

Winter 2019

PBCC Awards \$200,000 to Outstanding Pennsylvania Breast Cancer Researchers

In this Issue

PATIENT ADVOCACY



What makes **screening mammograms** and **diagnostic mammograms** different? Find answers on [page 2](#).

OUR PROGRAMS

FREE WEBINAR

1 FREE CE for Nurses!



Don't miss the PBCC's **FREE Palliative Care Webinar Tuesday, January 29** with **1 FREE Continuing Education hour** for nurses. Learn from experts at Hospice of Central PA. Details on [page 6](#).

2019 RESEARCH GRANT *Winners*



Dr. Wendie Berg



Dr. Karen Bussard



Dr. Cristoforos Thomas



Dr. David Waning

The PA Breast Cancer Coalition is pleased to announce the 2019 Breast Cancer Research Grant winners:

Wendie Berg, MD, PhD, FACR
Magee-Womens Hospital at the University of Pittsburgh Medical Center

Karen Bussard, MS, PhD
Thomas Jefferson University

Cristoforos Thomas, PhD
Perelman School of Medicine at the University of Pennsylvania

David Waning, PhD
Penn State University College of Medicine

Their research focuses on metastatic breast cancer, inflammatory breast cancer and breast cancer detection. **Congratulations!**

In the News!

Federal Court Finds Pre-existing Condition Protections Unconstitutional

A federal district court declared the Affordable Care Act (ACA) unconstitutional. If the Fifth Circuit Court of Appeals upholds that decision, the case goes to the U.S. Supreme Court. If the Supreme Court finds the ACA unconstitutional, breast cancer patients will be stripped of their federal protections for pre-existing conditions like breast cancer. *Look for the latest in upcoming editions of PinkLink!*

A portion of this newsletter was underwritten by 





Screening vs. Diagnostic Mammograms: What's the Difference?

by Pat Halpin-Murphy, President and Founder

Part of our mission at the PA Breast Cancer Coalition is to ensure you have information and resources you need.

One of the most frequent questions we hear is "What is the difference between screening mammograms and diagnostic mammograms?" followed by "How much do they cost?" The answers can be complicated. We asked expert radiologist **Wendie Berg, MD, PhD, FACR** of Magee-Womens Hospital of UPMC to break it down for us.

Screening mammograms are done annually to check women with no signs or symptoms of breast cancer.

A mammogram should be scheduled as **diagnostic** if a woman shows symptoms such as a lump, discharge or change in breast size or shape. Diagnostic mammograms are also done when doctors find an abnormality on a woman's screening mammogram *and may be routinely done* following a woman's diagnosis of breast cancer. 



Screening

VS

Diagnostic

COST

At **no cost** to women insured under PA law including 3D mammograms



Cost **varies**, subject to co-pay and deductible

WHO?

Women age 40 or over or high-risk women over 25*



Women of any age with symptoms or abnormality on screening needing additional evaluation

**Mammograms for breast cancer survivors may be diagnostic for years following treatment*

RESULTS

Results are typically available in a few days; usually sent by letter, some facilities will call if abnormal



Results are available at the time of the appointment

WHAT'S NEXT?

Additional testing, if needed, is scheduled for a separate appointment.



Additional testing, if needed, may be done at the time of the original appointment.



NEED A MAMMOGRAM?

If you are uninsured or underinsured and need a mammogram, **we can help.**

Call **800-377-8828 ext. 3020**
or email **Dolores@PABreastCancer.org**

MEET
Carol Holmes
..... Allegheny County

Tell us about learning you had breast cancer.

CAROL: You think you're the only one and don't know why it happened to you. Then you see others in treatment, younger than you are, older than you are, and you begin to understand.

I noticed my breast looking and feeling different and couldn't sleep right until I made an appointment. They did a mammogram, ultrasound, and biopsy all in the same day on January 27, 2014. On the 30th it came back that I had stage 3A invasive lobular cancer. I asked some friends I knew, nursing colleagues, and they all recommended the same doctor. He was absolutely wonderful! My daughter was in California and couldn't be with me and my doctor FaceTimed the appointment so my daughter could see and hear what was going on.

I had a right mastectomy with 16 lymph nodes removed. One lymph node was positive. I had 6 rounds of chemo over three months and 16 weeks of radiation. I have lymphedema now and since I can't lift more than ten pounds, I can't work anymore as an LPN. I never thought I'd be a patient. It was a big change for me.

Who supported you in your treatment journey?

CAROL: My daughter and my son were very supportive. I joined the breast cancer support group at Our Clubhouse in Pittsburgh. I started participating in classes they offer and got to know more and more people.

When did you learn about the Coalition?

CAROL: As soon as I was diagnosed, someone had a Friends Like Me care package sent to me from the PBCC. Ever since then I've wanted to be an advocate for others and help get the word out.



.....
“ As soon as I was diagnosed, someone had a Friends Like Me care package sent to me. *Ever since then* I've wanted to be an advocate. ”

You have participated in the PA Breast Cancer Coalition Conference for several years. What do you enjoy most about Conference day?

CAROL: I like the networking. There were different workshops to choose from. I try to go to as many as I can as an advocate. It's not just about me. I want to be able to answer other women's questions. I'm overweight so last year I especially appreciated Dr. Hudis' presentation. And I loved to hear about the woman who walked from Philadelphia to Harrisburg to raise money and awareness. God bless her!

CAROL: Without the PBCC, a lot of women would not be where they are today. With the PBCC and Governor Wolf working together to be sure 3D mammograms are covered by insurance, that's really big. A woman told me she wasn't having mammograms because they're too expensive and I was able to give her information she didn't have. 

GRASSROOTS PARTNERS

Senators Bob Mensch (on the sax!) and Joe Scarnati hosted another successful *Jazzing Up the Capitol*, thanks to the sounds of Swing Shift. The 2018 event raised \$7,860! Thank you, Senators and attendees!



1. Ocwen Financial - \$10,000



2. Pink the Coop - \$11,156



3. Breaststroke 4 Breast Cancer - \$16,438



4. Gessleman Pink Out Ride - \$5,438



5. Save the Tatas Trail Ride - \$10,421



6. Lancaster Plumbing, Heating, Cooling & Electric - \$1,620



Westmoreland Walks raised \$62,000 for the PBCC in 2018 bringing their all-time total over \$600,000! Thank you!!!



7. Golf Fore a Cure - \$10,110 | 8. Boatload of Bras- \$10,000 | 9. GEODIS - \$6,000 | 10. Northern York High School - \$2,711



11. Funck's Exxon - \$244 | 12. Atria Bethlehem - \$10,000 | 13. Hegins Area Little Bulldogs - \$300



14. Ride to Help - \$4,025 | 15. Tanger Outlets at Hershey - \$8,638

Palliative Care: The Facts on this Specialty Supportive Service

David R. Wenner, DO, FAAFP

Chief Medical Officer, Hospice of Central PA



Palliative care is a medical specialty that focuses on relief of physical, emotional, psychological and spiritual symptoms related to chronic and/or serious illness. Often, symptoms such as pain, anxiety, insomnia, shortness of breath, fatigue, nausea, and appetite loss can significantly impact a patient's quality of life. Palliative medicine specialists aim to reduce the burden of these symptoms by focusing on individualized treatment strategies, addressing the "whole patient" and not just the disease process.

Palliative care includes a specialized team of physicians, nurses, social workers, and chaplains. We work alongside the patient, family, and other medical providers as a team. Specialists

in palliative care see patients in hospitals, in their offices, in long term care facilities, as well as in their homes.

palliative ● (pal-ee-uh-tiv)

adj. intended to alleviate a problem. Synonyms: soothing, alleviating, calmative. Latin, meaning to cloak.

Palliative care is NOT the same as hospice care. Palliative care may be provided at any time during a person's illness. Often, palliative care is offered to patients at the same time they are receiving potentially life prolonging or

curative treatments. Receiving palliative care does not prevent the patient from pursuing other services, treatments, or procedures.

Another goal of palliative care is to help patients and families better understand their illness in order to assist with complex medical decision making. We strive for a patient's values and goals to be heard and appreciated so that they can make the best decision possible for their care.

A referral to a Palliative Medicine physician does not mean your medical provider is "giving up hope." Often, patients who receive palliative care early on in their disease process benefit from superior symptom management, greater emotional support, and overall improved quality of life. 

want to learn more?

PALLIATIVE
CARE

TUESDAY, JANUARY 29
@ 7:00PM

Presented by experts from Hospice of Central PA
Register today at pbcc.me/pcwebinar

1 FREE CE hour for nurses!



aetna

Aetna Better Health[®] of Pennsylvania

with the PA Breast Cancer Coalition



Survivors from the women's cancer support group helped us kick off the opening of **67 Women, 67 Counties: Facing Breast Cancer in PA** at Conemaugh East Hills.



PBCC Southeast Vice President **Joanne Grossi (center)** hosted this fall's PBCC photo exhibit opening reception at Conemaugh East Hills in Cambria County. We were also honored to have speakers **Dr. Kristy Wolfel; April Behory, Director of Women / Child Services; Dr. Susan Williams, Chief Medical Officer and Breast Surgeon Dr. Renee Arlow.**



This October, dealerships across central Pennsylvania participated in the 4th **Drive Out Breast Cancer** campaign, raising **\$31,000** for the PA Breast Cancer Coalition!

Special thanks to organizers Laraine Forry & Helen Michener!

Bennett Toyota
 Brenner Car Credit
 Brenner Pre-owned of Harrisburg
 Brenner Pre-owned of Mechanicsburg
 Calkins Buick-GMC-Subaru
 East Shore Auto
 Ebersole GMC
 Ebersole Honda
 Ebersole Hyundai
 Faulkner Subaru

Fred Beans Ford
 Fred Beans Kia
 Freedom Dealerships
 Freysinger Buick GMC
 Freysinger Hyundai
 Freysinger Mazda
 Hoffman Ford
 Lehman Volvo of York
 Lehman Volvo
 Maguires Ford

Maguires Ford Lincoln
 Maguires Nissan
 Platinum Pre-owned
 Turner Buick GMC
 Turner Kia
 York Kia
 York Mitsubishi
 York Volkswagen

Look for Drive Out Breast Cancer photos in PinkLink!



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



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

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.

MAY 18, 2019

WALK WITH US



Marilyn Fuller-Smith
PBCC Captain

Fight breast cancer on foot this May. The PA Breast Cancer Coalition is lacing up for the **Highmark Walk for a Better Community** and we want YOU to walk with us. Join PBCC Captain and breast cancer survivor **Marilyn Fuller-Smith** at the HACC Harrisburg Campus May 18!

Want to walk? Email Daniele@PABreastCancer.org or call (717) 769-2301

HIGHMARK.

WALK FOR A HEALTHY COMMUNITY



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