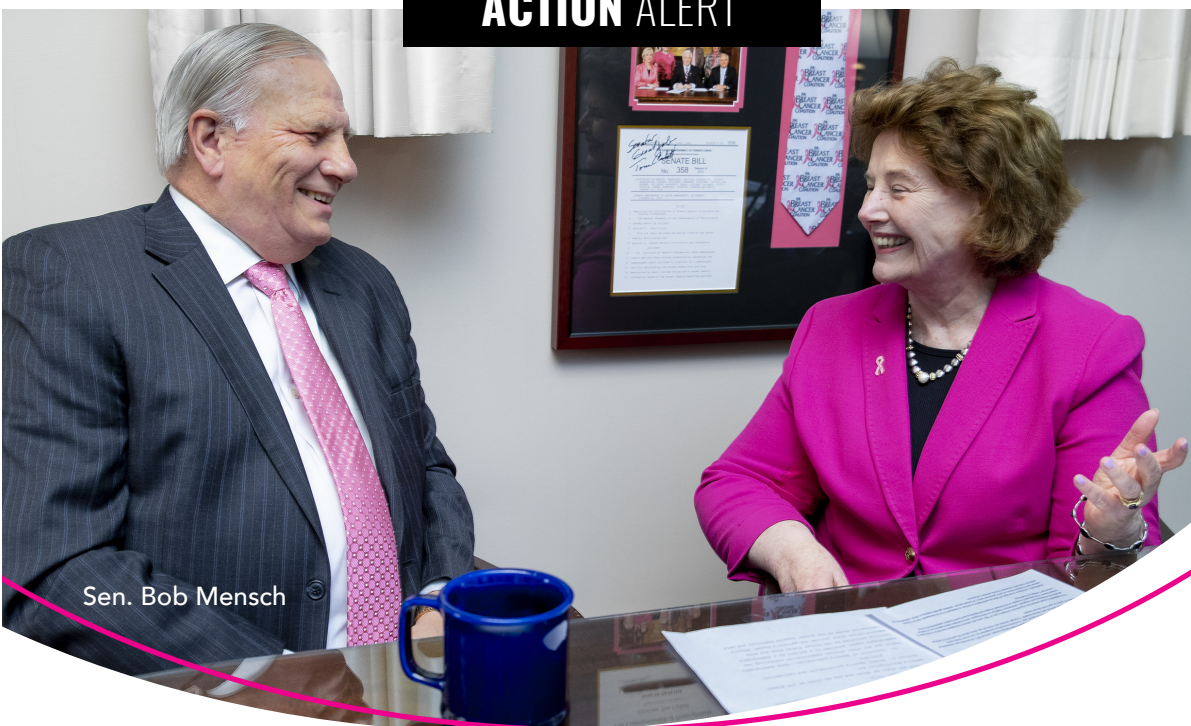


Spring 2019

ACTION ALERT



Sen. Bob Mensch

Will YOU Help? Take Action for Breast MRI and Ultrasound Screening Coverage

Legislation to require no cost screenings for women with dense breasts or at higher risk of breast cancer

by Pat Halpin-Murphy, President and Founder

Every woman deserves the best breast cancer screening available. Every woman. For some, a mammogram paints a clear enough picture, but for many women who are considered at high risk for breast cancer and women with dense breasts, they need more. Dense breast tissue makes it harder to see cancer on a mammogram, and many women need extra cost MRI or ultrasound screenings to **save their lives**.

These women need our help. Maybe you're even one of them. Will you help us make screening MRI and ultrasound

available at **no cost** to women insured under Pennsylvania law?

PA Sen. Bob Mensch will soon introduce legislation that requires insurers to cover supplemental screenings like MRI and ultrasound for women at high risk for breast cancer, including women with dense breasts.

We're asking **YOU** to contact your state senator and ask him/her to co-sponsor Sen. Mensch's life-saving legislation for breast cancer screening insurance coverage. Do it for the women in your lives and for our future generations.

Take action. Save lives.

Are YOU considered high risk? Are you unable to get an MRI or ultrasound you need because of the high cost? We want to hear from you →

» TAKE ACTION

1

Find your state senator at
pbcc.me/findmylawmaker

...

2

Email or call your state senator and ask him/her to **co-sponsor** Sen. Bob Mensch's **legislation**

...

3

Include a link to info on Sen. Mensch's legislation at pbcc.me/nocost

Take Action. Save lives.

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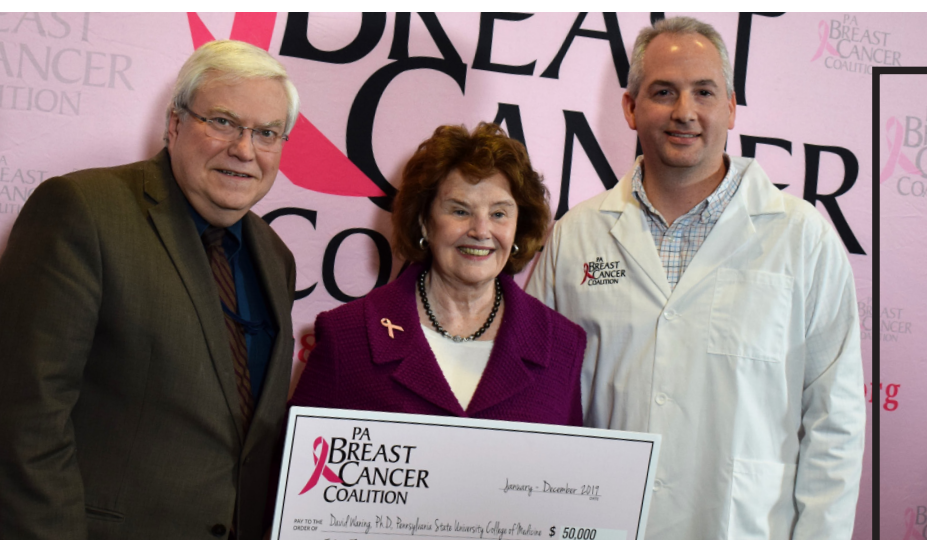


Info@PABreastCancer.org
800-377-8828

RESEARCH NEWS

PBCC Reaches \$1 Million+ Research Milestones to Penn State & The University of Pittsburgh Medical Center

Grassroots Partners, Individual Donors Contribute to Cutting-edge Breast Cancer Research Initiatives



Penn State Cancer Institute **Raymond Hohl, MD, PhD**, PBCC President and Founder **Pat Halpin-Murphy** and \$50,000 PBCC Research Grant Winner **David Waning, PhD** celebrate the milestone of over **\$1 million** in research funding to Penn State scientists.

“

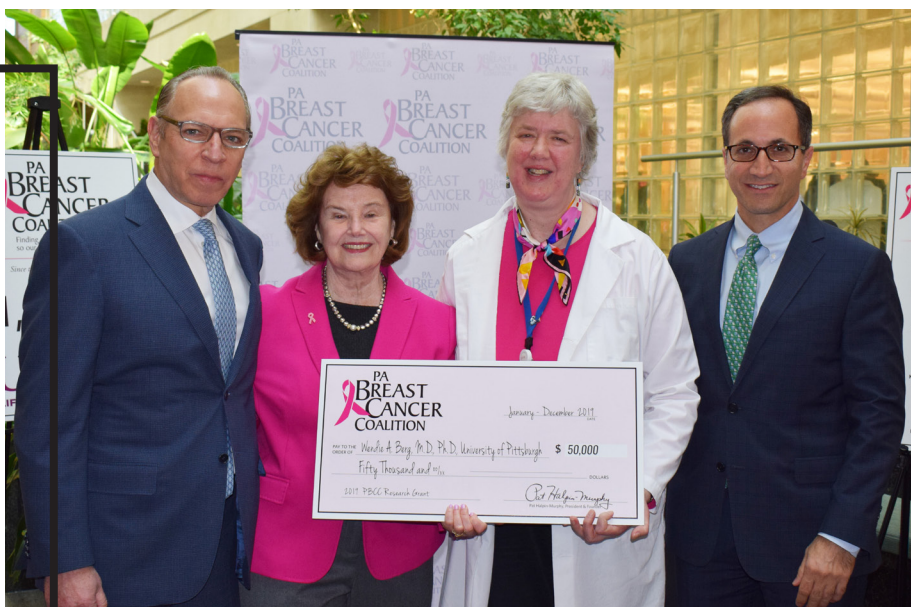
This will have *tremendous* impact on our ability to treat patients with advanced breast cancer... it will really help *drive* our discovery.”

- **David Waning, PhD**
PBCC Research Grant Winner

“

In women with dense breast tissue, about half of invasive cancers go *undetected* on mammography... some cancers are detected at later stages with worse outcomes. The PBCC provides *needed* financial support.”

- **Dr. Wendie Berg, MD, PhD, FACR**
PBCC Research Grant Winner



UPMC Hillman Cancer Center Chairman **Stanley Marks, MD**, PBCC President and Founder **Pat Halpin-Murphy**, \$50,000 PBCC Research Grant Winner **Wendie Berg, MD, PhD, FACR** and UPMC Hillman Cancer Center Director **Robert Ferris, MD, PhD** honor the work of Dr. Berg and celebrate over **\$1 million** in research contributions from the PA Breast Cancer Coalition.

SURVIVOR SPOTLIGHT

MEET

Christina Cotsifas

Chester County

Christina Cotsifas, (on the left) smiles for a selfie with friends at the PBCC Pink Party



Tell us about learning you had breast cancer.

CHRISTINA: That was in the late summer 2011. Like a typical woman I'd been taking care of everyone but myself and had just started taking hold of my health. I was exercising and losing weight. Accidentally my arm brushed against my breast and I felt a lump. I was 45 and had never had a mammogram because I was fearful of the pain. At that time, I didn't think there was cancer of any kind in my family. People don't always like to talk and I found out there was. I'm more verbal and put it out there all the time. It was stage 2A triple negative.

Who supported you on your journey?

CHRISTINA: My mom and dad especially were the main supporters. Friends took me to chemo. I live in Coatesville and treatments were at Pennsylvania Hospital in Philadelphia. I had a relationship already with my oncologist. I'd been taking my mom to a hematologist because she was highly anemic. I already knew and trusted her. For a while my mom and I scheduled our appointments for the same day. Since then my mom was released from care when the anemia was resolved.

How did you learn about the PBCC Conference?

CHRISTINA: The social worker with the oncologist told me about the PBCC. I've been to the PBCC conference twice now. It's really encouraging. When I was working full time I had benefits,

but then I lost my job, got a part-time job and reinvented my career. I didn't have benefits and wasn't making good money. I sat in on a workshop on the Affordable Care Act and got great personal help and met the PBCC advocate. It's been a blessing.

I've now become a certified mastectomy fitter. I meet a lot of women and am able to help them and support them emotionally.

How would your life be different if you didn't have the PA Breast Cancer Coalition?

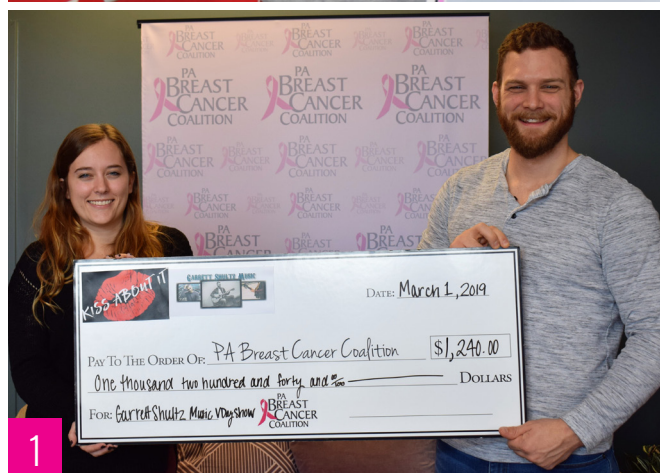
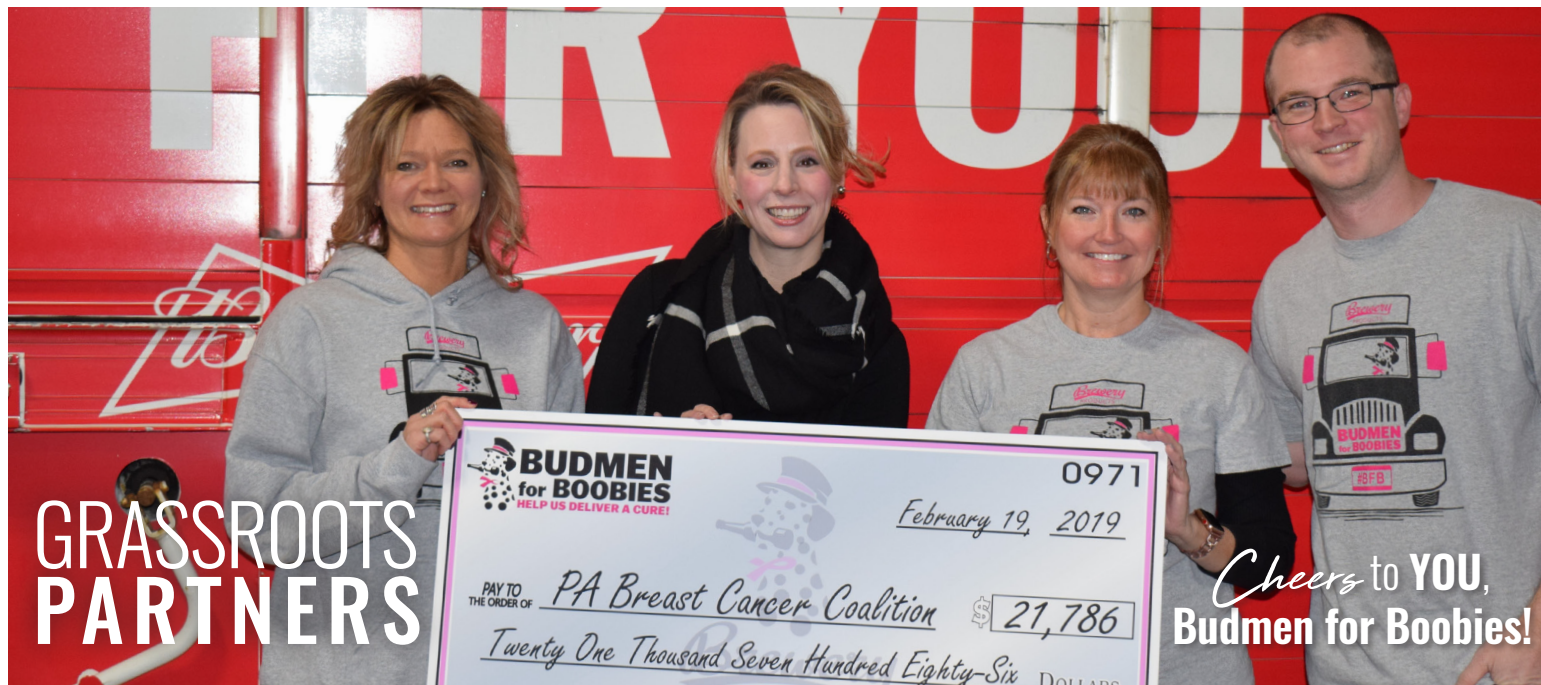
CHRISTINA: It would be a lot different! I wouldn't have known that I could sign up for Medicaid. I wouldn't have had the emotional or financial support that helped me through this journey. I'm grateful for the knowledge.

What do you want other women to learn?

CHRISTINA: Be aware of your body, be an advocate for yourself. Do not let the worry about tomorrow rob you of the joy of today. Try to find something to be happy about. Tomorrow will come and you may not even have that issue you're worried about.

Every survivor has a *story*.

Visit pbcc.me/shareyourstory and you could be featured in an upcoming PBCC publication!



1. Garrett Shultz Music - \$1,240



2. AmeriHealth Caritas Pink Week - \$3,844



3. Bloomsburg University Breast Cancer Walk- \$10,087



4. Snitz Creek Brewery - \$300



5. Wolf's Superior Sandwiches - \$350



6. Field of Screams - \$6,100



7. Penn State Schuylkill Carnival of Hope - \$1,055 | 8. Martin's Chips - \$11,077
9. Texas Roadhouse Palmyra - \$1,560 | 10. Shooters for Hooters - \$500

UPCOMING EVENTS



PBCC Photo Exhibit Opening

Thursday, May 9, 2019

30th Street Station

Philadelphia, PA

pbcc.me/phillyexhibit

Toasting a Cure at the Vineyard

Saturday, June 8, 2019

Bucks Valley Winery and Vineyard

Newport, PA

pbcc.me/toastingacure

Highmark Walk for a Healthy Community

Saturday, May 18, 2019

HACC Harrisburg Campus

Harrisburg, PA

pbcc.me/highmarkwalk

PBCC Photo Exhibit Opening

Thursday, June 6, 2019

Western Pocono Community Library

Brodheadsville, PA

pbcc.me/monroeexhibit

Host an event in your community! Visit pbcc.me/hostevent and get started!

Peace of Mind: Free Metastatic Breast Cancer Retreats Offered

Lillie D. Shockney, RN, BS, MAS, ONN-CG

University Distinguished Service Professor of Breast Cancer
Johns Hopkins University School of Medicine



Retreats are now available specifically for patients who are dealing with stage IV (metastatic) breast cancer. Johns Hopkins University, where I work, has been offering these retreats for more than a decade.

We hold two retreats every year—one for couples, in which the patients bring their spouse or partner; the other is for women who are not in a relationship, and they bring their female caregiver—usually this person is their sister, daughter, or mom.

These retreats last three days and two nights, and they are **free for anyone to attend**. We don't limit our retreats to only patients who are being treated at Johns Hopkins. Half of those who are attending a retreat travel from nearby locations, or even from across the country, to be there. The attendees just need to provide their transportation.

As a result of creating a program planning guide specifically designed to help our other breast cancer centers to replicate these programs, other retreats that are offered by other centers are taking place across the country.

Why Attend?

The content of each retreat can vary, depending on where it is held and who is conducting it, but one of the most important things about a retreat is the opportunity to spend time and network with others who are in the same situation as yourself.

Spouses want to talk behind closed doors with other spouses. Patients, too, want to talk just with fellow warriors who are dealing with the same disease.

How far along the cancer progression each patient is varies, of course, as do prognostic factors of the tumor itself, and the treatments that patients are receiving, but everyone has the same underlying issues and concerns.

A Different Experience

When such a retreat is done well, it is held at a place away from where you have received any of your treatments. It is a peaceful place, a quiet space. It has private rooms for sleeping, no television, no radio, and no distractions. It also has focused time for respite.

Many lessons are learned during the retreat, some actually from one another. At various points in time, you and other attendees will have some "aha" moments, which are wonderful.

Portions of the program are also specifically designed to enable you and your loved one to escape breast cancer for at least a 2-hour stretch and literally not have it enter your head. (I won't spoil the surprise of how that is accomplished, though.)

Cutting-Edge Information

At most of these retreats, a researcher or a medical oncologist attends for an hour or so to discuss what is happening in the form of cutting-edge research, what new clinical trials are opening that you may be a candidate for, and how to access them, as well as time to literally get your personal questions answered about your medical situation.

There is dedicated time to discuss what worries you the most, what you are hoping for, what brings you the greatest joy, and how to gain some control over your life at a time when you feel everything is so uncertain.



Register for a Retreat

September 13-15, 2019

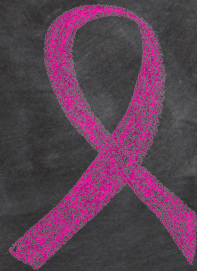
Free Metastatic Breast Cancer Retreat for Couples

Bon Secour Spiritual Center

Marriottsville, MD

For more information ►► email Lillie at shockli@jhmi.edu

Community
Advocacy
Research and
Education for
Students



The PBCC's **C.A.R.E.S.** program provides high school students the opportunity to experience a "day in the life" of health care professionals right in their backyard. This year, students from **Lebanon** and **Harrisburg** School Districts toured Penn State Milton S. Hershey Medical Center, engaging in hands-on learning to see what it is really like to work in a health care setting.



Real Women. Real Stories.

Don't miss the kick-off reception for our PA Breast Cancer Coalition traveling photo exhibit, *67 Women, 67 Counties: Facing Breast Cancer in Pennsylvania* Thursday, **May 9, 2019** at **Philadelphia's 30th Street Station**. See the faces of real women from each of Pennsylvania's counties who have faced breast cancer. This inspirational and educational photo exhibit will be on display through May 19. See you there!

RSVP for the opening reception to Jessica@PABreastCancer.org



“

So many women believe that life is over once you get breast cancer. Well, my mother and I are living proof that it is NOT. It's just the beginning!"

- Kerri Conner-Matchett
diagnosed at 33



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

WALK *with* US

HIGHMARK WALK FOR A HEALTHY COMMUNITY
MAY 18, 2019 — HACC HARRISBURG

PBCC Captain Marilyn Fuller-Smith

Form a team

Join a team

Walk as an
individual

REGISTER NOW >> pbcc.me/highmark



PABreastCancer.org

PA BREAST CANCER COALITION 2019 CONFERENCE

— Friday, October 18 —

HILTON HARRISBURG

