine.” The conference will take place Friday, November 12 and Saturday, November 13 at the Sheraton West Hotel at 6624 W. Broad Street in Richmond.

The conference will feature three world-renowned speakers. Larry Dossey, MD, internist and former chief of staff of Medical City Dallas Hospital, will focus on current evidence supporting the correlation between spirituality and health outcomes. Barbara Dossey, PhD, RN, HNC, FAAN, a pioneer in the holistic nursing movement, will speak about holistic nursing, compassionate care for the dying and the life of Florence Nightingale. Candace Pert, PhD, a pharmacologist internationally recognized for her work on peptides and their receptors and the role of these neuropeptides in the immune system, will speak about the science behind mind-body medicine.

A separate track on Saturday, November 13, will feature mini-workshops on different holistic health topics—with one track focusing on breast cancer and holistic health. An all-day Expo will run concurrently with the conference’s feature workshops on Saturday, November 13 from 10 a.m. to 7 p.m. The expo will feature exhibitors showcasing products and services dealing with holistic health. The Expo and mini-workshops will cost $10; the breast cancer mini-workshops are free.

Feng Shui and Health
by Debbie Bowie, Feng Shui Practitioner and Professional Organizer

Have you noticed that it seems more and more people are struggling with health issues? At this time of material abundance and sophisticated technologies it seems we should be able to live in perfect health. And, have you noticed that you are struggling to keep your houses clear of clutter and well maintained?

Our lives are so full that home decorating and maintenance often take a back seat to work demands, the needs of children, aging parents and a myriad of demands on our time.

Is there a price to pay for letting things slide at home, for not creating (continued on page 5)

Achieving Health through Acupuncture and Chinese Herbs by Cynthia Henebry, LAc, MAP

Acupuncture is a gentle yet powerful medicine that has been proven effective over the course of more than 3,000 years of practice. It is one branch of the broad system of healing known as Chinese Medicine, which also includes the use of Chinese herbal therapy. Acupuncture involves the insertion of fine needles into points along the body’s meridians, or energy pathways. Meridians correspond to specific organs and their functions and imbalances within meridians can lead to the development of symptoms and/or disease. One benefit of Chinese medicine is that these imbalances can be detected and treated (continued on page 4)
In early September, I had my annual visit with my oncologist. We spent quite a bit of time talking about all of the recent advances in the treatment of breast cancer. We also talked about the numerous clinical trials currently underway. At the end of my appointment I said “All in all, this is not a bad time to have breast cancer.” His response “It would be better to have it in five years.” I have thought a lot about his comment while remembering the impetus for the founding of VBFC. One of our founders—Patti Goodall—was in the hospital watching a morning news program. On the show was a woman from San Francisco—Eleanor Pred—who was coping with her second breast cancer diagnosis. It had been ten years between her two diagnoses and she was shocked to find that nothing had changed in terms of the treatment. Patti agreed and discussed the need to do more to elevate the awareness of breast cancer with her support group at Massey Cancer Center. From these discussions, VBFC was born.

Simultaneously with the founding of VBFC, the National Breast Cancer Coalition (NBCC) was formed. Today, NBCC has more than 20 breast cancer groups that sit on its Board of Directors. Demonstrating its effectiveness in grassroots activism, NBCC was recently named one of the top 25 advocacy groups on medical issues. It is obvious from the discussions with my own oncologist that the breast cancer activists have been successful. Although a cure has yet to be found, there has been much progress in many areas in the diagnosis and treatment of breast cancer.

The first VBFC event was a Mother’s Day Rally in May of 1990. Frightening her co-founders, Patti ordered t-shirts for the Rally—when VBFC had little or no funds to pay for the purchase. Today, VBFC is a financially sound organization. However, like all non-profits, successful fundraising is the life-blood of our organization. At the back of this newsletter is a form to make a contribution to VBFC. Please help us continue our success. My plea to all reading this letter is to help VBFC continue in its mission to eradicate breast cancer by sending in a generous contribution.

Upcoming in November is a Holistic Conference during which VBFC will be providing a full day of workshops focused on using holistic methods in the successful treatment of breast cancer or related side effects. I often say that I am the “poster child for holistic treatments” as I have studied yoga extensively to help me with the physical side effects of my mastectomy and reconstructive surgery. I also visit an acupuncturist to help me with the side effects from the chemo-induced menopause.

This is my last letter as President of VBFC. I am honored to have served in this capacity for the past four years. I am also honored and humbled by the dedication of so many that I have met who are working so tirelessly on behalf of others in the hopes of finding a cure for this dreaded disease.

Barbara Dittmeier

The Virginia Breast Cancer Foundation is a grassroots organization committed to the eradication of breast cancer through education and advocacy.

VBCF now accepts vehicle donations. Call us at 1-800-345-8223 or visit our website at www.vbfc.org for more information.
Volunteer Spotlight: 
Joy Galloni

One Voice debuts a new column, Volunteer Spotlight, to highlight the extraordinary work and endless energy our volunteers give in working toward VBCF’s mission.

VBCF is proud to highlight Joy Galloni and share her many accomplishments as a key VBCF volunteer. Joy’s breast cancer story began in 1998, when she was diagnosed with infiltrating breast cancer. The lump discovered was small but was aggressive cell growth. Joy underwent a lumpectomy and lymph node dissection and took part in the sentinel node clinical trial. She continued working during her chemotherapy and radiation treatments and became, in her words, “Bald as a baby, but nearly as cute!”

In the winter of 1999, Joy decided to become active in doing community outreach and working as a breast cancer advocate. She was part of a group of women who started the Chester Tri-Cities Chapter of VBCF. She served as President of this new chapter for two years, working with other VBCF volunteers to raise awareness about breast health and issues “South of the James River.”

Joy joined the VBCF Board of Directors in 2001 and has loved her role as a Board member. She was the founding Chair of the newly forming Program Committee in 2001, a position through which she has given countless hours, never-ending creativity and leadership in planning such programs as An Evening with Dr. Susan Love and the Life After Breast Cancer Conference. Joy helped create the Speaker’s Bureau Stay Abreast slide presentation and travels throughout Virginia to train groups in the Pink Ribbon Internet Connection, another program she created that helps people find reliable online information about breast cancer.

After living in Germany and around the United States, Joy and her husband, Joe, moved to Petersburg in 1986. She has worked at the Richard Bland College as a Librarian for almost eight years and has two wonderful sons, Brent, age 28, and Anthony, age 26, and one daughter-in-law, Heather. VBCF is honored and grateful to have Joy Galloni as part of our team.

ELECTION DAY IS TUESDAY, NOVEMBER 2. VOTE.

Members of the Thunder & Lightning Motorcycle Club, along with other clubs, participated in the Hampton Roads Chapter’s 2nd Annual Rolling for Life Motorcycle Ride on October 2nd.

Melissa Dopp (right) awarded Brenda Martin the Nancy Dopp Volunteer of the Year Award during VBCF’s Membership Meeting. Brenda, whose mother died of breast cancer, was honored for her energy, dedication and invaluable hard work volunteering for VBCF. Brenda is involved with the Program Committee, the Central VA Chapter, has attended state and national lobby days and more. Brenda deserved to be recognized for her dedication to eradicating breast cancer.

VBCF acknowledged Chapter of the Year Volunteer award recipients: Central VA Chapter: Don Geisler, recognized for his endless help and role as a “support system” for the chapter. Hampton Roads Chapter: Tuwanna Okafor, recognized for being informative in sharing breast cancer information, reliable, organized and always involved. Peninsula Chapter: Diane Scott, recognized for co-chairing the golf tournament, assisting with the fashion show, creating an educational packet for patients and being an asset to the chapter.
Guo Lin Qi Gong
by Phoebe Antrim, VBCF Co-Founder, from articles by Xu Jun-Heng and Paul Dong

Qi-Gong (pronounced “chee gong”) is a 3,000 year-old health practice, which usually involves slow movements, special breathing and meditation. Qi means breath, or vital energy or life force, and gong means practice or discipline. There are hundreds of types of qi gong. Guo Lin Qi Gong (GLOG) was named after Guo Lin, who contracted uterine cancer in 1949. It was not controlled after several operations, so she turned to traditional Chinese medicine, on which qi gong is based. Lin developed a new system of qi gong, which proved to be helpful in the recovery from cancer and easy to learn. She died a national celebrity in 1984 (30 years after the doctors gave her six months to live).

Since 1972, more than 10,000 cancer survivors throughout China have been using her practice. Research on a large group of survivors indicated that combining GLOG with Western medicine treatment was more successful in extending remission than Western treatment alone. Some often-mentioned, immediate benefits from regular practice of GLOG were improved sleep and appetite, less stress, better tolerance of treatment, and increased energy and sense of well being.

There are several reasons GLOG is thought to help in recovery from cancer and other serious diseases. (Although Chinese research is extremely positive about the healing effects of GLOG on people with cancer, Western style research is only beginning to study it.) We know that cancer has been in the body for a long time at the time it is medically detected. In Chinese medicine terms, the person with detected cancer has not had the “balance” needed for health and prevention of disease for some time. Imbalance can exist in several ways.

Imbalance can occur in one’s lifestyle (balancing activity and rest, for example). Second, one’s emotions may be out of balance (too much anger or depression, etc.). Third, food and drink may not be sufficient or proper for maintaining health. Fourth, one’s internal circulation may be weak and/or blocked in certain areas. Fifth, the environment, which includes physical and social aspects, may be detrimental to the balance and health. An individual has control over many of these factors. Qi gong starts with the body and extends to the mind and lifestyle to help the individual get into a balanced condition. How is this accomplished?

First, qi gong emphasizes relaxation. In this state, the vital energy, “qi,” increases and is smooth, so it can circulate everywhere. Qi gong also emphasizes deep breathing, which increases oxygen intake and promotes relaxation and circulation. Furthermore, qi gong emphasizes lowering internal stress by entering a meditative state, where one can let go of worries, distractions or depressing thoughts. Finally, qi gong helps develop commitment, will and a positive attitude.

For more information on Qi-Gong, join us November 13th.

Mid-Atlantic Holistic Health Conference 2004 Schedule

Friday, November 12, 2004
- 7:00 p.m. - 10:00 p.m. Lecture: “The New Era of Health Care” presented by Larry Dossey, MD

Saturday, November 13, 2004
- 8:00 a.m. - 6:00 p.m. Workshop: “Meaning, Medicine & Healing” presented by Larry Dossey, MD & Barbara Dossey, MD
- 9:00 a.m. - 5:45 p.m. VBCF Mini-Workshops (see page 5)
- 7:00 p.m. - 9:30 p.m. Dinner Speaker: “New Paradigm Medicine” featuring Candace Pert, Ph.D.

Acupuncture - con’t from cover

Before they lead to problems. In this way, the Chinese medical practitioner seeks to treat the underlying cause of disease, not just its symptomatic result. In most cases, however, individuals seek treatment after symptoms have developed and treatment is effective then as well.

In the case of breast cancer, there are certain imbalances that many women share. In most instances, these imbalances long preceded the actual development of the disease. Regardless of what kind of Western medical treatment is prescribed for the cancer, the acupuncturist will still seek to resolve the disharmonies that led to its development and address the cancer itself. Depending on many factors, including how far the disease has progressed, acupuncture and Chinese herbs may be helpful in treating the cancer. They will more definitely bring other aspects of the person’s health into balance and help with future immunity to the disease.

Chinese Medicine is extremely helpful with managing the side effects of Western therapies such as radiation and chemotherapy. While these treatments are often very effective at removing the cancer, they can also damage healthy cells and lead to the buildup of what is known in Chinese medicine as “toxic heat.” Premature menopause or exacerbation of menopausal symptoms often ensues as a result because “yin” fluids (such as blood) become depleted due to pathological heat. Acupuncture and Chinese herbs help to clear this unwanted heat and build healthy blood and energy again.

Chinese Medicine is also very useful in alleviating the stress and anxiety that can accompany the diagnosis and treatment of cancer or any disease. Each of us responds to the challenge of disease in a unique and individualized way. By reinforcing our strengths and supporting our weaknesses, Chinese medicine can help with the transformation of disease from obstacle to stepping-stone.

For more information on Acupuncture, join us November 13th.
Feng Shui and Health - con't. from cover

and/or maintaining a clean, comfortable and lovely place to rest and refuel? Feng shui, the study of how to arrange your space to enhance your life, teaches that everything is connected and that we are affected by the environments in which we live and work. If your home is lovely, clean and well maintained, you are more likely to have good health, prosperity and good things happening in your life. If, however, your home environment is chaotic, dirty and not well maintained, you are more likely to experience health problems and other life challenges.

Did you know that water drips and leaks are a drain on energy and can lead to fatigue and other water related illnesses such as sinus problems, diarrhea and urinary tract infections? Electrical problems can manifest in nervous system problems such as depression, anxiety related disorders, hormonal imbalances and nervous or emotional breakdowns.

Perhaps the most challenging of home issues is the accumulation of clutter. Clutter, which often consists of things that are not used or even valued any more, blocks the flow of life enhancing natural energies in spaces. The energy stagnation can result in various health issues specific to the location of the clutter. Clutter in the attic, for example, is often associated with headaches because the attic is the "head" of the home. Clutter in hallways, foyers, stairways and entrance ways, the veins and arteries that run through the home, can result in illnesses of the circulatory system such as high blood pressure, heart disease and strokes.

What does it take to have good health? In addition to good diet, exercise and adequate rest, add good feng shui.

For more information on Feng Shui, join us November 13th.

Breaking News:

Acupuncture reduces nausea and vomiting, pain after major breast surgery

In the first such clinical trial of its kind, researchers at Duke University Medical Center have found that acupuncture is more effective at reducing nausea and vomiting after major breast surgery than the leading medication.

To read the full article please go to:
www.medicalnewstoday.com/medicalnews.php?newsid=13824
VBCF Wants Your Story

VBCF is collecting personal stories of individuals diagnosed with breast cancer and thanks everyone who has already sent us their story. The Personal Stories, Public Action campaign is a nationwide effort to help the National Breast Cancer Coalition paint a picture of healthcare access in the United States. Three stories are highlighted below – each exemplifies how every breast cancer diagnosis is unique and brings different issues and concerns.

Vivian Baits shared that her “experience with breast cancer has been nothing but positive.” She received excellent healthcare from a surgeon who “was monitoring my health for several years,” and after conducting a biopsy, encouraged Vivian “to seek second and even third opinions. He even allowed me to take copies of my medical records to the other surgeons.”

After undergoing a mastectomy, Vivian did not need further treatment and remained in the hospital six days before returning home. “While on sick leave from my job, I collected disability at 75% of my annual salary... my health insurance posed no resistance in making payment to either the hospital or me.” Vivian’s healthcare access was on the positive side of the spectrum, and she pointed out, “I am an entirely whole woman... I am alive and I am thriving!”

Unfortunately, far too many people, including those who thought they were adequately covered, struggle to receive proper care and treatment for a life-threatening disease. That was the experience of Vicki Buzzard, who struggled with her insurance carrier twice while fighting breast cancer. “Our open enrollment for insurance is in October. At that time, you need to report any pre-existing conditions.” Vicki was diagnosed with breast cancer in late November and upon contacting the insurance company, she was furious and told me I was supposed to fill out the paperwork in October. I told her I wasn’t psychic and did not anticipate being diagnosed.

Vicki went on to receive surgery but then faced another more troubling dilemma. “After receiving two rounds of chemotherapy out of six, I received an invoice for $20,000. Though I have worked full-time with the same employer for 25 years, my insurer – for an unknown reason they would not share with me – said they would not pay for my necessary treatment. When I responded that without payment, I would be forced to cancel my chemotherapy and possibly die, the insurance representative responded ‘Suit yourself.’” Fortunately, her doctor’s office contacted the insurance carrier and worked it out for Vicki to receive her treatment in full. Nonetheless, these situations of difficulty in accessing healthcare were an additional source of stress while she battled breast cancer.

Talna Kirby dealt with a different predicament – she was uninsured when she found her lump. “I discovered a golf ball growth and knew all I had to do was get my legal paperwork in order and make sure I had the right bullets for my gun.” Feeling helpless, Talna didn’t want to be a burden on her children and knew she lacked insurance coverage to help cover any medical tests or treatment. Fortunately, an option was available. One morning, “I shot straight up from bed at 5 a.m. and turned the television to Channel 6 – Stephanie Rochon was explaining Every Woman’s Life. It was a miracle.”

The Virginia Department of Health Every Woman’s Life program provides free screening and treatment for uninsured or underinsured women over the age of 50 who qualify. Talna is now undergoing treatment for her breast cancer. “I want to live but don’t know my odds, and they would have been better had I had early access to proper care. This country is failing us women.”

VBCF asks anyone diagnosed with breast cancer to also share your story by completing a Personal Story Form. You may download a form by visiting www.vbcf.org, or contact VBCF at (804) 285-1200, (800) 345-8223 or Elisa@vbcf.org to have a form sent to you. Together, let’s help work to achieve quality healthcare for all!

Lesbian Health Resource Guide Available

VBCF’s Lesbian Outreach Project compiled a list of lesbian friendly healthcare providers in central Virginia. The Lesbian Health Resource Guide will help lesbians find a healthcare provider with whom they can feel comfortable. The healthcare providers included were suggested by lesbians as being accepting and non-discriminating. A brochure has also been created about lesbian breast health, risk factors, and barriers to quality healthcare. For a copy of the guide or brochure, or if you are a member of the lesbian community and would like to suggest a healthcare provider for the guide, contact Elisa Romans at (800) 345-8223 or Elisa@vbcf.org.

VBCF’s Pink Ribbon License Plates are available at your local DMV. VBCF receives $15 from each plate purchased or renewed.
**Sisters Network Salutes A Decade of Survivorship**

by Fredda Bryan, Public Relations for the Sisters Network Norfolk Affiliate Chapter

Breast cancer survivorship and breast health education were the focal points of the 6th Annual National Breast Cancer Conference hosted by Sisters Network Inc (SNI), the nation’s largest African American breast cancer survivorship organization.

The two-day conference, held in Richmond, included workshops, exhibits and an awards luncheon. As a two-year survivor, this conference was a celebration of survivorship for me. Meeting women from all over the country was a lifetime experience. Over 500 women - some still in treatment, some with over 20 years of survivorship - in one place for two-days was like a huge support group meeting. The workshops were very informative and a wonderful opportunity to talk with healthcare providers in the field about new studies and new medicine on the horizon. One of the workshops was even for men who were going through this journey with a spouse or significant other.

Conference participants were treated to a special celebration honoring Sisters Network Inc’s ten-year anniversary. With 39 affiliate chapters and more than 3,000 members and associate members, we are still committed to working to “stop the silence” and promote breast health awareness.

---

**Kohlenberg Award Presented to Dr. Jennifer Harvey of University of Virginia**

VBCF was proud to award Dr. Jennifer Harvey, Radiologist, University of Virginia the Sharon H. Kohlenberg Healthcare Service Award. This award is presented annually to an individual working in a breast cancer-related healthcare field who goes above and beyond the call of duty in caring for those affected by breast cancer. The award honors the memory of Sherry Kohlenberg, a healthcare administrator and Co-Founder of VBCF, who died from breast cancer in 1993.

Dr. Harvey is the Director of the Division of Breast Imaging and the Co-Director of the Breast Care Center at UVA. She was instrumental in the building of the new Breast Care Center. She has received numerous other awards and is active in many areas, from the National Society of Breast Imaging to the local Breast and Cervical Cancer Early Detection Project and local Blue Ridge Breast Coalition.

Dr. Harvey is known to all of her patients as a kind, caring and supportive physician. She frequently works very long hours in order to give a patient answers to emotionally disturbing questions about breast symptoms. She is known as a leader in the field of Breast Imaging and is very deserving of this recognition.

---

**Proactive Steps after Breast Cancer a Success!**

As one participant wrote on her evaluation, "Outstanding, thank you!" The June 26th program, Proactive Steps after Breast Cancer, in Virginia Beach was a success with around 150 participants and educational, informative presentations targeting individuals diagnosed with breast cancer. VBCF was proud to co-present the program with Sentara Cancer Services and honored to have Kristin White, MS, PT, and Louise Lubin, PhD, speak respectively about lymphedema and emotional healing. For workshop handouts contact VBCF.

Pictured are (L - R) VBCF's Barbara Dittmeier, Louise Lubin, Kristin White, Sentara's Helen Mansfield and Heather Swindle and VBCF Program Coordinator Elisa Romans.
National Priorities in Addressing Cancer Survivorship
by Becky Morris, VBCC Board, Chair of Advocacy Committee

As a breast cancer advocate, my experience at the Pathways to Health After Treatment: Cancer Survivorship Conference was informative and motivating. Since my diagnosis in 1995, my focus has been on education and legislative advocacy for those affected by breast cancer. The word ‘survivorship’ was not particularly a part of my vocabulary, I do not easily embrace the term, feeling that it implies we have control over our health after diagnosis, it ignores those that have died from the disease, and one cannot survive a battle that has not been officially won, either personally or as a disease type.

As a result of the conference, I more clearly understand the need for continued research into the late effects of cancer treatment. Extensive research is already underway, the National Cancer Institute, the Centers for Disease Control, the Lance Armstrong Foundation, the President’s Cancer Report, the Institute of Medicine, and the American Cancer Society – all have engaged in meaningful dialogue and research and have issued recommendations on the issues facing the 9.8 million cancer ‘survivors’ in the United States. By 2015, the challenge goal proposed by NCI is that no one will suffer or die from cancer.

If we are to achieve this goal, the recurring theme which captured my attention throughout the conference, pointed to two critical national needs.

First, quality healthcare for all is essential, but without access to care, we cannot begin to create a future where no one dies from cancer. In the President’s Cancer Panel Report, the first immediate action step is: "provide immediate coverage for the uninsured — (84% of whom are workers and their dependents) upon a diagnosis of cancer to help ensure that no person with this disease goes untreated.”

Secondly, without information and research on the late effects of cancer treatment, many patients will continue to suffer. After treatment is completed what are one’s reasonable lifetime risks? Where are the standards for oncologists or primary care physicians to guide their patients? Surveillance is desperately needed. Late effects are not expressly explained to the patient, nor are the late effects reported back so that perhaps treatment modifications could be made for future patients and intervention research could be planned.

Living with the fear of recurrence is part of every ‘survivor’s’ journey. Access to information is essential to reduce anxiety. Documents to be used for surveillance discussion between a patient and doctor need to be developed and distributed. A national program, possibly modeled after Canada’s Passport to Health program, compiling one’s medical records into a portable form would ensure that all historical medical information is at hand, no matter where one lives.

One researcher at the conference proposed that late effects information would possibly create “cancer cripples.” I contend that as informed patients and advocates, we would feel self-empowered, be more willing and determined to adjust our lifestyle in areas of known prevention if given current information and we would understand our “discharge” life-plan once our initial treatment is completed. Our doctors need to be trained in ‘survivor’ issues. More information needs to be centrally collected and published on post-treatment and late effects, both psycho-social needs and physical impairment late effects, employment, insurance and financial concerns. While our family and friends assume an endpoint to cancer, rarely does it conclude in the ‘survivor’s’ mind. We experience a continuum of care, but we are not told that our risk of late effects increases with time after treatment is completed.

Dr. Julia Rowland, Director of the Office of Cancer Survivorship, NCI, noted that there were many areas of “crossover” between the IOM, CDC and President’s Cancer Panel reports on ‘survivor’ issues and that NCI will be compiling a grid of all issues, determining who is responsible for carrying out the program’s initiatives and who the partners will be. My hope is that in addition to the research needed, immediate collection and dissemination of information to cancer ‘survivors’ will be a top priority.
We did it!!

Breast cancer advocates rock!! Thanks to you, we celebrated victories on the national and state level. The Department of Defense Peer Reviewed Breast Cancer Research Program was funded $150 million for fiscal year 2005. There was an attempt in the Senate to pool and limit the funding but the House version prevailed and this model research program was saved. We offer thanks to our Virginia legislators who supported the house language.

On the State level, the Consumer Choice Benefits bill (HB 935) – referred to the Commission on Mandated Benefits for review – was pulled by the Delegate sponsoring it. HB 935 would have allowed insurance companies to offer low-end policies that do not include many state mandated benefits. Passage of HB935 would have negatively impacted health care coverage costs, continuity of care and access to care. The Virginia Breast Cancer Foundation was proud to join a long list of Virginia organizations opposed to this legislation.

Special thanks to VBCF Board member Becky Morris for her work writing the opposition paper for the legislation and thanks to the groups who joined us in protecting Virginians from being offered poor quality insurance coverage. Virginia has been awarded two state planning grants to study coverage expansion for the uninsured. We are hopeful these studies will result in recommendations that will provide a cost effective, quality based, access-for-all solution.

VBCF Supports Insurance Coverage for Diagnostic Uses of MRI

VBCF believes all Virginians should have insurance coverage for medically appropriate and evidence-based screening and diagnostic tests. Recently, Doctors Knaysi and Melzig of the Richmond Surgical Group contacted VBCF for its endorsement of insurance coverage for specific instances of diagnostic magnetic resonance imaging (MRI). The VBCF Advocacy Committee reviewed the available evidence and recommended the Board of Directors support the request. At its August 14, 2004 meeting, the Board voted in favor of the recommendation.

While VBCF does not endorse MRIs for screening, available evidence supports the use of MRIs for patients with cancer in an axillary lymph node who have a negative mammogram and ultrasound. MRIs are also useful in determining the extent of disease in a patient's breast prior to breast conservation surgery. Finally, MRIs are useful for a patient with a vague mammographic abnormality which cannot be seen in two views or detected with ultrasound.

Breast Cancer Awareness Posters Now Available. If you would like a free 11” x 17” post please call us at (804) 285-1200 or (800) 345-8223.

Save the Date: State Lobby Day: February 14.
Members of VBCF’s Board joined Golf Chairperson Sharon Talarico (center) to celebrate a record breaking 18th Annual Women’s Memorial Golf Tournament. Proceeds benefit VBCF.

The 18th Annual Women’s Memorial Golf Tournament

Headline Sponsors
Cynthia Barnett – In memory of Stephanie Steiger
David Word Automotive – In memory of Sallie Burge Winter
C.J. George – Infineon Technologies
Nancy Krause Golden – In honor of Brenda Simms
The Trimmer Family – In honor of Carolyn Trimmer & Brenda Trimmer Savage

Banner Contributors
Colonial Downs
Einstein's - Stony Point, Libbie Place
LandAmerica
Snyders of Hanover
Wing & Doreen

Patrons & Friends
2nd Swing Golf Center
Adornments Jewelers
AIM Investments
Air Water & Soil Laboratories
Alchemists Books & Gifts
The American Café
Betty Armentrout – In memory of Gladys Armentrout & In honor of Mitchell Armentrout
Bag’s of Carytown
B&B, Inc.
William J. Bailey, Jr.
The Bank of Richmond
Dorothy J. Baylor
Charles D. Bateman
Jack A. Benjamin
B-Tan
Ben Franklin Crafts
Kathy Benham & Chris Clarke – In memory of Ruth Lee Clarke & Shirley Yost
Benny’s BBQ

Banner Sponsors
Sue Durlak – McDonald’s
Wanda Fears - Long & Foster – In memory of Lennie Clemens
Karen Horath & Family - Long & Foster - In memory of Louise C. Stoner
Import Autohaus
Patricia A. Jones – In memory of Jo Harris
Denise Laman – Infineon Technologies – In honor of Ann Laman
Richmond Surgical Group
Pam Saylor & Judy Grubb – In honor of Diane Blankenship
Cynthia Small – In memory of Carol Dory & Elaine Small
Special Service Agency, Inc.
Kimberly Walls, DDS

Sherree Turpin
Elaine German/USANA
Glen Mart
Giovanni’s Restaurant
Godfrey’s
Golf Galaxy
Goodyear Tire & Rubber
Goodwill Industries
David Gill
Grapevine II Restaurant
Green Top Sporting Goods
Judy Grubb
Theresa O. Hanzel
Hair Perfection
Heartfields Assisted Living
Hi Ho Silver Imports
Honda’s
Highland Springs Golf Course
Homemades by Suzanne
Nelle Hotchkiss
Jane Hunter
The Iron Horse Restaurant
B. J. Jackson - Remax
Jackson National Life
Joe’s Inn of Bon Air
Betty, Gloria, Patrick, Joe & Bunny Johnson – In memory of Helen Johnson
Brian & Vanessa Johnson – In memory of Virginia C. Johnson
Terri Jones – In honor of Jo Ann West
Jordan Point Golf Course
Julians
Kelleher
Kelley’s Gift Shop
Keyser’s Seafood
L.A. Grille
Land America Financial Group
Mike Lewandowski
Susan R. Lewis
Lone Star Steakhouse & Saloon
Long & Foster – Dawn Bradley
Long & Foster – Cathy LeDoux
Loving Art & Frame
Lykins Chiropractic Center
Jess Maricle
Linda Mays

VBCF would also like to thank all of the volunteers who worked to make this tournament such a success!

Kate ★ Jo Ann West★ C.B. ★ Anita Smith
CJ George★Carolyn Trimmer★Sandy Padgett
Judy ★ Karen ★ Wanda Fears ★ Wendy Johnson
Karen Kelley ★ Carolyn Brown
Judy Grubb ★ Linda Strickland ★ Tiny Elvis
Congratulations and thanks to the Red Hot Bonnet Babes Chapter of the Red Hat Society! Chapter members hosted their first Sock Hop for Hope, given in honor of Chapter member and breast cancer fighter Ann Keller. Pictured at the Hop – which benefited VBCF and the American Cancer Society – are (l-r) VBCF Board member Gay Rudis, Red Hot Bonnet Babes Queen Mother Joyce Bushman, VBCF Board President Barbara Dittmeier and Ann Keller. The Hop was a happening event and a big success! Not pictured but definitely present was a special guest – Elvis.

VBCF would like to thank the following people for celebrating their special occasions by having donations given to VBCF:

- Congratulations to Carrie & Woody Woodall for their 40th Wedding Anniversary!
- Happy 50th Birthday to Rexanne Metzger!
- Congratulations to the Jarvis Family for the wedding of Julie Jarvis & John Graves!
MEMBERSHIP
Please fill out form(s) and return with your check to VBCF.
☐ Please contact me about becoming a VBCF Volunteer.

Contribution
A contribution of $__________ is enclosed.

In Memory Of

or In Honor Of (If you would like an acknowledgement card sent, please include name and address of recipient)

Name

Address (Include Apt. #, P.O. Box, etc.)

City    State    Zip Code

☐ Please send me information on Planned Giving.

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF members. If you wish to join VBCF, or have any editorial comments, please call 1-800-345-VBCF or write to: Virginia Breast Cancer Foundation, 5001 W. Broad Street, Suite 201, Richmond, VA 23230

Annual Dues Information

☐ New  ☐ Renewal
☐ Basic $30  ☐ Sponsor $250  ☐ Courtesy
☐ Family $50  ☐ Patron $500  ☐ Other $_____
☐ Friend $100  ☐ Benefactor $1000

Name or Family Membership Name

Address (Include Apt. #, P.O. Box, etc.)

City    State    Zip Code

Phone    Fax    email

5001 W. Broad Street, Suite 201
Richmond, VA 23230
(804) 285-1200
(804) 285-7735 Fax
(800) 345-8223 Toll Free
www.vbcf.org

RETURN SERVICE REQUESTED