

Spring 2017

## U.S. Sen. Bob Casey Hosts Roundtable Calling for Medicare Coverage of Lymphedema Supplies

### Highlights

#### RESEARCH GRANTS

**Finding a cure now...** The PBCC awards \$50,000 grants to three breast cancer researchers in 2017. Details on [page 2](#)



#### GRASSROOTS PARTNERS

**Westmoreland Walks, Inc.** made the **largest** Grassroots Partner donation in history this year, contributing **\$65,000!**



**B**reast cancer survivors across Pennsylvania are fighting for Medicare coverage of lymphedema supplies like compression sleeves, gauntlets and machines. Lymphedema is an incurable condition that causes painful arm swelling in **up to 40 percent** of breast cancer survivors. U.S. Sen. Bob Casey recently hosted a PBCC roundtable in Philadelphia where he heard from survivors on Medicare who are affected by the high out-of-pocket costs of lymphedema garments. Senator Casey plans to co-sponsor legislation, the Lymphedema Treatment Act, which would require Medicare to cover the supplies necessary for maintenance of the condition.

**Peggy Grove** of Harrisburg has spent more than **\$36,000** out of pocket for her supplies over the past three years alone. The roundtable also heard from survivor **Jeanne Schmedlen** of Lemoyne who has paid more than **\$1,000** out of pocket on her garments and survivor **Brenda Mitchell** from Philadelphia (pictured here with Sen. Casey), who is unable to continue with the maintenance of her lymphedema due to the lack of insurance coverage for compression garments. Together, we can and *will* make a difference for survivors facing lymphedema!



## Did you know?

Join our fight. Tell your lymphedema story at [pbcc.me/shareyourstory](http://pbcc.me/shareyourstory).

**3D mammograms offer better detection and fewer false alarms.** Nearly 200 facilities offer 3D mammograms in Pennsylvania at **no cost** to women insured under PA law. Pennsylvania is the first state in the nation to cover 3D screening mammograms. Want to get one? Find a 3D provider near you on the PA Breast Cancer Coalition's website. Visit [pbcc.me/3D](http://pbcc.me/3D) and find a mammography center in your area.

Learn about the importance of mammograms on [page 6](#).



# PRESIDENT'S CORNER

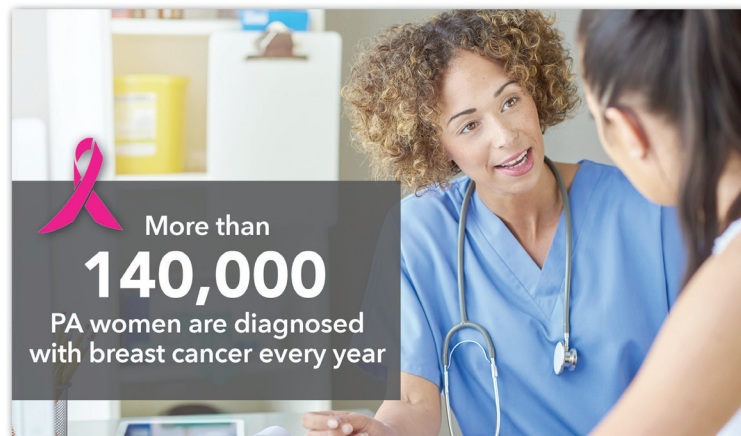
## Protect Health Insurance Coverage for Pennsylvanians with Pre-existing Conditions

by Pat Halpin-Murphy, President and Founder



As an organization that represents and supports breast cancer survivors and their families, we know the critical importance of health insurance coverage for Pennsylvanians with pre-existing conditions such as breast cancer. The Affordable Care Act (Obamacare) currently requires all insurers to cover people with pre-existing conditions without increased rates. If it is repealed without a replacement, millions will be left with no coverage, *and many, with no options.*

In Washington, U.S. Sen. Bob Casey has offered an amendment to prevent insurance discrimination against anyone with a pre-existing condition. It is an issue that could mean the difference between life and death for so many.



We must save health insurance coverage for the millions with pre-existing conditions. If coverage is lost or costs are increased, breast cancer survivors will worry about their coverage, about the risk of recurrence, about their families and about their future.

*Are you with us?* Contact your lawmakers in Washington. Tell them to protect the **129 million** Americans including 5.5 million Pennsylvanians with pre-existing conditions. *Their lives depend on it.*

## RESEARCH UPDATE

### PBCC Awards \$50,000 Grants to Three Outstanding Breast Cancer Researchers

The PA Breast Cancer Coalition awards three Pennsylvania breast cancer researchers in 2017 with \$50,000 grants to move on with the next steps of their innovative ideas. Nancy Lill, Ph.D., of *Penn State Cancer Institute* is focused on triple-negative breast cancer therapy, Qihong Huang, M.D., Ph.D., of *The Wistar Institute* will use the grant to study metastatic breast cancer treatment and Paul Cairns, Ph.D., of *Fox Chase Cancer Center* plans to move forward with his team's work on DCIS and gene mutations. Congratulations to this year's grant winners!

Donate your PA income tax refund to breast cancer research. Choose the PA Breast Cancer Coalition on **Line 32**.  
*Bring us closer to a cure!*



Nancy Lill, Ph.D.



Qihong Huang, M.D., Ph.D.



Paul Cairns, Ph.D.



# MEET

## Jamie Rivers

Dauphin County

Jamie Rivers had her first 3D mammogram in 2016. A few days later, she began her fight. Now Jamie is cancer free and she wants everyone to know the importance of early detection.

### What was the first thought you had when you heard the words, "you have breast cancer?"

My initial thought was that I was going to have to prepare to die. I had an instant fear and panic. I asked why me? What did I do wrong to deserve this?

### You've said your cancer was diagnosed on a 3D mammogram.

The 3D mammogram saved my life. Having dense breast tissue, my tumor was small and very likely it would not have been found with a regular mammogram. You could not feel it, so I believe the 3D mammogram is what gave me the chance to fight since it was found early.

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

I had a lumpectomy, followed by 8 rounds of chemotherapy and then 21 rounds of radiation; 3 weeks of regular radiation to my whole breast, and a week of boost radiation that only targeted the cavity where my tumor was.

I feel great. I am still dealing with some side effects from chemotherapy, but I am getting stronger every day. My hair is growing back now and I find something new to celebrate just about every day.

### Aside from family and friends, what type of support did you have?

I attended the Look Good Feel Better program through the American Cancer Society. My oncology nurse navigator is great. My breast surgeon, Dr. Brynn Wolff, has been a Godsend. The PA Breast Cancer Coalition has been a huge support and wealth of information and resources. I am still using my online support groups daily.



**A 3D mammogram saved my life.** Having dense breast tissue, my tumor was small and very likely it would not have been found... the 3D mammogram is what **gave me the chance to fight.**

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

First and most important: don't rush your decisions. Do your research. Only go to credible resources for information. Don't google your diagnosis. Everyone is different. Your decisions should be made by YOU, not your family or friends. This is YOUR body and YOUR life. Take things one day at a time.

Take a notebook with you everywhere and when a question comes to mind, write it down to be sure you don't miss anything important that you may want to ask while at your next doctor appointment. Try not to dwell on the negative. Allow yourself moments but don't get stuck in them. Remember that we were given the opportunity to fight this. There are others out here to help you through. *You are never alone.*

Watch Jamie's story at [pbcc.me/why3D](https://pbcc.me/why3D)





# GRASSROOTS PARTNERS

Westmoreland Walks

**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](http://pbcc.me/hostevent)



**Bloomsburg University  
Breast Cancer Walk**

— Madelyn Rodriguez



**Budmen for Boobies**

— Wendy Keesee-Anderson  
Vickie Stambaugh



**Fastpitch for a Purpose**

— Stephanie Lux



**Martin's Chips**

— Butch and David Potter  
Chatney Almone



# Fun Fact

In 2016 alone, our Grassroots Partners helped to send more than

# 600

free Friends Like Me care packages to women recently diagnosed with breast cancer. Request one for yourself or a loved one at [pbcc.me/Friends](http://pbcc.me/Friends).



**\$2,300**

**Susquehanna Harvest** — Emmalie King



**HIGHEST GRASSROOTS PARTNER EVER! \$65,000**

**Westmoreland Walks** — Westmoreland Walks Board of Directors

In October, Central PA car dealerships participated in the **Drive Out Breast Cancer** campaign! Thank you to the following dealerships that chose to contribute to the PA Breast Cancer Coalition:



**\$28,838**

**Brenner Family of Dealerships**  
**Diamond Toyota**  
**Freedom Toyota**  
**Freysinger, Inc.**  
**Hoffman Ford**  
**Infiniti of Mechanicsburg**

**Lehman Volvo**  
 (Mechanicsburg & York)  
**Maguire's Ford Lincoln**  
**Maguire's Nissan**  
**Turner Kia**



## Your state tax refund **TODAY** can ensure her *tomorrows*.



*Olivia*

Donate your state tax refund to breast cancer research! Write in your donation amount and code "A" for the **PA Breast Cancer Coalition on line 32** on your state income tax form.

## Screening Mammograms Save Lives: Covered at No Cost in Pennsylvania\*

**Susann Schetter, D.O.**

Penn State Hershey Breast Center



**Screening mammograms save lives.** Having heard this statement time and time again, it remains a mystery why so many women do not seek screening for breast cancer. There are no other medical tests that can claim the same benefits to personal health as screening mammograms. Simply stated, when a woman enters into regular screening on an annual basis, she is assuring herself, her family and loved ones, that should she develop breast cancer, it will be more easily treatable, with less extreme therapies and surgeries than if she had not chosen to be screened.


Mammograms do not prevent cancer; they identify cancer at stages when it is easiest to treat. Women who are not screened face the highest mortality from breast cancer. We are fortunate that women insured under Pennsylvania law are covered at no cost for screening mammograms. For women without insurance, we have the HealthyWoman

Program. This program allows women without insurance to access mammography at no cost. Additionally, when screening is abnormal, any further imaging necessary will also be covered by the HealthyWoman program at no cost to the woman seeking care.

New technologies for routine screening now include Tomosynthesis, referred to as 3D mammography. This new 3D mammogram is shown to be more effective in finding cancers in all breast tissue types, dense or not dense. In addition, when 3D mammography is used in screening, there are fewer false positives, or “callbacks” from screening. This decrease in false positives makes this a more patient centered exam, reducing the anxiety that can be associated with hearing that an abnormality was found on screening.

Since 2014 under a PA law, women in our state are now informed of their

breast density when they receive their mammography result letter in the mail. Breast density may be the single greatest individual risk factor, surpassing family history. This is particularly true in women with known elevated risk and post-menopausal women. Screening breast ultrasound has been proven to identify additional cancers in women who meet these criteria, even when the mammogram is normal. If you are concerned about your risk and breast density, please consult your healthcare provider.

All healthcare consumers should understand the benefits and risks related to any medical test. The most tested and valued test for the early detection of breast cancer is mammography. Be proactive with your health and schedule your screening. Bring a girlfriend, sister or mom with you when you go and congratulate each other on taking the best first step toward early detection. 

*\*for women insured under Pennsylvania law*

## NEED A FREE MAMMOGRAM?

The Pennsylvania Department of Health's **HealthyWoman program** offers **FREE** mammograms to women with no insurance or limited insurance. HealthyWoman provides free mammograms if you:

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

**Schedule your  
free mammogram >>**



800-377-8828 ext. 3020



[pbcc.me/healthywoman](http://pbcc.me/healthywoman)



## Lebanon Valley College hosts PBCC Photo Exhibit

The Coalition brought its photo exhibit, "67 Women, 67 Counties: Facing Breast Cancer in PA," to LVC in February. It all kicked off with the women's basketball 10th Annual Pink Game! Local survivors including Debbie Freer and Amanda Musser empowered guests with their stories of strength and hope. Thank you, LVC community, for helping to share the important message that *early detection saves lives!*



Survivor **Shelly Mix** says she found inspiration from God, her husband and her horse, Reggie. **"The first time Regg saw me after surgery he nickered and nudged me as if to say, 'I'm so glad you're back!'"** Grooming him gave me the great workouts for physical therapy during my recovery."

**SHELLY MIX**, photo exhibit participant



## PBCC Awards \$50,000 to Penn State Researcher

The PA Breast Cancer Coalition was honored to present Nancy Lill, Ph.D. of Penn State Cancer Institute with a **\$50,000 grant** to fund her research examining a compound that could lead to effective triple-negative breast cancer therapies. Congratulations, Dr. Lill!



## UPCOMING EVENTS

### Ride 4 Life

Saturday, April 15

### Stauffers of Kissel Hill Pink Day

Saturday, June 3

### Toasting a Cure at the Vineyard

Saturday, June 10

### Ta-Ta Trot

Saturday, July 8



for more, visit [pbcc.me/events](http://pbcc.me/events)



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800-377-8828  
PABreastCancer.org

SAVE *the* DATE  
**FRIDAY, OCT. 6**

2017  
PA BREAST CANCER COALITION  
**CONFERENCE**  
[pbcc.me/conf](http://pbcc.me/conf)

# FREE MAMMOGRAMS

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**NEED A FREE MAMMOGRAM?** >>

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or visit **[pbcc.me/healthywoman](http://pbcc.me/healthywoman)**