PinkLink™
PA Breast Cancer Coalition
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President's Corner
Pat Halpin-Murphy
President & Founder

Donate Your Tax Refund

In 1997, Governor Tom Ridge signed the PBCC's Income Tax Check-Off for Breast and Cervical Cancer Research legislation allowing Pennsylvanians to donate their state tax refund to breast and cervical cancer research. So far, the program has raised over $2.5 million. One hundred percent of the money is distributed as grants to outstanding researchers across the state.

The PBCC's Income Tax Check-Off for Breast and Cervical Cancer Research continues to be a favorite of state taxpayers. Tens of thousands of Pennsylvanians donate their state tax refunds to breast and cervical cancer research, with an average donation of $8. I encourage you to join those who **check YES** on your state tax return and help us to *find a cure for breast cancer now...so our daughters won't have to.*

Income Tax Check-Off Grantees Selected

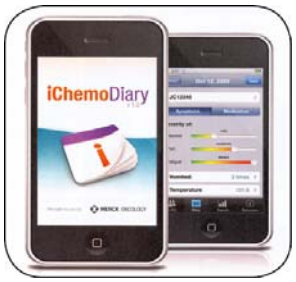
The PBCC is happy to announce the six Pennsylvania researchers who have been selected to receive grants through the PBCC's Income Tax Check-Off for Breast and Cervical Research. The selected researchers are:

Sandra Fernandez, PhD
Fox Chase Cancer Center
Radhika Gogoi, MD, PhD
Lankenau Institute for Medical Research
Allan Lipton, MD
Penn State University College of Medicine - Hershey Medical Center
Hanna Rabinowich, PhD
University of Pittsburgh
Richard Steinman, MD, PhD

Support the PBCC

Looking for a way to support the PBCC that won't break the bank? Check out our Partnerships & Promotions page to find out different ways to show your PBCC pride. There are lots of ways to get involved from purchasing an "I'm a Fan of a Mammogram" fan to planning your wedding with "Your Big Day" Wedding Planners.

iChemo Diary



Do you have an iPhone? Download a quick and easy tool that helps you record and track your chemotherapy schedule, medications, and treatment plan; record certain possible side effects; create reports on a daily or weekly basis; and facilitate discussion with your doctor or nurse about certain side effects.

Download it FREE for your iPhone or iPod touch at the iTunes application store, or get it for your personal computer here.

Events Calendar

February 15

University of Pittsburgh
Marius Sudol, PhD
Geisinger Clinic, Weis Center for Research

Congratulations to all of our grantees. The PBCC will hold a press conference on **Monday, February 22** at **1:30pm** in the **Main Capitol Rotunda in Harrisburg,** all are invited. The press conference will publicize this year's campaign and publicly congratulate our grant recipients.

Scheduled to speak at the event are: **Pat Halpin-Murphy**, PBCC President and Founder; **Senator Jeff Piccola**; **Representative Katie True**; and **Dr. Allan Lipton**.

We're a Driving Force

Each year the PBCC puts over **20,000 miles** on our van traveling to Grassroots Partners events and meetings throughout the state. Now, with our new van wrap thanks to Penn State Lady Lion Basketball, you won't be able to miss us as we travel the state! The new van is bright pink and brings awareness to motorists wherever we travel. Feel free to honk, shout or wave if you see us driving through your area!

Annual Conference Workshop Topics Needed

Do you have a great breast cancer related topic that you want to present to conference attendees from across PA? Are you a dynamic speaker? The PBCC is seeking workshops and presenters to be featured at our Annual Conference on **Wednesday, October 13, 2010**.We are currently looking for workshops to fit into the following tracks:

Leadership, Advocacy, and Education
Advances in Treatment
Research and Clinical Trials
Breast Cancer Survivorship
The Mind/Body Connection
Caring for the Caregiver

Workshops are an hour long. If you have a workshop that you think would be an appropriate fit for the 2010 conference please email jennifer@pabreastcancer.org or click here for more info on submitting a proposal. Space is limited so contact Jennifer today!

Acupuncture for Joint Pain

Written By: Barbara Good, PhD

Berwick Girls Basketball Pink Out
Berwick
Cheer on the Berwick High School girls' basketball team as they raise funds for the PBCC. There will be specially-designed t-shirts for sale and donations will be taken at the door.

February 22
Income Tax Check-Off Press Conference
Harrisburg
Join us for a press conference at 1:30 in the Main Capitol Rotunda to publicize this year's Income Tax Check-Off for Breast and Cervical Cancer Research campaign and to publicly congratulate one of the selected 2010 grant recipients, Dr. Allan Lipton. Scheduled to speak at the event are: **Pat Halpin-Murphy**, PBCC President and Founder; **Senator Jeff Piccola**; **Representative Katie True**; and **Dr. Allan Lipton**.

February 27
PA Extreme All-Star Cheerleading Competition
Newport
This annual cheerleading competition consists of over 80 teams! This year they have chosen the PBCC as the beneficiary of their event. Admission is $8 and $1 from each ticket will be donated to the PBCC. Stop by the PBCC info table and hear a PBCC representative speak at the award ceremony at 7pm.

February 27
Help Dodge Breast Cancer
New Oxford
Looking to live out some childhood memories? Join us for a charity dodgeball tournament to benefit the PBCC. Team check in starts at 10am, rules meeting is at 10:30am. Games start at 11am. Team entry fee is $55 . No age requirement. Click here for registration forms and more details.

March 6
Reading School District Knight Walk & Wellness Carnival
Reading
Come out to the Reading High School Geigle Complex for a walk

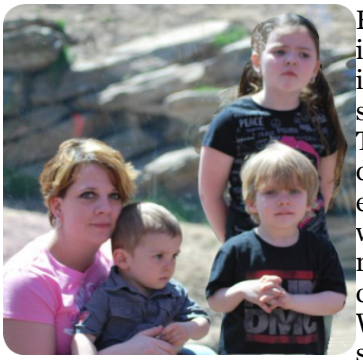
A recent study in the *Journal of Clinical Oncology* notes that breast cancer patients who experience joint pain as a result of aromatase inhibitor (AI) treatment showed improvement with acupuncture. Although the trial was small (38 women completed treatment), 80% of those assigned to acupuncture reported pain lessening, compared to 22% of those with no acupuncture treatment.

The effectiveness of acupuncture treatment has been questioned in disorders such as fibromyalgia but shown to be effective in others, such as migraine headache. Its use in a number of diseases is currently being examined in studies at the National Center for Complementary and Alternative Medicine of the National Institutes of Health. Click here to read the full article.

Are You Caring for a Loved One?

The Family and Medical Leave Act (FMLA) protects workers from losing their jobs when they need time to care for a seriously ill family member or need care themselves. Employers with 50 or more employees must allow their workers at least 12 weeks of unpaid leave. To qualify, you must have worked for the company at least 1,250 hours over the previous 12 months. Your company must give you full health benefits during your leave and you are entitled to get your old job back or another position with equivalent duties and the same salary and benefits. For more details on FMLA, go to the U.S. Department of Labor and then enter FMLA in the search bar. Information is also available by downloading the new edition of the PBCC's insurance guidebook "Breast Cancer: Covered or Not?"

Survivor Story
Erika Tocci-Soldridge - Lehigh County



Erika Tocci-Soldridge found a lump in her breast just before Christmas in 2008. With the holidays coming, she put off following up right away. The following February she had a double mastectomy, followed by eight chemo treatments and seven weeks of radiation. Her reconstructive surgery was just completed in December, 2009. While in the doctor's office Erika saw information about the PBCC and later received one of the PBCC's Friends Like Me care packages.

Erika's children (pictured above) were 6, 3, and 2 years old when

and wellness carnival with prizes, games and food! Stop by the PBCC's info table.

March 14
Country Dancing for a Cure
Carlisle
Break out your cowboy hats and head to Hotel Carlisle to dance and raise money for the PBCC! The night includes country dance lessons, live country music, silent auction and more! A portion of the proceeds benefits the PBCC.

she was diagnosed. Like so many women with young children, she worried about leaving them motherless. Erika says, "After being confronted with your own mortality, even the laughter of your children changes and sounds that much sweeter to you."

Erika speaks openly with friends and co-workers about her breast cancer. It helps her to continue the process of healing.

Funny, Fit, and Fighting Breast Cancer

Join the PBCC for a night of laughter with local radio personality and comedian, **Earl David Reed**. EDR will be performing at the Pullo Center at Penn State York on Saturday, April 24 at 7:30pm. A portion of the night's proceeds will benefit the PBCC. For more information click here, or to purchase tickets click here.

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