2013: Year in Review

Thank you! You have helped VBCF make a difference in the lives of Virginians impacted by breast cancer. Your support made 2013 a productive year for VBCF. Here are some highlights:

Distributed almost 100,000 free pink ribbons attached to bilingual education cards with prevalence rates, detection tool information, and Every Woman’s Life contact information along with additional take-away educational materials and resources through our Breast Cancer is More Thank a Pink Ribbon Campaign.

Awarded a total of $5,250 to eighteen library systems, for the purchase of breast cancer books and resources for local library patrons. Since 2000, VBCF and its chapters have provided more than $55,000 in grant funds to support local libraries across VA through our Library Outreach Program.

Launched a Mini-Grant Program in 2013 awarding more than $3,000 to five non-profit organizations - Daughter Connection of Hampton Roads, Inc., Nueva Vida, Northern Neck Free Clinic, Crossover Ministries, Sisters Network Central Virginia, Inc. These grantees provided breast health education services in local communities across the state, educating more than 1,200 Virginians.

Partnered with the Central Virginia Breast Cancer Coalition and other local cancer organizations to host The Survivorship Journey: A Conference for Cancer Survivors and Their Caregivers. The conference was free and was attended by 175 participants.

Hosted Breast Cancer Lobby Day at the Virginia General Assembly. VBCF coordinated the statewide effort in partnership with the American Cancer Society, Nueva Vida, Sisters Network, and Susan G. Komen for the Cure.

Led a group of advocates to meet with our congressional legislators in partnership with the National Breast Cancer Coalition’s National Lobby Day in Washington, D.C.

Coordinated Becky’s Place educational tent at the Remote Area Medical program in Wise, VA. During the three-day period VBCF volunteers, made up of cancer survivors, nurses, and pharmacy students, taught 20 classes and offered tobacco cessation counseling to hundreds of people.

VBCF is Awarding $5,000 to a Deserving Breast Cancer Advocate!

Are you passionate about ending breast cancer? Do you have a desire to learn about the science of breast cancer? The Karin Decker Noss Scholarship was created to honor the memory of Karin Decker Noss, a dedicated board member and past president of VBCF. The scholarship funds training in medical research and legislative advocacy to carry on the work that Karin began. Visit www.vbcf.org/karin-decker-noss-scholarship to learn more and apply. The application will be available by February 28, and the deadline to apply is March 31, 2014.

Visit page 5 to read about our most recent Noss Scholarship recipient’s experiences.
VBCF is excited for 2014!!! It was with great excitement that I accepted the position of Board President. For several years now, I have talked with family, friends, and community members with a greater sense of awareness and education about Breast Cancer. Often, I am asked who I lost or who in my family has been impacted by Breast Cancer? My connection to VBCF is in understanding the intensity and gravity of the disease. How common it has become and the fact that I have a mother, a wonderful wife and 2 young daughters at home. I am choosing to learn more and advocate in hopes that this knowledge raises awareness and education for everyone - Even those not yet affected by the disease. I have been fortunate enough to learn from some incredible past VBCF Presidents - Most recently, Meg Shrader. Meg has been an inspiration and a fearless leader in the community and for our Board of Directors. She carries an intensity that calls people to action - A skill I have been inspired by and hope to continue for VBCF.

The Board of Directors has been unwavering and passionate about the mission since inception. The mission has remained the same, but the way we continue to strengthen our mission is ever changing. We understand that being relevant and honest is the number one way to connect with the community. Our dedication to Virginians will only continue to grow as we find new and exciting ways to connect. We understand that our mission is irrelevant without community involvement. As our former President says, “Our supporters’ reasons for volunteering and their talents are as varied as the reasons that we wear the ribbon.”

My simple request to you is to decide on one way that you will impact our mission - handout our pink ribbon education cards, purchase a pink ribbon license plate, share our information with someone in need, volunteer at one of our many exciting events, or call your community to action. We are great as one but powerful as many. Be a part of our fight. Be the reason that someone learns more. Speak on behalf of those who are currently fighting.

VBCF looks forward to 2014,

Pete Shrock, President
Board of Directors
Volunteer Opportunity!

Volunteer Opportunity!

Volunteer Opportunity!

Volunteer Opportunity!

Volunteer Opportunity!

Pink Ribbon Campaign: Each year VBCF distributes thousands of free pink ribbon education cards to raise awareness of breast cancer. Last year VBCF distributed almost 100,000 pink ribbons statewide. This year our goal is to distribute 120,000 ribbons across the Commonwealth. Each pink ribbon is attached to an information card that contains basic breast health information.

We need volunteers to assist us with attaching the pink ribbons to the information cards and placing them in packages of 100 for distribution. The ribbons are already cut and pinned. This is a perfect project for a student (or other) group! Please contact jennie@vbcf.org or 800-345-8223 ext. 204 if you are interested in volunteering.

VBCF Welcomes New Board Members

Lisa DeFerrari

Lisa DeFerrari was first diagnosed with breast cancer over twenty years ago and since that time, has followed the progress being made against the disease. After a second diagnosis of early stage breast cancer in 2005, she completed the National Breast Cancer Coalition’s Project LEAD program, and has served as a patient advocate reviewer on panels reviewing breast cancer research proposals for the Department of Defense Breast Cancer Research Program and the California Breast Cancer Research Program. Lisa has been an active volunteer with VBCF since 2012, serving as a member of the Advocacy Committee, participating in the State and National Lobby Days and representing VBCF as an advocate attendee at the San Antonio Breast Cancer Symposium. She has a master’s degree in business administration and worked for the federal government/Federal Reserve Board in Washington, D.C. for 30 years. She lives in northern Virginia with her husband and dog. She enjoys hiking, playing golf, gardening and reading.

Jacqueline Ford-Condelli

Jacqueline Ford-Condelli moved to Hanover with her husband less than two years ago, having just retired from more than thirty years in management with the New Jersey Courts. She began looking for opportunities to volunteer and found VBCF during her search. As a breast cancer survivor, she appreciated the organization’s goals to advocate for access to screenings and treatment for all who live in Virginia as well as provide current and accurate information about breast cancer to Virginians. Jackie credits her own ease of access to screening for early diagnosis and successful treatment on two separate occasions. Jackie has become very involved with VBCF, joining the Central Virginia Chapter, as well as the Education, Advocacy, and several Special Events Committees. She has a master’s in Human Services Administration from Rider University and has taught at the community college level. When not volunteering, Jackie enjoys attending music concerts and spending time with her college age daughter.

Sabrina Smith

Sabrina Smith is a Marketing Manager with Owens & Minor, Inc., a Fortune 500 company headquartered in Richmond, VA and a leading distributor of national name-brand medical and surgical supplies. She is responsible for managing the development and execution of marketing strategies that drive sales, increase brand awareness, and customer adoption of O&M’s private-label offering. She has worked with O&M for 20 years, ten in her current role and previously as an analyst for product and program management and organizational platform technology. Sabrina is community-minded and has been involved in other community causes including Grace Place, Lunch Buddies, and FeedMore. She has a bachelor’s in business administration from Averett University and is currently pursuing a master’s in marketing from Liberty University. She is married, lives in Ruther Glen, and has three sons between the ages of 12 and 24 years.

You may qualify for a free mammogram and pap test through the Every Woman’s Life Program.

Call to see if you qualify!

866-EWL-4YOU

Every Woman’s Life
A Virginia Department of Health Program

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Attending the San Antonio Breast Cancer Symposium (SABCS) as an advocate provides an excellent opportunity to learn about the latest research on breast cancer. At the December 2013 SABCS, attendees heard reports on clinical trial findings and on research efforts that are currently underway. Much of the research is long-term, but the next several years should be very interesting as more of these projects and clinical trials move forward. Here are a few of the highlights from the event.

HER2-Positive Breast Cancer □ Several studies looked at the role of the immune system in HER2-positive breast cancer and its treatment. One study found that levels of a type of immune system cell, known as “tumor infiltrating lymphocytes,” in a patient’s tumor can indicate the likelihood that trastuzumab (Herceptin) will be effective for that patient. Researchers are currently looking at various ways to bolster the activity of this immune system component. In another report, the small APT trial in lower-risk HER-2 positive patients showed that a less toxic form of chemotherapy (paclitaxel or Taxol), combined with Herceptin, may work just as well as a regimen that includes anthracycline, a more toxic chemotherapy. The Phase III BETH trial in higher-risk patients showed similarly equivalent benefits for a less toxic chemotherapy regimen, and also showed there was no benefit for these patients from the addition of the angiogenesis inhibitor, bevacizumab (Avastin) to their treatment.

Triple-Negative Breast Cancer □ There are several clinical trials currently testing a newer category of drugs, known as “PARP” inhibitors. PARP is a protein that is involved in repairing damaged DNA, and it can enable tumor cells to survive and grow. The I-SPY2 clinical trial is an ongoing, innovative type of clinical trial that is testing a number of different drugs. In this trial, drugs are given prior to surgery and their effectiveness is evaluated in the breast and lymph node tissue subsequently removed in surgery. In the I-SPY2 trial, the PARP inhibitor veliparib was tested in combination with the chemotherapy drug, carboplatin and standard chemotherapy, compared to standard chemotherapy alone. The veliparib/carboplatin combination was found to be particularly effective in triple negative breast cancer. The treatment combination will next be tested in a larger group of patients in a Phase III clinical trial.

Prevention Strategies for High-Risk Patients □ Another clinical trial reporting its initial results showed that the anti-estrogen therapy, anastrazole (Arimidex) could become a viable prevention strategy for women at high risk for breast cancer. The incidence of invasive breast cancer was 53 percent less in a group of 1,900 women receiving Arimidex, compared with another 1,900 women receiving a placebo. The women in this trial were followed for about five years, and longer term follow up will be necessary to see if these results hold up.

In very informative sessions for advocates at the end of each day, panels of doctors and researchers provide their insights on the day’s presentations and what the new research findings may mean for patients. In one of the sessions this year, some of the physician experts also talked about the impact of budget cuts on cancer research. The impact in 2013 was very significant, with many projects having to be halted mid-stream. They emphasized how important it is for all of us to let our representatives in Congress know how important to us funding for cancer research is. This is a concrete action we can all take to help ensure good progress continues to be made on these many outstanding research efforts.
My Karin Decker Noss Scholarship Experience
by Susan Siegel, VBCF Board of Directors

In April of 2012, I was the recipient of VBCF’s Karin Decker Noss Scholarship. Karin was a past President of VBCF and dedicated breast cancer advocate. The scholarship program was established to honor Karin’s memory by providing funding annually for one advocate to strengthen their knowledge and understanding of the science of breast cancer in order to advance education and advocacy in Virginia.

I began using this scholarship right away by attending the National Breast Cancer Coalition’s (NBCC) Annual Advocate Summit in Washington D.C. I rallied with advocates from around the country and shared our accomplishments of the past year. I learned of the latest research in breast cancer and strengthened my advocacy skills. I then led a group of advocates in a meeting with Eric Cantor’s Legislative Aide.

One of the requirements for recipients of the Noss Scholarship is that they attend NBCC’s Project LEAD. Project LEAD is an intensive six-day course that teaches advocates from across the country the language and concepts of science with a focus on the biology of breast cancer, genetics, epidemiology, research design and advocacy. Did I mention it was intense? What an incredible experience where I gained a wealth of knowledge from some of the best teachers.

I then took this new found knowledge and attended the San Antonio Breast Cancer Symposium (SABCS) in December 2012. The symposium is held annually and brings together an audience of physicians, breast cancer researchers and advocates to hear about the latest advances in breast cancer research. This was exciting and overwhelming at times, and I was grateful for the evening Hot Topics sessions that the Alamo Breast Cancer Foundation hosted to help me fully understand the presentations of the day.

In February 2013, I led a group of advocates from several local cancer organizations to visit our representatives and their staff during our State Lobby Day. We encouraged them to support funding to assist Virginia residents to get the breast cancer treatment and services that they need. It is always rewarding to take the time to be part of our political process and make sure my voice is heard.

In April, I traveled up to Washington, D.C. to rally on the steps of the Supreme Court while they heard the case against Myriad Genetics. Until this case, Myriad Genetics held a patent on the human breast cancer genes, BRCA1 and BRCA2. How exciting it was to experience some of the events of that day.

The Noss Scholarship has allowed me the opportunity to gain knowledge to make me a more informed and confident advocate. I am grateful for the opportunities it has afforded me. I encourage anyone who wants to deepen his or her skills and knowledge to apply for the Karin Decker Noss Scholarship in the future.

We Need You!

Sign up today for National Lobby Day — Tuesday, May 6 — in Washington, D.C. VBCF will charter a bus from Hampton Roads to Yorktown to Richmond to Washington, D.C. where advocates will break into teams to visit our Representatives and Senators and lobby for important national legislative issues related to breast cancer. If there is enough interest, transportation will also be coordinated from the Blue Ridge area.

Your participation matters! Visit www.vbcf.org or call 800-345-8223 to register.

Join us on Facebook!

www.facebook.com/virginiabreastcancerfoundation

In December of 2013, I attended SABCS for my second time. This second time was less overwhelming and just as exciting. It was exciting to hear the latest developments in research and where we are going in the future. I impressed myself with how much science I understood and how far I had come.

Over the past two years, I have also had the opportunity to speak with many people as I staffed VBCF information tables and occasionally speak before community groups. Thanks to this opportunity, I did this with more poise and knowledge than ever before.

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Sharon H. Kohlenberg Healthcare Service Award

This award recognizes individuals employed in the healthcare field who “exhibit a deep and abiding commitment to the fight against breast cancer.” The award honors the memory and reflects the spirit of Sherry Kohlenberg, a co-founder of VBCF, who was a vibrant, competent healthcare worker and a dynamic breast cancer activist. Sherry died from breast cancer in 1993.

Presented to: Tiffany Lewis

Mrs. Tiffany Lewis is a Genetic Counselor at Virginia Oncology Associates in Norfolk, VA. In this position she works with patients and families to provide risk assessment for hereditary cancer syndromes, provide psychosocial counseling, and make referrals to allied health professionals as needed as well as local support groups. Going beyond just the clinical, Tiffany takes the time to explain the results of genetic testing to the survivor as many times as necessary. She shows sympathy and empathy as needed for survivors and loved ones. She gives survivors and loved ones time to absorb the information and takes the time to go over the information again to answer questions and clear up any misunderstandings. Tiffany takes the time to show the relationship between breast cancer and other cancers so that her patients have a better understanding of BRCA1/BRCA2 gene mutations.

Outside of the office, Tiffany has participated in the Many Faces of Breast Cancer and other educational forums to explain genetic testing. She lectures physicians, college students, and support groups throughout the Tidewater and Peninsula areas of Virginia on genetic testing and the impact of genetic counseling on breast cancer survivors. She has also volunteered as the walk-up race chair for Susan G. Komen for the Cure Tidewater Affiliate since 2006.

Mrs. Lewis works closely with breast cancer patients and physicians to promote progressive cancer care. She is diligent in expanding or increasing patient knowledge of high quality preventative education and cancer care. Tiffany exemplifies the spirit of the Kohlenberg Award, continuously striving to provide survivors, physicians, and students with a better understanding of the genetics of breast cancer.

Genetic Analysis of Breast Biopsies Study

The Army of Women is recruiting women for a research study of breast cells from biopsies of normal breast tissue, atypical ductal hyperplasia (ADH), and ductal carcinoma in situ (DCIS) to learn more about breast cancer progression. The research team will study biological markers (molecular characteristics or substances) to learn how they vary among the three different types of tissue.

You can join the Genetic Analysis of Breast Biopsies study if you match ALL of these MAIN categories:

- You are a woman between the ages of 39-65 and a resident of the United States
- You were diagnosed with atypical ductal hyperplasia (ADH) after July 2006
- You were diagnosed with ductal carcinoma in situ (DCIS) more than 1 year but less than 5 years after your original atypical ductal hyperplasia diagnosis. The DCIS and ADH MUST have been in the same breast.
- You were diagnosed ONLY with ductal carcinoma in situ with NO evidence of either invasive ductal or lobular cancer
- You know the receptor status of your DCIS diagnosis: the research team needs women diagnosed with estrogen receptor positive, progesterone receptor positive, and Her2/neu positive DCIS (ER+/PR+/Her2+)
- You did NOT receive breast therapy (i.e., radiation, chemotherapy, or tamoxifen) between the atypical ductal hyperplasia surgery and the ductal carcinoma in situ surgery. It is OK if you had treatment after surgery for your DCIS diagnosis.
- You have NOT tested positive for a BRCA1 or BRCA2 mutation (if known)
- You were NOT using birth control pills or menopausal hormone therapy when you were diagnosed with atypical ductal hyperplasia or ductal carcinoma in situ
- You were NOT pregnant or breastfeeding when you were diagnosed with atypical ductal hyperplasia or ductal carcinoma in situ

If you are accepted to participate, you will be asked to fill out a questionnaire about your family history [family cancer history, BRCA status (if known)] and details of your health history [information concerning your atypical ductal hyperplasia and ductal carcinoma in situ diagnoses]. You will also be asked to obtain from your doctor or pathologist pathology slides and tissue blocks from both your ADH and DCIS surgeries.

Visit www.armyofwomen.org/current/view?grant_id=696 for complete details and to apply to participate.
Nancy G. Dopp Volunteer of the Year Award

This award recognizes an outstanding volunteer who has contributed time, talent, and resources to the Virginia Breast Cancer Foundation. The award honors the memory of Nancy Dopp, one of the original members of VBCF and a passionate and tireless volunteer for the organization.

Presented to: Kathy Funk

Twenty years ago Kathy Funk was a young mother of three diagnosed with an extremely aggressive form of breast cancer. She joined the support group with Sherry Kohlenberg that worked on organizing what would become VBCF. Kathy joined the Central Virginia Chapter and volunteered to be the treasurer. After attending the chapter’s first Breast Cancer Awareness dinner, she immediately began to think of ways to turn it into a fundraiser. Kathy worked to publicize the event, bring in local celebrity wait staff, and made personal appeals to business partners and others to sponsor the event. Through her hard work and dedication, the dinner grew from raising about $2,000 in its first years to raising almost $20,000 in 2012.

Kathy has supported VBCF in many ways through the years. She participates in the Stay Abreast speakers bureau. She delivers donation checks to local libraries. She has served as the Central Virginia Chapter treasurer and president for multiple terms. Kathy has served on the VBCF board and she attends advocacy events at the local, state, and national level. She has shared her story with presentations at the Small Group sessions VBCF participates in at Medical College of Virginia. She is recognized locally as a breast cancer Super Survivor and has been asked to sit on various committees; most recently at Massey Cancer Center in 2012.

Not only a Super Survivor, Kathy is a Super Volunteer whose hard work and dedication have had a huge impact on VBCF at both the chapter and state level. VBCF is proud to present this award to Kathy Funk.

VBCF will begin accepting nominations for the 2013 Nancy G. Dopp Volunteer of the Year Award on February 28. The deadline for nominations is March 31, 2014. Visit www.vbcf.org/nancy-g-dopp-volunteer-of-the-year-award to learn more and to submit a nomination.

Creamy Chocolate Cheesecake with Sliced Strawberries

Ingredients

- 1 cup nonfat plain yogurt
- 4 ounces low-fat cream cheese
- 1 cup part-skim ricotta cheese
- 1 cup maple syrup
- 3 tablespoons cocoa powder
- 2 large egg whites
- 2 teaspoons ground cinnamon
- 1 teaspoon Kahlua
- 1 pint strawberries

Nonfat cooking spray

Directions

Preheat oven to 350º.

Coat an 8 x 8-inch pan with nonfat cooking spray.

Puree in blender the yogurt, cream cheese, ricotta cheese, maple syrup, cocoa, egg whites, cinnamon, and Kahlua. Pour in pan.

Bake cake for 50 minutes or until done. Let cool and decorate with slices of strawberries.

Makes 8 servings. Per Serving (approximate) - Calories: 98, Total Fat: 4 g

This recipe is from The American Cancer Society’s Healthy Eating Cookbook. Visit our website, www.vbcf.org/recommended-reading for a list of helpful books.

Want to receive the VBCF Connection, our monthly e-newletter?

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It's fast, easy & secure!

Want to Go Green?

Save paper and trees by receiving our newsletter via e-mail. Visit www.vbcf.org/go-green to sign up!

Supporter $50  Friend $100  Patron $250  Benefactor $500  Champion $1,000

Other $ ____________

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: ___________________________________________

City: ____________________ State: ______ Zip Code: _______

Phone: ____________________ Fax: ____________________ e-mail: ____________________

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