

The Fight Pink Report™

We are Fight Pink™

November 2008

“Cancer Defined” and the “Breast MRI” are the focus of this month’s Fight Pink Report. Additionally, Breast Cancer Survivor Tina gives her Personal Promise to save lives and end Breast Cancer Forever!

Cancer Defined

“Normal” cells have a specific life cycle. These cells divide to make normal cells, basically work in an “orderly fashion,” and are programmed for cell death, a process called “apoptosis.” Cancer cells lose the ability to stop dividing. They continue to divide and do not undergo normal cell death. Basically, the cancer cells continue to grow, with no control and invade normal tissues and spread.

What is paramount to the survival rate of patients diagnosed with Breast Cancer is take action. Whether you are diagnosed with Stage 0 DCIS (Ductal Carcinoma in Situ) meaning it has not had the chance to spread beyond the breast yet or Stage 4, take action.

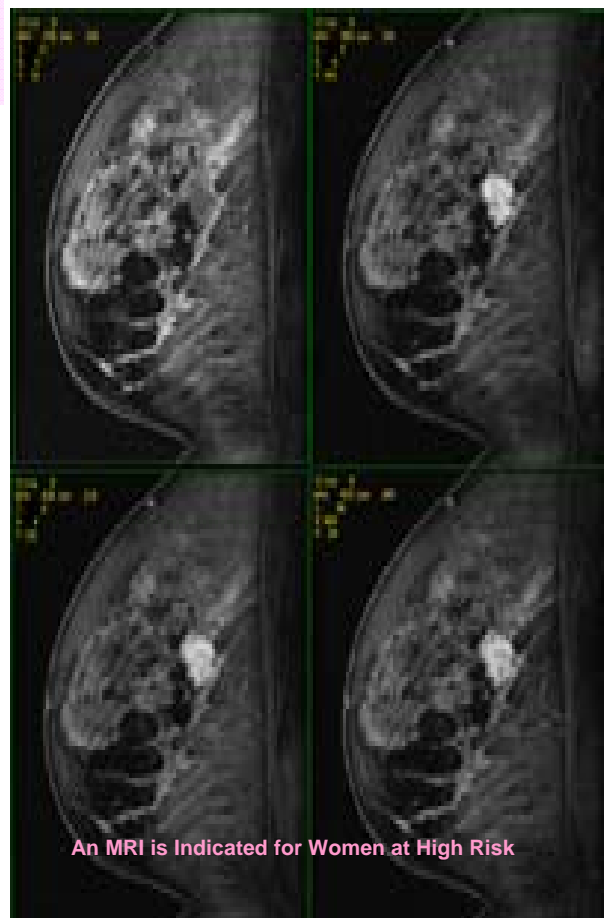
Breast Cancer is the most commonly diagnosed cancer in women, and the second most common cancer-associated death. One in 8 women during their lifetime will be diagnosed with Breast Cancer. In Nevada (Fight Pink Hqtrs) 1,180 will be diagnosed

and 330 women will die.

Early detection is the key. If you are diagnosed with an early stage Breast Cancer, take action, be informed! Ask your health care provider about an **MRI** of the breasts. It complements the mammogram; helps detect changes in dense breasts and may detect DCIS earlier. It is recommended for women who are at a high risk for Breast Cancer. Once you have been diagnosed, an **MRI** is indicated for follow up tests.

Never sit idle with a breast cancer diagnosis and just “watch.” Never think: “One of my friends has it, so I should be ok, 1 in 8 right?” These are actual conversations we at Fight Pink have had while raising awareness about breast cancer.

It is your life, and it is in your hands. Be informed about your treatment, ask questions, seek a second opinion, call or visit with a support group.



An MRI is Indicated for Women at High Risk

Fear or Financial Resources may stop you from seeking treatment. Visit the Support Resources we have shown here for information on the wide variety of support options available for you. Stay informed!

Remember that cancer cells do not know how to turn themselves off, and will replicate and grow until some form of treatment, some form of action is taken to stop the growth.

While speaking to Dr. Karen Milligan at Nevada Cancer Institute she stated that: “Breast Cancer is a Beast, and the earlier stage that it is found the better for the patient. Your chances for recurrence are much lower if your Breast Cancer is found early.” A stage 0 initial diagnosis has a lower risk of recurrence than a stage 4 initial diagnosis. The Key is to stay informed, listen to your body, listen to your intuition, and never give up!

Stacy Martello *The Fight Pink Alliance*

Support Resources

- Cancer Hope Network www.cancerhopenetwork.org 1.877.467.3638
- American Cancer Society www.cancer.org 1.800.227.2345
- PatchWorx Inc. www.patchworx.org 650.859.3382
- Onconurse.com www.onconurse.com
- National Cancer Institute www.cancer.gov 1.800.422.6237
- AMC Cancer Information and Counseling Line 1.800.525.3777
- ACOR.org www.acor.org Association of Cancer Online Resources
- Cancer Care www.cancercare.org 1.800.813.4673

If I Just
Breathe

Tina Koral

Your Personal Promise™

Whether a survivor or an activist, contact Fight Pink™ for details on how to submit "Your Personal Promise™" on how **you** are saving lives and helping to end breast cancer forever!

We are looking for real women and men who are survivors, activists, and want to contribute to the Fight Pink™ cause. We will post Your Personal Promise™ story; tell us how you are getting the most out of making a difference!

We take the stories put into our hands and from them build a bridge into other less informed lives, so that daily we pass over it on errands of education and awareness for the purpose of saving lives!

Stacy

Your Personal Promise™

Getting the most out of making a Difference,
Ordinary people doing extraordinary things!

Tina

Tina's Book Cover is posted in the picture on the left. Read all about her Personal Promise to help educate, as she shares her breast cancer experience, in her book "**If I Just Breathe.**"

Despite being a very private person, I have decided to share my story in an effort to help others. Over the last three years I have been writing a book about my experience, If I Just Breathe, and it is now available for purchase on my website, as well as Amazon .com.

Because breast cancer normally affects older women, there is very little information about how the disease impacts women under 40.

Breast cancer is a devastating blow to any woman, but young women often face a myriad of unique challenges, including higher mortality, threatened fertility, isolation, and a lack of informational resources targeted to our age group. I wrote the book so that I can share my story with other young women who are going through it and need hope, and for young women who do not have breast cancer, but need to know what to look for.

The book is also a fundraiser for two organizations that I believe in wholeheartedly, the Young Survival Coalition, and the I'm Too Young For This! Cancer Foundation. These two organizations will receive a portion of the profits. Please be aware that if you order the book on my website, more of your contribution will go toward these organizations. If you order on Amazon, they will take 40% off the list price, leaving less available for my donations.

Before I was diagnosed with breast cancer, I thought I was too young. So did my doctors.

Young women need to know that they are at risk just by being a woman! Please help me make this book a success by ordering a copy for yourself, and another for a friend.

Every woman needs to know they are at risk for developing breast cancer, and my story will help you understand what I went through physically and emotionally after my breast cancer diagnosis, and how to reduce the risk of malpractice or a delay in the diagnosis.

Thanks again for supporting this project! For more information about the book, and to order, please visit: www.tinakoral.com.

Tina

Fight Pink™



Breast Cancer
Need to Knows!

- **90% of Women who have breast cancer DO NOT have a family history**
- **Exercise 30 min 4x a Week**
- **Know your Risk**
- **Get Screened**
- **Watch the Scale. Extra Weight =Extra Risk.**
- **Know what is Normal for you**
- **Make Healthy Lifestyle Choices**

**Early Detection
Is the Key to Saving
Lives**

Donate today to Fight Pink™ at www.fightpink.org all donations go to Cancer Organizations and Individuals fighting Cancer. Fight Pink™ is a non-profit charitable organization. Visit our myspace at www.myspace.com/fight_pink

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