Motivation & STRENGTH

Local women share their stories about battling cancer

A special publication of the Kentucky New Era.
Oct. 17, 2011
Dear Kentucky New Era readers,

statement during National Breast Cancer Awareness Month. Not only, each of you reading this has been or will be im-
formed about breast cancer in some man-
ner, be it yourself, through a family member, a co-worker or a friend. One out of every eight women in this coun-
try will be directly affected by this dis-
 ease.

I know this because I am thankful to say my mother is a 12-year survivor of this terrible illness. She survived be-
because the cancer was found early dur-
ing a routine mammom- 
gram. Affirming our commit-
ment to fighting this dis-
ease, the Kentucky New Era began its focus on breast cancer in the annual W omen’s Health Show at the James E. Bruce Convention Center. The forum continued Oct. 1 when we published the entire Kentucky New Era on pink paper with cancer-related stories in each section.

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For the second straight year, the Kentucky New Era began its focus on breast cancer in the annual Women’s Health Show at the James E. Bruce Convention Center. The forum continued Oct. 1 when we published the entire Kentucky New Era on pink paper with cancer-related stories in each section.

I also want you to know that our ef-
case for my doctor and I had witnessed many patients receiving screenings that they had never anticipated. I made the decision to have it checked out the next day, just to be on the safe side. The surgeon was out of the town but returned later that day.

After my exam, he explained that he felt a lump in the same area and that I should not try to aspirate the lump. He ap-
proached me with a needle and explained that he was trying to draw fluid from the lump. That was a good five years before it could just be a cyst, and if he could draw fluid, we may wait to see if it goes away. After several attempts, it was decided that this lump was not full of liquid but instead was a hard mass. He asked his nurse to schedule me for a mammogram and he showed me how far we have come in the last 30 years with preventative care. The mammograms were not routinely per-
formed at that time.

The mammogram was free.

In my world and not in a good way. I was told I had a suspicious tumor that may be breast cancer, and I needed to have it surgically removed.

He asked that I go home, dis-
cuss this with my loved ones and decide what to do. I drove home in a complete fog. I was stopped by a state trooper who asked what my hurry was. I told him exactly what my on my gut this was the best decision for me.

I really never thought of any cosmetic issues at the time. I choose to get rid of the dis-
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duced the annual Women’s Health Show at the James E. Bruce Convention Center. The forum continued Oct. 1 when we published the entire Kentucky New Era on pink paper with cancer-related stories in each section.

I am proud and thankful to say that “I am a survivor.” At the age of 30, I could not have un-
derstood the tremendous impact that profound statement would have on the rest of my life.

I met a wife with a wonderful husband, a mother of two beautiful young children and had a wonderful job as a pre-

I chose to remain in Hopkinsville to have my surgery. The surgeon said the tumor I had was the size of a pea, and the fact that I found it early possibly saved my life.

He had seen nothing to indicate I should have another con-

The margins were clear and further testing of tissue re-

I am blessed to see my grandchildren graduate from high school.

I should have another con-

I began planning for worst case scenarios “just in case.” I did not want to leave my family with any more than having to deal with the loss of a wife and mother.

My prayers always included “God, please let me live to see my children graduate from high school.”

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For registered nurse Sheila Sadler, increased awareness about cancer has made treating patients much easier.
Sadler works in the E.C. Green Cancer Center at Jennie Stuart Medical Center with radiation oncologist Dr. Michael Murray. She has worked at the hospital since 1990.
At the start of her career, Sadler said cancer patients knew less about the disease and weren’t as open to talking about it.
“As cancer awareness and education have improved, though, Sadler said patients are much more knowledgeable and engaged in their treatment.
“People are more informed and better educated,” Sadler said, attributing some of the awareness to the Internet.
“Sometimes they are confused but definitely better informed. A woman with breast cancer, when they come in, may have talked with three or four other women already.”
Sadler meets with cancer patients as they are preparing for radiation treatments. Before her patient’s first visit, Sadler will examine his or her medical history and various test results. Sadler talks with the patient for 30 or 40 minutes on the first visit, educating them about radiation and what they might experience during treatment.
After her meeting, Sadler said Dr. Murray will sometimes spend 30 minutes to an hour with a patient, discussing cure rates, long-term side effects and goals for the treatment.
“The meetings, Sadler said, are to help educate patients and ease their anxiety.
“The more that person understands about their diagnosis and treatment options, the less anxious they will feel and the better decision they will make,” she said.
Sadler said she is sometimes correcting misinformation a patient may have about their disease.
“The things they are informed about, they may be confused about also,” she said. “They may be anxious about the information they have read, but they are asking good questions. They are better informed about what questions to ask.”
Sadler said she and Dr. Murray work together very closely, seeing sometimes between 25 and 30 patients a day. Sadler monitors patients’ conditions during treatment to see if there is any way to lessen side effects.
“If there is something going on, I am going to see them and determine whether or not they need to see the doctor,” she said.
Sadler said side effects differ depending on what area of the body the radiation is targeting.
With improvements in radiation technology, though, Sadler said they have been able to minimize side effects.
With one form of radiation, Intensity-Modulated Radiation Therapy, she said doctors are able to deliver a high dose of radiation to a malignant tumor while minimizing the dose to the surrounding structures.
“Twenty years ago, it was common for a man receiving radiation treatments in his pelvic area to have a lot of diarrhea,” she said. “Now it is very uncommon because we are able to block out more of their bowel.”
Sadler stressed the importance of technological advances in improving treatment.
“We have in better technology in planning and better technology in delivering,” she said.

CHANGES OVER TIME
Nurse reflects on improving treatment options

BY EDWARD HOG

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Paint the Town Pink
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For more information contact your physician or the Jennie Stuart Medical Imaging Center, 270.887.0132.
Managing a secondary lymphedema

“The positive attitude during this treatment journey has been made possible by my faith in God. The doctors and personnel of E.C. Green Cancer Center were very kind, supportive and professional while administering my treatment.

Support from my husband, family and friends has also been vital to my recovery.”

Kasey Wheeler
Who suffers from lymphedema

mended and recently patented system called the “Flextox” system.

When questioned, the therapist who was treating me at Baptist Hospital in Nashville, was aware of this equipment. They advised it had been of great assistance to many of their patients and seemed to be the most successful piece of equipment developed for lymphedema treatment in a long time. This machine was acquired and has completely taken over my therapy.

Support from my husband, family and friends has also been vital to my recovery from this dreadful disease and for this I am grateful and appreciative.

Pink Out coming Oct. 28

Barb Heneisen expects to see the largest turnout for the second annual Pink Out on Oct. 28.

The event sponsored by WKDZ and WHVO Radio has partnered with area businesses and the Relay For Life groups from Christian and Trigg counties to raise breast cancer awareness and encourage people to seek early screenings.

This is the event’s second year in existence, and Henesien said she is excited for WKDZ and WHVO, said organizers are expecting a big turnout this year.

With very little planning and advance notice, we drew about 200 people last year,” Henesien said. “And, it was such a success that we know it can grow.”

The Pink Out will run from 3 to 5 p.m. and meet at Broad- bent Square in Cadiz. Every- one is invited.

The event will feature a mile walk, educational booths from area health agen- cies, cancer survivors from the community and more, Henesien said.

Beginning at about 3:30 p.m., there will be a presentation with local dignitaries, in- cluding the Relay For Life groups and Hopkinsville Mayor Dan Kemp. Cadiz Mayor Lynn Bailey should be there too, but he hasn’t con- firmed that yet, Henesien said.

The walk will kick off at 4 p.m. There will also be food and prizes, and the Lakehills Bouncers will be on hand for children.

Additionally, various tents will be set up, including ones for the Relay For Life teams, which will be raising money for the program against cancer.

WKDZ and WHVO will have their own booth, and it will be “loaded with pink hosiery and pink T-shirts,” Henesien said. The booth will also have information about early screenings. The can koozies are available for donations, which will be given to the Relay For Life groups.

“It’s a very casual event,” Henesien said. “The only structured part of it is the program at the beginning with the dignitaries and the mayors, and then the walk at 4 p.m.”

The Pink Out is the brain- child of WKDZ/WHVO Gener- al Manager Beth Mann. Henesien said Mann came up with the idea as a way to support local charities in the community while rais- ing awareness for a good cause.

Henesien said that even though they didn’t publicize the event very much last year, drew people from all around, and few who just happened to be passing by.

“Last year was our very first year, and we just kind of thought, ‘We’re going to give this a try,’” Henesien said. “Last year we even had people who came off (Interstate 24) just because they needed gas, and then they saw all these people in pink T-shirts and decided to stay for a while.”
A graphic designer by trade, Tiemeyer said she’s always better expressed her self visually than verbally. The photo was a way that she could communicate what she was going through without having to say a word. It was liberating.

“I tend to just tell people the good stuff,” she said. “I think this was my coming out, in a way.” This was the truth.

The truth was more than what any 25-year-old should have to accept. Tiemeyer was diagnosed with breast cancer just nine months after her wedding, after an initial mis-diagnosis of dense breast tissue. Chemotherapy, a modified radical mastectomy of her right breast and radiation treatments swiftly followed over the next seven months.

“We had just gotten married,” said her husband, Billy Tiemeyer, 29, who met his wife at a party when they were both college students. “We hadn’t even figured out what side of the bed we were w ith.” Despite his initial reservations about Jay’s project, he got on the Greyhound bus with his w ife to go to her first shoot. A nd earlier this month, an M R I revealed a cancer had spread to her bones. A nd earlier this month, an M R I revealed a cancer had spread to her bones.
Women from the local Pink Ribbon Network attended the Horses and Hope event Aug. 13 at Ellis Park. They were provided with lunch, door prizes and a day of horse racing. The Horses and Hope event is “a fun day filled with many other breast cancer survivors from surrounding cities,” said Ann Isom of the PRN. During the event, cancer survivors walk along a portion of the track in different sections, according to how many years they have survived after being diagnosed with cancer.

Members of the Pink Ribbon Network annually attend the Horses and Hope Event at Ellis Park in Henderson. Local PRN members standing with First Lady Jane Beshear (third from right) include (from left) Judy Shemwell, Kathy Anderson, Ann Isom, Lisa Cunningham, Diane Reddick and Carolyn Sholar.

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Above: The Pink Ribbon Network annual-ly participates in the Hopkinsville Relay for Life. Seen here (from left) are Mary K. Green, Judy Shemwell, Drae Print, Kathy Anderson, Ray Nave, Ann Isom, Carolyn Sholar, Angie Deon, Lacey Rogers, Karen Miffliner and their “special beauty queens,” Left members of the Pink Ribbon Network (top row, from left) Karen Wheeler, Carolyn Sholar, Lisa Cunningham, Dana Rich, and seated (from left) Vista Roberts, Kathy Anderson, Linda Purcell, Drae Print, Shantel and Linda Craft, Judy Shemwell, Ann Isom and Mary K. Green stand together at the Bunco Bash.

People went all out with their attire at last year’s Kentucky Bunco Bash.

Participants play away during the 2011 Bunco Bash, which supports the Pink Ribbon Network. For more information about the event, see Page 10.

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A diagnosis of cancer is not only life-altering for the patient, but also the family and friends who take on the role of caretakers. That is the focus of Martina McBride's new song and video, “I'm Gonna Love You Through It,” and members of the Womans’ cancer battle draw s attention of Martina McBride.

Lindy’s son, Jesse Harmon, who was 19 years old when his mother was diagnosed. “I felt like a four-year-old boy,” Lindy said. “I can’t help but cry when I think about it. We are doing just fine.”

Several of the family members and friends who take on the role of caretakers, Lindy speaks at the end of the video about her care team. “At the beginning of the video, we are sitting beside him smiling. Lindy appears in the video with fellow cancer survivors Sharyl Crow, Robin Roberts, and Sheryl Crow. The video can be viewed at www.cmnt.com. It is a tear-jerker with comments being shared by the family and the people who have loved them through it.

Here is how Lindy wrote to Martina McBride and her video producers to be considered for “I'm Gonna Love You Through It.”

"There was just the way we were brought up that was the norm," said Hoyt, who has lived in Adamstown since 1994. "Our mother was there for us, it was for us to be there for her. We had to be there."

"While we didn’t know what women with breast cancer were going through," said Lindy, "I always joked that he didn’t like me much when we were little, but I knew he loved me so much.

"The stem cell transplant took place on April 13, 2009. During the process of the transplant and recovery, Lindy spent 113 days at the Hope Lodge in Nashville. She had to be within 10 minutes of the hospital and spent most of the days being treated.

"I didn’t feel great, and I was breaking out in sweats. It was a really bad day," said Lindy, who now lives in Franklin with Daniel. After encouragement from a co-worker and her daughter in law, she decided to make a trip to the emergency room.

"That simple trip to see what was wrong with her shoulder turned into her being admitted to the hospital and a diagnosis of stage four mantle cell Lymphoma.


"I couldn’t believe what the doctors were telling me," said Lindy, and she began to conclude that it must be a sugar-coat anything. They ran a scan of her head, and I didn’t even want to do it, and I didn’t like what it was telling me." Lindy’s older brother, Dale, also had Non-Hodgkins Lymphoma.

"The painless process of a stem cell transplant began and Lindy’s older brother, Dale Murphy was a match. He is the retired police officer of Murfreesboro Police Department. His retirement came after he was hit by a car in an automobile accident just a few months earlier. But he made the trip to the Santrip Ranch Cancer Center in Nashville to be poked and jabbed and his bone marrow harvested.

"I can’t ever thank him enough for doing it," said Lindy. "I always joked that he didn’t like me much when we were little, but I knew he loved me so much.

"The stem cell transplant took place on April 13, 2009. During the process of the transplant and recovery, Lindy spent 113 days at the Hope Lodge in Nashville. She had to be within 10 minutes of the hospital and spent most of the days being treated.

Hope Lodge provides a free place for cancer patients to stay if they live 40 miles or more from Nashville. Hope Lodge is one way devastation of the American Cancer Society are used to directly benefit cancer patients.

"Different organizations and church groups would put in meals and caregivers would provide meals for those of us staying there," Lindy said. "My mom would go to the kitchen and cook spaghetti for all the patients and caregivers.

"But first, we needed to find a donor match. He went through testing and was approved and gave back a second time and gone back a second time and given again when I needed him. Dale Murphy, you are my hero. He saved my life. I cry as I say this. He had just received a stem cell transplant.

"I realized he didn’t really dislike me. I have to thank you, Dale. Dale, you are my hero. I would not be here if it wasn’t for you."

"I'm Gonna Love You Through It" was written by Mary Ann Sheehan and Michael Mahin and produced by Ryley Wylde. It was released as the lead single on her ninth studio album, Love, Hope &发展壮大.
When local organizers first began the Bunco Bash in 2010, they wanted to find a partner because they thought the event needed some support.

The bash, which has drawn 42 to 55 players from a handful of different states for three days of Bunco, had to get the community involved in order to be successful, said Cheryl Cook, tourism director for the Hopkinsville-Christian County Convention and Visitors Bureau.

For Cook, getting that involvement meant finding the right group in the community.

“We wanted to partner with somebody because we wanted to make it a community event and get that community involvement,” Cook explained, “so we got involved with the Pink Ribbon Network.”

What she found in the Pink Ribbon Network was a partner that knows a thing or two about supporting others.

And now, two Bunco Bashes later, the event is heading into its third year and also lends its support to the Pink Ribbon Network.

The first day of the Bunco Bash, a Friday, will be for people to register and learn how to play the simple game involving three dice.

The Bunco Bash will roll from March 20 to March 21. Cook stressed that people in the community are invited to participate any one of the days or all three if they choose.

The event will ramp up the next day, a Saturday, and end on Sunday with the grand prizes.

Last year, because of sponsorships, the bash awarded almost $4,000 in prizes over the course of three days. And there will be prizes all three days again this year, Cook said.

“We start on Friday night and people registered. There will be prizes all three days or all three if they choose. The event will ramp up the next day, a Saturday, and end on Sunday with the grand prizes.”

**Secretary of state diagnosed with breast cancer**

FRANKFORT, Ky. (AP) — Secretary of State Elaine Walker said Wednesday she has been diagnosed with breast cancer after a routine mammogram.

Walker, 60, of Bowling Green, told reporters that because of early detection, “the prognosis is excellent.”

Walker said she has begun meeting with a nutritionist to determine the best course of treatment, which will be private and decided within her family. She said it is her priority to maintain a regular work schedule for the remainder of her term.

Walker, accompanied by her husband, Dorian, informed her staff early Wednesday before announcing the diagnosis publicly at a news conference in her Capitol office. She used the occasion to encourage all women to get routine mammograms and to perform self-exams to catch breast cancer early. Apptointed to the job by Gov. Steve Beshear, Walker has 2 1/2 months remaining in her term.

She said she plans to maintain a regular work schedule, particularly with the general election approaching.

“I have not, and will not, use my family’s loss even though I have a strong family history,” she said.

**Diagnosed with breast cancer in October 2007, Mary K. Green had a bilateral mastectomy in January 2008. After her surgery, Green, whose cancer did not return, began working with the local Pink Ribbon Network, buying and embroidering blankets for breast cancer patients. Using an embroidery machine, Green adds the Pink Ribbon Network’s name to all of the blankets. “You start thinking, ‘What can I do to help?’” Green said about her getting involved with the blankets. “Anything I can do, I’ll be glad to.” Now those blankets are being given to women who are battling cancer, and they often take the blankets with them to chemotherapy sessions.**

**When, 5-9 p.m. March 23 (registration begins at 4 p.m.); March 24 with two hours for lunch and March 25, another long lunch break.**

**Where:** James E. Brown Convention Center, Hopkinsville

**Cost:** To register for all three days is $25 for people who only want to play for one day.

**Information:** Email Cheryl Cook at ccook@visithopkinsville.com or call the Hopkinsville-Christian County Convention and Visitors Bureau at 270-845-9009.

**With practice roll-offs and get people registered. There will also be door prizes that night.**

Cook said, “Then we’ll play Saturday from 9 a.m. to 6 p.m. with a two-hour lunch in the middle so (participants) can get out and do some shopping, because we want to showcase the things from the local stores for those out of town players, they play again Sunday from 9 a.m. to 1 p.m. with another long break in the middle.”

Because people are constantly leaving and coming in, Cook said, the Bunco Bash also provides a great opportunity to make some new friends.

Cook added that this is a great way for people to register and learn how to play the simple game involving three dice.

“Really it’s mindless,” she said. “You don’t have to have played before to come. You can come Friday night, and if you’re not feeling up it’s not brain surgery you just have to have fun and enjoy the company.”

**Warmth for women**

**Diagnosed with breast cancer in October 2007, Mary K. Green had a bilateral mastectomy in January 2008. After her surgery, Green, whose cancer did not return, began working with the local Pink Ribbon Network, buying and embroidering blankets for breast cancer patients. Using an embroidery machine, Green adds the Pink Ribbon Network’s name to all of the blankets. “You start thinking, ‘What can I do to help?’” Green said about her getting involved with the blankets. “Anything I can do, I’ll be glad to.” Now those blankets are being given to women who are battling cancer, and they often take the blankets with them to chemotherapy sessions.**

**PHOTOS SUBMITTED**

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Brazil. The very first importance our family physician, Dr. with this by myself. I went to realized that I couldn’t deal helm ed by it all. I soon came completely over—normal routine, but I was what? It was the first of many sleepless nights that I would encounter. I cried quietly, trying not to wake anyone. I desperately tried to remember everything I had been told that day, but I couldn’t. The medical terminology was like a foreign language that I didn’t understand. My brain was like a sponge, trying to soak up all the information they were giving me. My diagnosis was still so new I couldn’t say it out loud. My diagnosis was the best news I had ever heard stories from many different people about their experience. Every testimony was different. Most were really inspiring, while others were downright alarming. By the time, I got the phone call to start radiation therapy, I was frightened out of my mind about it. I had already de cided that I was not going to do it. As I expressed my concern, he told me about breast cancer. I couldn’t blame myself for it. I didn’t do anything to cause it. It just happens when cells grow out of control. This was my starting point to getting well again. I believe that God always guides us in the direction we need to go and puts the right people in our lives at exactly the right time and place. Cindy and I took our seats among the many other women who were at the meeting. One after another, each person disclosed the date of their diagnosis. Some, it had been several months. For many, it had been several years. For me it had only been three days! It sounded strange and intimidating to hear myself say it out loud. My diagnosis was still so new I couldn’t even think about it without tears filling my eyes. As I sat there, I realized that every woman in that room had already gone through what I was facing. Everyone there was eager to answer my questions and lend support. My brain was like a sponge, trying to soak up all the information they were giving me. The Pink Ribbon Network provided me with several books and pamphlets about breast cancer. After reading them several times over, I felt much more knowledgeable about what I was dealing with. I was still extremely nervous about having surgery, but I knew it was the only way to get rid of the cancer. Unfortunately, the tumor had an indentation that caused the margin to split while it was being removed. An MRI, at the Vanderbilt Breast Center revealed there were no visible signs of cancer cells that had spread. It was a huge emotional relief. Family and friends helped me tremendously during my recovery process. I had several visitors and phone calls to help brighten my days. I heard stories from many different people about their experience. Everyone was different. Most were really inspiring, while others were downright alarming. By the time, I got the phone call to start radiation therapy, I was frightened out of my mind about it. I had already decided that I was not going to do it. As I expressed my concern, he told me about breast cancer. I couldn’t blame myself for it. I didn’t do anything to cause it. It just happens when cells grow out of control. This was my starting point to getting well again. I believe that God always guides us in the direction we need to go and puts the right people in our lives at exactly the right time and place.
Breast Cancer Awareness Month, we remember the mothers, daughters, friends, sisters and wives who have lost their lives to breast cancer. We also salute the survivors whose successful fight against breast cancer gives us hope for the future and a cure.

Dedicated to a Cure, in the Name of Love.

In 2011, it is estimated that over 230,000 women in the United States will be diagnosed with invasive breast cancer, and that there will be more than 39,000 breast cancer deaths. Experts agree that early detection of breast cancer saves lives. Screening tests can help diagnose breast cancer in its early stages, when it's most treatable. Doctors recommend a clinical breast exam every three years beginning at age 20, and a mammogram every year starting at age 40. Breast self-exams and healthy lifestyle choices that include exercise, good nutrition and not smoking can also help protect women against the threat of breast cancer.

During October, National Breast Cancer Awareness Month, we remember the mothers, daughters, friends, sisters and wives who have lost their lives to breast cancer. We also salute the survivors whose successful fight against breast cancer gives us hope for the future and a cure.

Signs and Symptoms of Breast Cancer

The widespread use of screening mammograms has increased the number of breast cancers found before they cause any symptoms, but some are still missed.

The most common sign of breast cancer is a new lump or mass. A lump that is painless, hard, and has uneven edges is more likely to be cancer. But some cancers are tender, soft, and rounded. So it's important to have anything unusual checked by a doctor.

Other signs of breast cancer include the following:

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk

Sometimes breast cancer can spread to lymph nodes under the arm and cause a lump or swelling there, even before the tumor in the breast tissue is large enough to be felt. If you have any symptoms that might be a sign of breast cancer, be sure see a doctor as soon as you can.

Thanks to these local businesses for helping us bring more awareness to this deadly disease.
<table>
<thead>
<tr>
<th><strong>Beth Casey</strong></th>
<th><strong>Kay Nave</strong></th>
<th><strong>Michelle Roeder</strong></th>
<th><strong>Kathy Anderson</strong></th>
<th><strong>Karen Wheeler</strong></th>
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<tbody>
<tr>
<td>We give all our Love, Support &amp; Prayers during your journey and always.</td>
<td>We love and support you.</td>
<td>1 year cancer free. I love you and support you.</td>
<td>What a blessing you are to our family. We love you! Tommy, Leslye &amp; Tammy</td>
<td>Karen, your upbeat attitude, strength, and positive spirit have been an inspiration to your husband and entire family.</td>
</tr>
<tr>
<td><strong>Your Family</strong></td>
<td><strong>Your Family</strong></td>
<td><strong>Becky</strong></td>
<td><strong>Your Family</strong></td>
<td><strong>Love Darrell</strong></td>
</tr>
</tbody>
</table>

**Ann Isom**
We are so proud of you. You are such an inspiration to us and many others. We Love You!
Clay, Stacy, McKenzi & Cady

**PK**
You are special and we love you so much. May you continue to inspire others.
Love, Mabry, Hunter & Bennett

**The JSASC supports our Breast Friends!**

**Judy Shemwell**
Hi Mimi
We love you.
Cadence & Donovan

**Judy Shemwell**
We love you and are proud of your courage for fighting the battle against breast cancer.
Your family, Larry, Scott, Stephanie, Aron, Mom & Carolyn

**Kathy Anderson**
Our Nana Beat Cancer! We Love You!
Emily, Scotty, Riley & Ty

**Brenda McKinnis**
To the best woman we know! We are proud of you and admire your strength. We love you lots!
Your Family

**Ellen Houchens Skinner**
10 Years FREE! We are so proud of you. We ALL LOVE YOU.
Mom, Dad, Doug, Rhonda, Brittany, Mark, Becky & Bill

**Pink Ribbon Network Sisters & other breast cancer survivor friends**
Love you all, Ann Isom

**Susan Elliott**
5 Year Survivor. You are an inspiration to us and we love you very much.
Mom, Dad, Sheryl, Kenny, Colton & Steve

**Judy C. Smith**
She lost the battle. We will continue the fight for a cure.
In loving memory, Mom & Brother

**Becky Wood**
As an 12 year survivor, we are proud of your continued courage, strength and determination.
Love, Taylor, Tom, Helen & Families

**Wilma L. Brettschneider**
A strong woman & tough survivor of 2 mastectomies, each ten years apart. Had it not been for the stroke, you would still be with us!
In loving memory, Nina, Jessica & Jennette

**Martha Smith**
We are proud of your courage and strength in your battle against breast cancer. You are such an inspiration!
We Love You, Your Family

**Join Us In Celebrating These Courageous Women!**

"Courage is the art of being the only one who knows you’re scared to death!"
For most of my 40 years, I considered myself to be healthy. I exercised regularly and considered what I considered to be a healthy diet. I had thought about training for a long-distance race, but the more I read about the training and discipline it involved, it became overwhelming. At that moment, I was extremely involved in my career. I was promoted to pharmacy manager and completed diabetes disease-management training. The next step was to become an immunizing pharmacist. Little did I know there was a cancerous growing inside my right breast.

After my two mammograms, an ultrasound and a needlepoint biopsy, I was confident my diagnosis would not be breast cancer because I felt so healthy. But it was. I can recall July 2008 vividly in my mind as my cancer surgeon was so sorry to inform me at work that the 4x4 walnut-size mass growing inside me was an aggressive cancerous tumor that needed to be removed immediately.

I cried desperately to hold back the tears and to remain strong but quickly my world began to falter, and I no longer had the control.

After reading and studying about this intimidating disease, I became more curious with my diagnosis of breast cancer. Although there are many different causes of cancer, I began to better understand the correlation between cancer, nutrition and exercise.

The National Cancer Institute estimates that at least 50 percent of all cancers have a dietary factor. There is no food or diet that can prevent breast cancer. But some foods can boost the immune system, and help keep the risk for breast cancer as low as possible.

Research has shown that getting the nutrients from a variety of foods — especially fruits, vegetables, legumes and whole grains — can make your body feel the best and provide the energy it needs.

In addition to eating right, exercise plays an important role in preventing the occurrence of breast cancer. Although I had worked out in the past, I realized I probably had not been doing it properly.

After healing completely from chemotherapy and radiation treatments, I decided to learn more about the science behind diet and exercise to help me maintain a healthier body. After being diagnosed with breast cancer, I realized there are many factors that can contribute to the development of cancer.

I have only one short life to live and even though I may not be able to control the external factors that can cause harm to my body, I can control what I decide to put into my body and the amount of exercise I can do.

I believe our bodies were not designed to handle excess processed foods but with the proper diet and workout regimen, it is possible to be the best you can be.

...It is the emotional support of these women who have been there before you that eases the stress and fears of breast cancer.

Judy Stewell
About the Pink Ribbon Network members

Finding a correlation between cancer and lifestyle challenges that change a life

...Chemotherapy and radiation. They were understanding of my fears and willing to patiently answer any questions I had. I would also like to thank Kathy Anderson and Lisa Cunningham of the Pink Ribbon Network. It was their own personal experiences with breast cancer that led to the creation of this important local breast cancer support group.

This group reaches out to women diagnosed with breast cancer. A “support bag,” consisting of a small pillow, a monogrammed Pink Ribbon Network blanket and important information about breast cancer, is given to those diagnosed with the disease.

However, it is the emotional support of these women who have been there before you that eases the stress and fears of breast cancer. I never would have been able to survive the challenges of my life without God’s grace. Also, the support and prayers from family and friends, and even many strangers, were a great comfort to me during my battle with breast cancer. A heartfelt “Thank You” goes out to all of them.

JACKIE STRICKLAND'S STORY

Finding a correlation between cancer and lifestyle

...it has thrown some challenges my way. I have a special need-lesson and a wheelchair-bound husband, who was seriously injured in 1997 in a work-related accident. God has given me the ability to face these challenges with strength and determination.

Nothing has challenged me like the diagnosis of breast cancer I received in April 2008. I knew the results of my annual March mammogram were not great, but my surgeon asked which surgeon I preferred.

In April, I went for a biopsy on my right breast and was diagnosed with an infiltrating ductal carcinoma, grade III. “The name alone was enough to scare me.”

In May, I had a mastectomy of my right breast. After surgery, I used a soft fabric and after about six weeks, I wore a permanent prosthesis.

In June, a vasport catheter, also known as an IV port, was surgically inserted. This port is used for labs and chemotheraphy treatments. I received my chemotherapy in a large room filled with other patients and chemotheraphy treatments. I received my chemotherapy treatments in a large room filled with other patients who were also getting treatments.

I am in awe of how quickly deep friendship can develop in the midst of illness. When my surgeons and nurses were all gone, my friend, Lisa—whom I met through chemotherapy—continued to support me.

I was lucky the chemo made me physically ill only a couple of times. I had previously experienced — split fingers, loss of balance, dizziness and nausea — that was the one that was extremely difficult to cope with was the fatigue.

The fatigue robbed me of my ability to do the by chores, provided by my friends and family, I had. But I’m a fighter, and I decided early on that I would not be defeated. I was diagnosed with a different type of cancer and died in April of 2009.

Beginning in March of ’09, I started my radiation treatments and completed all of my treatments by August of that year. What a wonderful feeling!

I would like to thank the oncology doctors, nurses and staff who helped and supported me during my chemotherapy and radiation. They were understanding of my fears and willing to patiently answer any questions I had.

I would also like to thank Kathy Anderson and Lisa Cunningham of the Pink Ribbon Network. It was their own personal experiences with breast cancer that led to the creation of this important local breast cancer support group.

This group reaches out to women diagnosed with breast cancer. A “support bag,” consisting of a small pillow, a monogrammed Pink Ribbon Network blanket and important information about breast cancer, is given to those diagnosed with the disease.

However, it is the emotional support of these women who have been there before you that eases the stress and fears of breast cancer.
We salute the local
Pink Ribbon Network!

What’s the Pink Ribbon Network all about?

By Melony Shipberger
Special to The New Era

Six years ago, Kathy Anderson was diagnosed with breast cancer, and she needed a support group to turn to for guidance.

“I didn’t know who to talk to about a wig or about anything else to help me get through this,” she said.

Anderson was not able to find a group to meet that need, leading her to begin a new journey that would enlighten and assist others.

In 2006, she formed the Pink Ribbon Network, and quickly, breast cancer patients found a place where they could seek some comfort and advice.

“I get a lot of calls, many of them knowing I’ve been through breast cancer, but they also want to know more about us because either they need us or know someone who might need us,” said Ann Isom, an active member of the Pink Ribbon Network who was diagnosed with breast cancer in November 2007.

Anderson and Isom attend Sunday school class together and knew each other well, even before Isom learned she had cancer. “God has a plan in everything,” Isom said. “It seems we were put together. We both have a strong desire to help other people go through the journey we have to go through.”

“Attitude is 100 percent of your recovery,” Anderson said.

The Pink Ribbon Network meets at 7 p.m. the first Thursday of every month at First United Methodist Church on South Main Street in downtown Hopkinsville. Meetings include guest speakers on topics beneficial to breast cancer victims.

The organization also seeks to become part of community activities, such as the Western Kentucky Women’s Show on Sept. 30 and Oct. 1 at the James E. Bruce Convention Center, and plans events for women to enjoy and may not be related to breast cancer.

“Laughter is a big part of healing. We like to do things that don’t always focus on cancer,” Isom said.

Anyone wanting more information about the Pink Ribbon Network may e-mail Anderson at katand@bellsouth.net or Isom at ami@lawfr.com.

“We try to approach people when we learn they have been diagnosed with breast cancer, but we understand that not everyone may be ready for that kind of contact,” Isom said. “We just want them to know they are not alone.”

Ann Isom
Pink Ribbon Network member

We’re “THINKING PINK” again....

“Motivation and Strength,” an entire section dedicated to breast cancer survivors and their stories.

Coming Monday, Oct. 17 in your Kentucky New Era.

For more information 270-887-3270 • www.kentuckynewera.com