

Summer 2017

ACT NOW: Save Federal Health Care Protections for People with Pre-existing Conditions

Highlights

PATIENT ADVOCACY

Need a 3D mammogram? They're FREE if you're insured under PA law. Find a 3D center near you at pbcc.me/3D.



OUR PROGRAMS

Learn. Connect. Support. Shop. Register now for the PBCC Conference **Friday, October 6** in Harrisburg! Bring a friend! Register today at pbcc.me/register.



The U.S. House of Representatives in Washington recently voted to repeal the Affordable Care Act, also known as Obamacare, and to replace it with a new law. The bill that passed the House, called the American Health Care Act, also known as Trumpcare, **removes** federal health insurance protections for people with pre-existing conditions. Instead, states would be able to create high-risk pools which means, if you have a pre-existing condition like breast cancer, you may be denied health insurance and charged more for your care.

We cannot let that happen. We need **YOU** to help in this fight.

The bill is now in the U.S. Senate. We have reached out to both U.S. Sen. Bob Casey and U.S. Sen. Pat Toomey to find out where they stand on federal health insurance protections for people with pre-existing conditions. Sen. Casey has committed to saving federal health insurance protections for people with pre-existing conditions. Sen. Toomey has not taken a public position yet, but his office says the senator "will ensure affordable coverage for those with chronic conditions."

Take Action. Save Lives.

how
YOU
can
HELP

CONTACT U.S. SEN. PAT TOOMEY

toomey.senate.gov | (202) 224-4254

Ask him to save federal health insurance protections for people with pre-existing conditions. No state risk pools.

CONTACT U.S. SEN. BOB CASEY

casey.senate.gov | (202) 224-6324

Thank him for fighting to save federal health insurance protections for people with pre-existing conditions like breast cancer.



Hot Topics: PBCC Conference to Offer Cutting-Edge Education

by Pat Halpin-Murphy, President and Founder

One of the reasons I love our annual **PA Breast Cancer Coalition Conference** so much is that I learn something new every year. In fact, I learn all day long. The PBCC is planning its best conference yet with opportunities to learn, network, relax, reflect, inspire and even *shop*!

The 2017 Conference will feature workshops from the greatest minds in the breast cancer community, including a session with world-renowned clinical oncologist and our **Potamkin Prize winner Dr. Cliff Hudis**, CEO of the American Society of Clinical Oncology (ASCO).

Experts will present on the latest in research and treatment including: clinical trials, genetics/BRCA, lymphedema, families and breast cancer, immunotherapy, survivorship and healthy living, financial planning, yoga and more.

Mark your calendar now for **Friday, October 6** and plan to join us for a wonderful 2017 Conference in Harrisburg. Register for one of our new registration packages. Enjoy Pink Party Thursday, October 5 and spend the night! Scholarships are also available! Find out what makes this event the premiere breast cancer Conference in the state! 



Conference Workshop Topics:

Genetics / BRCA
Clinical Trials
Survivorship
Free Mammograms & Treatment

Lymphedema
Financial Planning
Families & Breast Cancer
Breast Density

Nutrition
Yoga
Immunotherapy
and more!

IN THE NEWS

Special
DELIVERY!



It's a boy! Our PBCC family has grown! **Kristen Snoke**, PBCC Community Outreach Director, and her husband **Adam** welcomed *Derek Christian Snoke* in February. Proud grandparents: Beth and Jeff Ebersole, Nancy and Kevin Snoke.

Congratulations, Snoke family!



PBCC Welcomes New Board Members

The PBCC is thrilled to welcome three new members to its Board of Directors: AARP Pennsylvania State President **Joanne Grossi**, Bloomsburg University Director of Multicultural Affairs **Madelyn Rodriguez** and Weis Markets Communications Specialist **Jennifer Sands**. Welcome, Joanne, Madelyn and Jennifer!

MEET

Nancie Richberg

Philadelphia



What was the first thought you had when you heard the words, “you have breast cancer?”

It was hard to hear. Triple-negative breast cancer does not have a treatment itself. They use the best treatment available and hope it works to get you out far enough. My mother was re-diagnosed for the 2nd time the day I had the abnormal mammogram. Hers was more aggressive at stage 4. Mine was caught at stage 1.

I’m a pharmacist and I remember learning about chemotherapy drugs in school, and thinking “why would anyone take those?” Now I know the answer... anyone who wants the best chance to get to the next level.

What type of treatment did you receive? How are you feeling right now?

I did not want a biopsy. I wanted it out right away so they did a lumpectomy. I had chemo and radiation. The medical team was quick to tell me that my prognosis was not the same as my mother’s. She was in her 70s and a stroke patient. I was younger and stronger. Being healthy when you’re diagnosed really helps you get through treatment.

You have mentioned participating in a clinical study as part of your treatment and post-treatment. Can you tell us about that?

I participated in two clinical studies conducted at the University of Pennsylvania Hospital’s Perelman Center. They were designed to study whether or not my menstrual cycle returned, how I viewed myself post-treatment, and how I view myself currently. The goal was to help women in my age bracket to understand the changes they might experience.

Every clinical study that I sign up for and every success in my treatment gives a fighting chance to someone coming behind me. The goal is to keep doing that until no one else will know what it feels like to hear “you have cancer.”

“Every clinical study that I sign up for and every success in my treatment gives a fighting chance to someone coming behind me.”

If you could talk to another survivor who has just been diagnosed, what would you tell her?

Sometimes the things you do are not just for you. At first, I was upset about the bald thing. I thought I looked like Uncle Fester. My friends helped me buy nice hats, scarves, and earrings and that made me feel beautiful when I did not think I looked it. A woman at the cancer center said, “I look forward to seeing you come in with your entourage and your earrings. I see you and I think I can go through one more treatment.” So be bald. Be free. We all get that day when we don’t want to do it anymore. Just stop and rest. That is reality. Look for the next big event, the next big holiday, focus on it and before you know it, your treatment will be over. After chemo, radiation is a walk in the park. It’s downhill and you can coast. I am a faithful person so for me the 23rd Psalm got me through.

I was diagnosed a week after my 40th birthday. They say schedule your mammogram around your birthday so you can remember. Now I tell people to do it the week after. That way if the mammogram results come back funky, it doesn’t ruin your birthday. 

GRASSROOTS PARTNERS



Westmoreland Walks,
Raised \$65,000 in 2016

EMPOWERING. INSPIRING.

Our Grassroots Partners have raised **millions** of dollars in support of breast cancer survivors, families & researchers. Want to host an event in *your* community? Visit pbcc.me/hostevent



\$50,000

**Mid Penn Bank
NFL Alumni Golf Outing**

Rory Ritrievi



\$526

**Central York Middle
School Volleyball**

Kathleen Lentz



\$921

Breast Cancer Pink Tea

Tracey Hanton



\$20,000

Weis Markets

Dennis Curtain
Jennifer Sands



\$500

Orrstown Bank

Mark Bayer



\$2,600

Ride 4 Life

Shelly Mix
Emily Hostetter



\$1,087

**Wendy's 50th Birthday
Celebration of Life**

Wendy Kushner



\$500

**Sweet Survivors
Scarves Happen Event**

Paula Sheaffer

FREE MAMMOGRAMS

The PA Department of Health's **HealthyWoman** program offers **FREE** mammograms if you:

- Are 40 to 64 years old
- Do not have insurance
- Have health insurance, but cannot afford your deductible
- Have low to moderate income

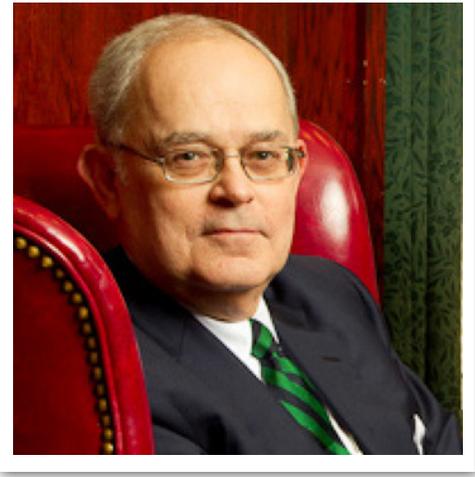


NEED A FREE MAMMOGRAM? >>

Call **800-377-8828, ext. 3020**
or visit **pbcc.me/healthywoman**

Research Advances in Breast Cancer Largely Due to Clinical Trials

D. Lawrence Wickerham, M.D.
Deputy Chair, NRG Oncology



When I began medical school, the treatment of breast cancer was straightforward. All women received a radical mastectomy: the surgical removal of the entire breast, the underlying chest wall muscle, and all of the lymph nodes in the armpit. Today, radical mastectomies are no longer performed; most women have the option for a lumpectomy, with the removal of only one or a few sentinel lymph nodes, adjuvant therapy with radiation and/or chemotherapy or hormonal therapy, or targeted therapies. Laboratory studies to test for estrogen receptor levels or HER2 testing, and Oncotype DX can identify which adjuvant therapies are best for individual women. All of these advances in breast cancer care come largely from clinical trials and exist because of the women who entered those trials.

Everyone wants the best possible care for themselves and their loved ones. When I am asked how one can find the best care available, I usually suggest they find out if they are candidates for a clinical trial. Why? These research studies are developed by experts in the disease being examined and then are carefully reviewed and approved by medical professionals.

One myth patients often hear is that should you decide to enter a trial, you will become a guinea pig. Not so. Every clinical trial undergoes review by an Investigational Review Board (IRB) made up of researchers, administrators, lay members, and others who assure that the rights and welfare of individuals involved in research studies are met.

During the conduct of the trial, the medical records of participants are reviewed by independent medical auditors who confirm the quality and accuracy of the care that patients receive. Patients who don't receive the experimental treatment generally are administered the standard of care treatment.

Another myth about clinical trials is that they are only a last resort for patients whose cancers have not responded to standard treatments. While such studies do exist, trials for patients who have just been diagnosed with cancer or for those whose cancers have not progressed are common and often result in more impactful findings.

Some patients may decide, after being offered the option to enter a study, that they are not interested. That is perfectly ok. The important thing is that a patient be offered the opportunity to consider entering a trial that may benefit herself or others.

If you are a cancer patient, how can you decide if there is a trial appropriate for you? The simplest way is to tell your doctor that you may be interested in participating in a research study. If your own physician is not currently involved in such a study, he or she may be able to refer you to one who is or to a nearby center where such a trial is being conducted. Alternately, a search on the government website, ClinicalTrials.gov, can give you some idea of federal and industry trials currently being conducted.

In my current practice I see women in follow-up who participated in the

original NSABP lumpectomy trial. I always thank them for participating in that study. Because of their willingness to enter that trial, which began in 1981, thousands of women each day in the U.S. and around the world can choose to have a lumpectomy, knowing in most cases that that procedure is just

“

Basic and laboratory research are needed and imperative, but it is the results of clinical trials that have provided the most frontline improvement for patients who have been diagnosed with cancer.

”

as effective as mastectomy. Comparable advances remain to be made today, but it will take a new generation of women willing to enter the clinical trials now being offered. *✍*

Dr. Wickerham thanks Barbara Good, Ph.D., for editorial help with this column.

with the PA Breast Cancer Coalition



PBCC Photo Exhibit Shares Stories Across State

Chester, Franklin and Washington Counties hosted our PBCC photo exhibit, "67 Women, 67 Counties: Facing Breast Cancer in Pennsylvania" this spring. Survivors showed strength and support, reminding everyone the importance of early detection. Thank you to Penn Medicine Valley Forge, Summit Health and Washington Crown Center for helping us share this important message!



Chester County Survivor Felicia Eggleston and her daughter pose with Felicia's exhibit panel at Penn Medicine Valley Forge

Franklin County survivor **Molly Lutton** was diagnosed with breast cancer while pregnant with her son, Jacob. "I am so thankful that I'm still able to hold this sweet boy, three years later. Every day is such a gift."



PBCC Executive Director Jennifer Pensinger, Cumberland Valley Breast Care Alliance Founder Sharon Brosius and Franklin County Survivor Molly Lutton kick off the photo exhibit at Summit Health

PBCC Awards \$50,000 to Fox Chase Researcher

The PA Breast Cancer Coalition recently awarded a \$50,000 grant to outstanding Fox Chase Cancer Center breast cancer researcher Paul Cairns, PhD. Dr. Cairns and his team will use the grant to study the treatment of DCIS, an early stage form of the disease. Congratulations, Dr. Cairns!



UPCOMING EVENTS

Ta-Ta Trot

Saturday, July 8
Selinsgrove Area High School

Pink Fountain

Monday, October 2
Harrisburg State Capitol Fountain

PA Breast Cancer Coalition Pink Party

Thursday, October 5
Hilton Harrisburg

PA Breast Cancer Coalition Conference

Friday, October 6
Hilton Harrisburg





2397 Quentin Road, Suite B,
Lebanon, PA 17042
800-377-8828
PABreastCancer.org



DON'T MISS IT!

2017 Potamkin Prize Winner Dr. Cliff Hudis!

WORLD-RENOWNED CLINICAL ONCOLOGIST

Dr. Cliff Hudis, CEO of the American Society of Clinical Oncology (ASCO), will present at the **2017 PA Breast Cancer Coalition Conference!** *Be there!*

REGISTER NOW!

PA BREAST CANCER COALITION
CONFERENCE

FRIDAY, OCT. 6

— HILTON HARRISBURG —



MORE INFO >> PBCC.ME/CONF

SCHOLARSHIPS AVAILABLE!

