Navigating the Breast Cancer Maze Inaugurates Statewide Library Outreach Program

Thanks to a generous grant from GlaxoSmithKline the Virginia Breast Cancer Foundation was able to make $1000 gift to the Central Rappahannock Regional Library System as part of our educational program, *Navigating the Breast Cancer Maze*, in Fredericksburg on June 23. This gift is the first from our new VBCF Library Outreach Program.

The VBCF Library Outreach Program started at the local level in the Central Virginia Chapter. Now VBCF has taken this program to the state level, where we plan to donate money to public library systems in areas of the state that currently do not have an active VBCF Chapter. The purpose of the program is to provide education on breast cancer topics to the public by donating money for breast cancer books and periodicals to be purchased by public libraries.

The Central Rappahannock Regional Library System services the City of Fredericksburg, Stafford County, Spotsylvania County and Westmoreland County. This donation will allow thousands of residents in the surrounding area the opportunity to become better educated about breast cancer so that they can advocate for themselves and others diagnosed with breast cancer.

About 30 participants enjoyed an exceptional program on advocating for yourself at the June 23 VBCF program in Fredericksburg. Thanks to the grant from Glaxo Smith Kline and Mary Washington Hospital's donation of facilities, VBCF presented a much-needed program in an area of the state where we have not previously had a presence.

*Navigating the Breast Cancer Maze: Advocating for yourself through a breast cancer diagnosis, treatment, and survivorship issues* featured Dr. James Daniel, Medical Director Oncology Service Line at Mary Washington Hospital. Dr. Daniel presented an overview of breast cancer diagnosis and treatments, focusing on the newest technologies. The program concluded with a panel on advocating for yourself, which included representatives of LINC (Legal Information Network for Cancer), the State Corporation Commission Bureau of Insurance, and the Patient Navigator for Oncology Services at Mary Washington Hospital.
There has been a lot about breast cancer in the media lately — about MRI and mammography and about John and Elizabeth Edwards and her diagnosis of metastatic breast cancer. Because of the Edwards, USA Today did a story on other couples dealing with breast cancer recurrences. My husband John and I were one of the couples interviewed. I thought the interviewer and author did a great job of telling the story and I admired the succinct way John gave a spouse’s view. For me the interview highlighted a couple of important issues.

One issue is that breast cancer is complicated and the general public doesn’t understand the difference between recurrence in the breast and recurrence that has metastasized to other parts of the body. I have been surprised that even some women who have had breast cancer don’t understand the difference. A recurrence in the same or opposite breast is still considered curable, although the treatment can still be extremely difficult and leave a person with long term side effects. It is unfortunate, but one never knows who will recur or when. That is one of the most frightening things about breast cancer — it can return at any time. Two of our VBCF members have recently had disease recurrences in the breast. One was 11 years after her first diagnosis, the other 12 years after her first diagnosis and 6 years after her second diagnosis. I feel for them both.

A recurrence that has spread (or metastasized) to other parts of the body (like mine has to the bones) is still not considered curable despite all the advances in treatment. However, those of us with advanced disease still have hope. Many of us are living longer than the median 2 years and with a reasonable quality of life. Nevertheless, I am not ready to agree with anyone who says breast cancer is now just a chronic disease — not when more than 40,000 women and men are still dying from it every year.

The other issue that arose from the interview was that of leaving a legacy when I die of breast cancer. The interviewer surmised that perhaps Elizabeth Edwards wanted her legacy to be her husband’s presidency. After some thought, I decided that one legacy I would like to leave is guaranteed access to quality care for all. It is not something I can accomplish alone, but working through the VBCF and the National Breast Cancer Coalition (NBCC), I believe we can make it happen. Access to care was a major focus of this year’s NBCC Annual Advocacy Conference (which you can read more about in this issue) and remains our #1 public policy and legislative priority.

I consider myself fairly lucky. I have good access to care through the military system, but even I have not always had quality care. However, I know I am much better off than many Americans (and many Virginians) with breast cancer that have no insurance or have to work while they are quite ill just to keep their insurance.

This is a serious problem in this country with 46 million Americans uninsured and many more underinsured. We need to work together to solve this problem soon. With your help and advocacy in Virginia we can make it happen. Stay tuned for ways that you can help.

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This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF.

Jaime Strohacker,
Editor
Lisa Boudreaux,
Layout Editor

If you wish to join VBCF or have any editorial comments please call 1-800-345-8223 or write to: Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Richmond, VA 23220
Nominations Now Being Accepted!

VBCF annually recognizes, respectively, an exceptional healthcare provider and volunteer through the Sharon H. Kohlenberg Healthcare Service Award and Nancy G. Dopp Volunteer of the Year Award. Virginians are asked to think about a healthcare provider who has gone above and beyond the call of duty in helping those affected by breast cancer or to remember a volunteer who has made an impact in the fight against breast cancer and nominate them today!

Sharon H. Kohlenberg Healthcare Service Award

The Virginia Breast Cancer Foundation (VBCF) established the Sharon H. Kohlenberg Healthcare Service Award in 1995 to recognize Virginians employed in the healthcare field who "exhibit a deep and abiding commitment to the fight against breast cancer." The award also honors the memory of Sherry Kohlenberg, a healthcare administrator and co-founder of VBCF, who died from breast cancer in 1993. The award honors a resident of Virginia who is a licensed / registered healthcare provider in the Commonwealth of Virginia and who is employed (not a volunteer) in a breast cancer-related field within a healthcare setting. The purpose of the award is to recognize healthcare professionals who go above and beyond what is normally expected of a competent, caring professional working with people affected by breast cancer. VBCF particularly seeks nominations of individuals reflecting the diversity of our Commonwealth.

Nancy G. Dopp Volunteer of the Year Award

The Nancy G. Dopp Volunteer of the Year Award, a statewide award, recognizes a volunteer whose contributions of time, energy or talents had a significant impact for VBCF. The award is given in memory of Nancy Dopp, a VBCF member who selflessly gave her time and efforts to help VBCF for many years, until she lost her battle with breast cancer in 1998.

Submit a Nomination

If you would like to nominate someone for these awards please see the enclosed nomination forms. The deadline to submit nominations is Friday, September 28, 2007. If you have any questions please call VBCF at 804-285-1200 or 1-800-345-8223.

5th Annual All Chapters Meeting

VBCF held the 5th Annual All Chapters Meeting on June 2 in Richmond. A group of about 20 Chapter members from throughout Virginia met to network and share information about their efforts during the past year to educate and advocate in their communities.

The title for this year's All Chapters Meeting was Compassion and Strength: Branding Issues for VBCF. Juliet Brown, VBCF Program Committee Member and Marketing and Communications Manager for the Greater Richmond Chamber of Commerce, started off the program with an overview of what branding is and why it is important. Shirley Belkowitz, VBCF Executive Director, then discussed why branding is important to VBCF as an organization and ways in which VBCF can work to implement its brand. Materials available from VBCF were reviewed, and new Chapter inserts for the VBCF brochure and Chapter pages on the VBCF website were presented. Each Chapter President received a packet which contained examples of all of the materials available from VBCF as well as a new materials order form. A great discussion followed on how everyone involved with VBCF can work to help implement the brand. For more information on how to get involved with a VBCF Chapter, contact VBCF at 1-800-345-8223.

Newly Diagnosed?

Have you recently been diagnosed with breast cancer or know someone who has? Contact VBCF to receive a Newly Diagnosed Information Packet, which contains information on how to understand your pathology report, emotional healing, treatment options and more. Call 804-285-1200 or 1-800-345-8223 or email Lisa@vbcf.org.
Volunteer Spotlight: Carolyn Trimmer

This issue's Volunteer Spotlight focuses on Carolyn Trimmer, volunteer for the Women's Memorial Golf Tournament. Carolyn was diagnosed with stage 2 breast cancer in September of 2000. She had a mastectomy on October 24, 2000, and began chemotherapy treatments the week after Thanksgiving.

Carolyn has a long history of helping people. She graduated from Radford College and earned a Master's Degree from Virginia Commonwealth University. She taught physical education for sixteen years in Henrico County Public Schools, of which 10 years were as an adapted physical educator at Virginia Randolph Special Education Center where she worked with children with mental retardation and other developmental disabilities. Carolyn served on the Board of Directors for Richmond Special Olympics and was involved on the state level of the Special Olympics for many years. She continues in her compassion for people with mental retardation and developmental disabilities in her current position as the Director of Day Support and After-School Services for the Greater Richmond ARC.

Carolyn has been involved with the Women's Memorial Golf Tournament from the beginning, becoming even more committed to the golf tournament and VBCF after her own breast cancer diagnosis. Sharon Talarico, Women's Memorial Golf Tournament Founder, summed up Carolyn's drive and determination:

"Some folks don't end up with the first name their mother gave them. Everyone knows her name like at 'Cheers' as 'Trimmer'. Trimmer has participated in EVERY annual women's memorial golf outing, first at the picnic in my backyard when we began in 1987 with only eight teams, terrible golf, and lots of ambition. As we began to focus on raising money to benefit VBCF, Trimmer was at the forefront of our diligent and passionate volunteers. Ironically, she was diagnosed with breast cancer in 2000 and her sister, Brenda Trimmer Savage (also a volunteer), was diagnosed the year after. She prides herself on exceeding her goals based on the prior year's donations and is only slowed down in that quest by her friendly habit of eating dinner or sharing a golden beverage at every establishment she calls on. I know her leadership has inspired others, and she has created a core of volunteers who help determine our successful outcome every year."

Her dedication continues to grow; her donations for VBCF and the tournament exceeded $60,000 in 2006! VBCF salutes Carolyn for her hard work and commitment to VBCF.

Blue Ridge Chapter

The Blue Ridge Chapter's Yvonne Eisenberg and Maggie Powers conducted three Cancer Awareness events this spring. Events were held at Hollister Inc. in Stuarts Draft; Family and Consumer Science Department, at Stuarts Draft High School; and Riverhade High School. The Blue Ridge Chapter thanks them for their time in helping with these events.

The Blue Ridge Chapter Pink Ribbon Hi Tea was a tremendous success! Linden Heights Baptist Church Social Hall was a beautiful location for the tea. The decorations by Zola's Floral Designs were outstanding. The food made by the chapter members and friends was better than ever. Thanks to Panera's Bread for providing their wonderful green tea, brownies, and bread. All of the donated raffle items and door prizes were a big success. A special thanks to all the husbands, family members and very good friends who came to help and stayed for both days to help make the Hi Tea so very successful. The date for next year's Tea has been set for April 5, 2008. The chapter looks forward to the tea and is making plans to bring their guests another exciting event!

Zola Showalter and Phyllis Knicesly of Zola's Floral Designs stand by the beautifully decorated tables at the Blue Ridge Chapter Pink Ribbon Hi Tea. The tea includes a variety of delicious, homemade edibles, as shown here, and the Chapter thanks Zola's Floral Designs for their generosity in helping to create a beautiful event.

Want to find out more about joining one of our chapters?

Call 1-800-345-8223 for more information.
Central Virginia Chapter

The Central Virginia Chapter’s spring educational event was held April 19 at Johnston Willis Hospital. The event, titled Innovations in Breast Cancer Surgery, featured Dr. Amy Rose of Surgical Associates of Richmond.

The Thrifty Quaker donated $2,877.32 to the Central Virginia Chapter—their profit for the month of May. The Thrifty Quaker is a second hand thrift shop run by the Midlothian Friends Meeting, a Quaker congregation, located in the village of Midlothian. They feature a charitable cause for a finite period of time as the designated recipient of the thrift store’s proceeds. The store also displayed VBCF literature throughout the month, helping to raise awareness about VBCF and what we do for the community. Thank you to The Thrifty Quaker!

Peninsula Chapter

Models grouped together to show off the latest Coldwater Creek styles and trends and to help raise funds for VBCF at the annual Peninsula Chapter Fashion Show, which raised over $17,000!

The Peninsula Chapter’s 2007 Fashion Show was a great success! 399 people attended the show and luncheon and a total of $17,662.22 was raised. Barbara Lawson once again made and donated the quilt for the raffle and it was beautiful! Ten ladies modeled and all but two were VBCF members. The silent auction was a great success. Coldwater Creek provided the clothes, jewelry and shoes for the show. Salon Elite in Newport News styled 6 models for the show. Lindsey Roberts of Channel 13 was the emcee and she was delightful and did a great job. The Maxwell Garden Club chose the theme “Spring Thing” and with help from Mercer’s Florist once again graced the Omni with the beauty created by their hard work and talents.

Hampton Roads Chapter

The Hampton Roads Chapter partnered with the City of Portsmouth and the Umoja Festival for its Annual Victory Walk! The walk was held Saturday, August 4. This two mile walk began at N-Telos Pavilion and continued along the waterfront.

October Breast Cancer Awareness Month Calendars Available

Do you get confused in trying to remember all of the worthwhile and interesting events held for Breast Cancer Awareness Month? VBCF is here to help you! VBCF annually creates a calendar that includes breast cancer events and programs held during October throughout VA. The calendar features programs presented by VBCF and other organizations, such as the American Cancer Society, Susan G. Komen for the Cure, hospitals, health departments and more. Contact VBCF to request your free calendar today by calling 1-800-345-8223 or email Lisa@vbcf.org.
National Lobby Day

The VBCF National Lobby Day was held on May 1, 2007. Each year we advocate with the members of the National Breast Cancer Coalition to support funding for research and access to quality health care for all individuals. This year over 40 volunteers from Portsmouth to Northern Virginia joined our team leaders in visiting the Washington offices of our Representatives and Senators to talk about important breast cancer legislation. Team Leaders this year included Gay Rudis, Frank Poynter, Vernal Branch and Maggie Powers. The highlight of the day for our volunteers was getting to meet for the first time with our newly elected Senator, Jim Webb. A big thank you to all our volunteers for making this a day when our voices are truly heard on the national level!

The National Breast Cancer Coalition's 2007 Annual Advocacy Conference, Beyond Ribbons to Revolution, was held in Washington on April 28-31. Over 600 breast cancer activists attended this important conference. Here activists were trained to speak up and out about the political, scientific and health care issues that affect all whose lives have been touched by breast cancer. VBCF volunteers who attended the 2007 conference included Mo Cassidy, Julie Shelton, Yvonne Eisenberg, Maggie Powers, Frank Poynter, Samantha Reed, Etta Boyd and Peggy Prentice. VBCF Board members Karin Noss and Vernal Branch were among the 80 presenters who led workshops on topics that ranged from new and emerging breast cancer therapies to information technology to the peer review process.

Sign up for our E-Newsletter & Stay Informed about our 2008 Lobby Days.

www.vbcf.org
Healthcare Information Technology: Emerging Initiatives - A Review from the 2007 NBCC Conference

Mo Cassidy, VBCF Volunteer

Information Technology (IT) is widely used in our everyday activities. Businesses have computerized accounting systems which generate the bills we receive for their services. Many people pay those bills by using online banking. Telephone calls questioning charges on the bill will be answered by a computer which uses a series of menus to connect us with the right program to answer the question. As a last resort the computer will connect us with customer service (a real, live person). Unfortunately, customer service is usually busy assisting other customers so we are put in an “on hold” loop where a computer reminds us about every 30 seconds how important we are so “please continue holding.” Your pharmacy’s computer keeps track of the various prescriptions we take. Computers are used by insurance companies to gather statistical data (collected by processing claims) to determine the cost of the insurance, how it is rated, and even if someone is “insurable.”

While IT for administrative and billing data, pharmacy dispensing, lab results and diagnostic images are widely used, the systems are not interactive. Also they do not include digital records of notes from the doctor and the patient. During the 2007 NBCCF Annual Advocacy Conference, David Lansky, PhD, spoke on the subject of Health Information Technology. Dr. Lansky is Senior Director of Health Program and Executive Director of Personal Health Technology Initiative at the Markle Foundation. He is a nationally recognized expert regarding efforts to create a more responsive, accountable healthcare system.

One of Dr. Lansky’s goals is to establish Personal Health Records (PHR). These records would provide:

- Information which will allow patients to better maintain their health and manage their care;
- More reliable care (such as in emergency situations);
- Reduced costs by eliminating duplication of tests;
- Improved health care quality and safety;
- More effective communication and collaboration between patients, doctors, pharmacies, and others.

In order for Personal Health Records to become a reality, it is imperative that a product be developed that will be stable, instill confidence, and be interoperable between the entities providing the information. Standards must be established to monitor the quality of the information exchanged, its coordination and its consolidation. Incentives must be established which will help physicians overcome their resistance due to competitive factors, cultural barriers, and mistrust. Other obstacles to be addressed include patient consent, confidentiality, maintaining accurate and current records, and security issues related to who will control and monitor access to the information.

As an individual, I am excited about the possibility of having a PHR available on a portable disc which would contain my medical history (surgeries, dates of lab tests and their findings, medications, allergies, family history …). I have a difficult time remembering all my medical information – I blame it on chemo brain, senior moments, and information overload.

We can assist in making Personal Health Records and Health Information Technology a powerful tool in the treatment of Breast Cancer if we: (1) Participate in “consumer coalition”; (2) Review, discuss and endorse Principles; (3) Advocate principles in legislation and program development; (4) Demand participatory policy processes; (5) Seek appointments with national IT bodies and participate in regional initiatives; and (6) Simulate and join pilot projects.
Every Woman's Life Program – What It Is and What It Does

Beth Ehrensberger, Public Education Manager, VDH-BCCECP

The Virginia Breast and Cervical Cancer Early Detection Program, also known as the Every Woman's Life (EWL) program, has been screening women since 1997. To be eligible to receive screening services, women must live in Virginia, be between the ages of 45-64, have no health insurance or be underinsured, and have an annual income at or below 200% of the Federal Poverty Level (FPL). In July 2006, upon the receipt of state funds, the program expanded services to younger women between the ages of 18-44 that are symptomatic for breast and/or cervical cancer. All other eligibility criteria for the VABCCEDP remain the same (i.e., health insurance status, income, and residency).

Women 40-64 years of age receive routine breast and cervical screening exams, including a Pap test, pelvic exam, clinical breast exam and mammogram. Women with an abnormal screening result receive additional diagnostic tests to rule out the presence of cancer. If cancer is detected, women are referred to the Breast and Cervical Cancer Prevention and Treatment Act (BCCPTA) for complete Medicaid coverage. In contrast, women 18-39 years of age enter the program if they have an abnormal breast or cervical screening result (e.g., abnormal Pap test result, palpable mass confirmed through a clinical breast exam). If cancer is diagnosed, the woman is referred for treatment coverage under the BCCPTA.

From 1997 to 2006, the program has served 18,404 women, and performed 23,671 Pap tests and 33,160 mammograms. 113 women have been diagnosed with cervical dysplasia and another 14 with invasive cervical cancer and 468 women have been diagnosed with breast cancer. Eighty-seven percent of the women diagnosed with cancer were referred for treatment under the BCCPTA. Women who did not meet the eligibility criteria for the BCCPTA (e.g., non U.S. citizen) were provided pro-bono or sliding scale treatment through charity care or other means.

In May 2007, 41.7% of VABCCEDP enrolled women 18-64 years of age claim a racial minority status (35.5% Black, 3.9% Asian, 4% American-Indian, and 1.9% Other), 52.5% are White, and 4.9% are Hispanic. Seventy-four percent (74%) of enrolled women are 50 years or older, and 58% fall below 100% of the FPL.
Nanotechnology

Frank Poynter, VBCF Volunteer

Nanotechnology is the manipulation of matter at the scale of atoms and molecules (a nanometer is one-billionth of a meter). Scientists are now actively using nanoparticles in their research. Nanoparticles can be separated into two broad categories - organic and inorganic. Organic nanoparticles are found in the environment (both air and aquatic) such as in carbon particulates from pollution. Inorganic nanoparticles are engineered or manipulated by scientists.

Nanoparticles affect biological behaviors at the cellular, subcellular and protein levels. They are in the air we breathe and in the food we eat and can cause damage to DNA, yet little is known about the effect of these on the human body -- breast cancer in particular. Some nanoparticles can readily travel throughout the body depositing in organs and penetrating cell membranes. Since there is a great unknown regarding how this impacts our health we need to enact the Breast Cancer Environmental Research Act, which is now before Congress.

The Size of Nano Devices

Nanoscale devices are many times smaller than human cells and are similar in size to large biological molecules such as hemoglobin. Nanoscale devices smaller than 50 nanometers can easily enter most cells. Those smaller than 20 nanometers can move out of the blood vessels and are capable of crossing the blood brain barrier.

Cancer Diagnosis and Therapy

Events that lead to cancer occur at the Nanoscale level, thus nanotechnology allows access to the interior of the living cell during the earliest stages of cancer development.

Nanodevices may provide fast and sensitive detection of cancer molecules allowing doctors to detect molecular changes even when there are only a few abnormal cells. MRI is an example where the nanodevices are coated with iron oxide and antibodies that will enter only the targeted cancer cells, and only cancer cells will show up on the MRI scan. This has the potential of radically changing cancer therapy for the better and may lead to an increase in the number of effective targeted therapeutic agents. These constructs will serve as customizable-targeted drug delivery carriers able to take large doses of chemotherapeutic agents into malignant cells thus sparing healthy cells and reducing the side effects of pharmaceutical agents.

Sign Up for the VBCF Connection!

VBCF recently debuted our first monthly e-newsletter, the VBCF Connection. Each month we will bring you timely information about breast cancer and VBCF's programs and activities.

The e-newsletter is one more way we can partner with you as we continue to work towards our mission... the eradication of breast cancer through education and advocacy.

If you would like to receive the VBCF Connection visit www.vbcf.org to sign up!

In addition Nano-semiconductors (nano-chips) have been developed and are being studied both in the lab and in the human body. These will allow for the monitoring of cancer cells from outside the body. By sending a signal to a receiver a technician can tell if the cancer cells are being destroyed.

Not So Fast

While this may be good news for all of those with cancer, we must ask the question, at what cost? What happens to these Nanodevices when they have done their job? Where do they go? There is very little known about the potential long-term side effects and there is the potential for much harm here. Those of you who have been around for awhile know we have been down this road before. There are no free lunches. There are a few clinical trials both planned and begun that have been designed to ask the question of efficacy and safety. We, as breast cancer advocates, must be involved in the design of these trials, not only to assure the right questions are asked but just as importantly that the answers are properly interpreted.

The Hippocratic Oath states: "First Do No Harm."

Sources:
NCl: www.cancer.gov
Nature Journal: www.nature.com
American Association for Cancer Research: www.aacr.org
The ETC Group: www.etcgroup.org
Glenna Mahon-Poynter RN
21st Annual Women's Memorial Golf Tournament Raises Over $45,000!

The 21st Annual Women's Memorial Golf Tournament was held on July 21 at the Crossings. As usual, Sharon Talarico and her volunteers put their hearts, time and energy into making this tournament a tremendous success. This year the popular invitational tournament raised $45,000 to support the educational programs and advocacy efforts of the VBCF. We deeply appreciate the work of all the volunteers and the gifts and contributions of the many donors to this event. To see a list of all our wonderful donors for this event please see our website, www.vbcf.org.

Golfers (pictured l-r) Catherine Powers, Deb Crockett, Kathy Mack and Alice Dixon helped raise $45,000 this year to help enable VBCF to continue its mission to eradicate breast cancer.

Check out our website at www.vbcf.org for a complete list of contributors to the golf tournament.
Workplace Giving Campaigns

Last year the Virginia Breast Cancer Foundation received over $46,000 from many of the employee campaigns that take place annually during the fall in Virginia. This is an easy way to help support our fight against breast cancer. Please consider our organization and donate to VBCF during the 2007 campaign in your workplace.

- Commonwealth of Virginia Campaign (CVC) – use code 3787
- Local Government Campaign, Rappahannock United Way – use code 9049
- Local Government and Schools United Way Campaign (LG5UWC) – use code 149
- Central VA Area Combined Federal Campaign – use code 43602
- Combined Federal Campaign of the Virginia Peninsula – use code 43602
- Combined Federal Campaign Thomas Jefferson Area – use code 43602
- Combined Federal Campaign of South Hampton Roads – use code 43602
- Combined Federal Campaign, Dahlgren/Fort A.P. Hill – use code 43602
- Combined Federal Campaign, Quantico – use code 43602
- Combined Federal Campaign of the National Capital Area – use code 43602

For other campaigns like the ones listed below, please fill in our name, address and phone number. We may not be listed with a number but because we are a 501c3 health and human services non-profit we are eligible to receive contributions. If you have questions please give our office a call at 1-800-345-8223.

- Central Virginia United Way Corporate Campaign
- Virginia Peninsula United Way Campaign
- South Hampton Roads United Way and Combined Charities Campaign

Got an Unwanted Vehicle?

Instead of selling, trading or storing your vehicle, you can make a donation to VBCF and receive a tax deduction. Cars, trucks, motorcycles, boats, recreational vehicles, and campers are accepted. Call 1-866-628-CARS or visit www.vehiclesforcharity.org today for free pickup of your unwanted vehicle.

VBCF’s Pink Ribbon License Plate is now available for purchase at your local DMV!

Visit your local DMV or log on to www.dmv.state.va.us to order your plate today!
Programs and Services

Conferences/Educational Events
State and regional conferences, seminars, and teleconferences provide individuals with up-to-date information on breast cancer issues.

Local Chapters
Chapter members have the opportunity to make a difference in their communities through a variety of volunteer efforts.

Website
Our website www.vbcf.org furnishes VBCF supporters with updates on advocacy issues, the voting records of Virginia politicians, past newsletters, resources and events.

Speakers Bureau
Our Speakers Bureau Presentation, Stay Abreast, has over 70 committed volunteers who speak throughout the state.

Breast Cancer License Plate
This is a great awareness tool visible throughout the state and can be purchased through your local DMV.

State and Federal Lobby Days
Volunteers from around the state gather twice a year to meet their legislators and lobby for support of breast cancer issues.

Advocacy Awareness
Trained volunteers and staff provide assistance to the public in responding to legislative issues during sessions of Congress and the General Assembly.

Virginia Breast Cancer Awareness Month Calendar
This calendar, distributed free of charge, contains information on October events and programs sponsored by a variety of organizations.

Newly Diagnosed Packets
These are a compilation of information regarding resources and issues pertinent to those newly diagnosed with breast cancer.

Pink Ribbon Campaign
Each year we distribute an average of 50,000 pink ribbons attached to a card with information on breast health.

Health Fairs and other Community Events
VBCF volunteers distribute breast cancer information in local communities throughout the state – in malls, religious organizations, conferences, etc.

Want more information? Call VBCF at 1-800-345-8223.

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF supporters. If you wish to support VBCF, or have any editorial comments, please call 1-800-345-VBCF or write to: Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Richmond, VA 23230