

The Fight Pink Report™

October 2008

**We are Fight Pink™. We are joining with the Fight Industry to raise funds and awareness to save lives and end Breast Cancer Forever!
October is Breast Cancer Awareness Month!**

Emotional Support is the focus of this report. Additionally, Breast Cancer Survivor Christina gives her Personal Promise to save lives and end Breast Cancer Forever!

What are your Emotional Support systems? Emotional Support systems can include: family, friends, support groups, co-workers, doctors, faith based groups, neighbors, and other survivors.

Types of Emotional support include: Cards from loved ones or friends, meals made by friends or family, or just coming over to help with the house-hold chores, even driving you to the doctor.

When you are diagnosed with Cancer you often feel alone and scared, having the emotional support is key to helping you take control of your destiny and help you throughout your survivorship.

Tell others you are a survivor; share your story, it helps when you share your experience. It is important to find meaning, and understand the greater purpose behind your illness.

Many times your emotional support system may change after your diagnosis; you may make new friends or loose touch with some others.

You must be accepting and understand that others that you were close with before your diagnosis, may not be able to help you during your survivorship.

Be patient with yourself, and give yourself time to adjust to the changes in your life. Talk, journal, what ever you need to do to find a way to make a difference.

Never give up the fight!

You are never alone with Fight Pink™ in your corner!

Visit Fight Pink www.fightpink.org



Amanda
Daughter of
Breast Cancer
Survivor
And
Founder of
Fight Pink™

Emotional 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
- Fight Pink www.fightpink.org 702.250.2374



Your Personal Promise™

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

Christina

Christina is pictured on this page with her family running in the race for the cure! Her Personal Promise is posted on Fight Pink™.

How did she fulfill her personal promise? She and her children posed along side 13 other *Surviving Mothers of Breast Cancer* and their children, for a Calendar to make their stand.

Alisa Murray took the pictures for the calendar and the benefits go to Cancer Organizations.

To see the calendar visit:
www.alisamurray.com

"Vision is when you see it and others don't. Faith is when you do it and others won't. With Vision and Faith, things can be done." Luci Swindoll

In Alisa's 2009 calendar, "Hope and Inspiration, Surviving Mother's of Breast Cancer", life overflows.

"Month after month, Hope Blooms as not only mothers are pictured, but their legacies are set ablaze as their children light the way beside them."

"Setting life on fire...that's what today was all about... sharing Alisa's precious gift with the world. It was our turn to give back to the cause."

Christina

Fight Pink™



WHAT YOU CAN DO

- **Get Screened. How Often?**
You decide with your doctor
- **Self Checks. Report any changes. Listen to your intuition.**
- **Eat more Vegetables and Fruit, their fiber and antioxidants can help.**
- **Exercise. Do what you love.**
- **Watch the scale. Extra Weight =Extra Risk.**
- **Don't Smoke Give it up if you do.**
- **Drink Less Alcohol-Live More!**

Early Detection Is the Key to Saving Lives

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™ website. We will post Your Personal Promise™ story; tell us how you are getting the most out of making a difference!

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.

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