

CHECK FOR A LUMP

Breast Health Educational Publication

2023 Annual Edition



**FREE
MAMMOGRAMS**

» PAGE 22



**BHHS Legacy Foundation
grants \$75,000!**



**Unicorn Philanthropy
donates \$100,000!**



**Support local and join
our Pink Out 5K!**

**FREE
WIGS!**

"I thank God every day for allowing me the gift of waking up and allowing me to practice taking care of me."

- Nubia

» PAGE 26

**FREE
Magazine**

“The future for breast cancer treatment is very promising. Targeted therapies allow us to limit toxicity and improve efficacy. Analyzing the genetics of each patient’s tumor allows us to truly personalize each plan of care.”

Tania Cortas, MD, CPE
Cancer & Blood Specialists of Arizona



Cancer patients expect innovative treatment options. Cancer & Blood Specialists of Arizona delivers that. Our doctors and nurses provide personalized, innovative treatment and clinical expertise so you can have peace of mind.

**PROUD TO SERVE PATIENTS AT OUR THREE
GREATER PHOENIX AREA LOCATIONS.**

East Valley | Phoenix/Scottsdale | Northwest



**Cancer & Blood
SPECIALISTS OF ARIZONA**

A DIVISION OF AMERICAN ONCOLOGY PARTNERS, P.A.

Your care. Our journey.

CancerBloodSpecialistsAZ.com



ARIZONA CENTER
for Reconstructive Breast Surgery

BREAST RECONSTRUCTION: KNOW YOUR OPTIONS.

Breast reconstruction is our passion. As caring surgeons and artists, we combine reconstructive and cosmetic surgery expertise to provide you with beautiful results fitted to your individual, unique look, and lifestyle. We specialize in state-of-the-art breast reconstruction procedures including nipple sparing mastectomy, direct-to-implant, pre-pectoral (above the muscle) and DIEP flap (using your own tissue) reconstruction. Combining decades of education and experience with a discerning eye and artistic touch, we deliver the natural results you desire.



Physicians Bryan Gawley, MD and Jennifer Geoghegan, MD are shown above. To learn more about their work at the Arizona Center for Reconstructive Breast Surgery, visit

AZBREASTCENTER.ORG



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Introducing Evernorth Care Group. Our doctors and staff are talented medical professionals who keep you healthy with best practices and clinical expertise. They also know your kids' and your pets' name. That's the reason 9 out of 10 patients recommend us.

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LUNCH TIME?



KICK IT UP A NOTCH WITH **CANNABIS INFUSED** MEALS

ONLY AT THE MINT CAFE

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Guadalupe, AZ 85283

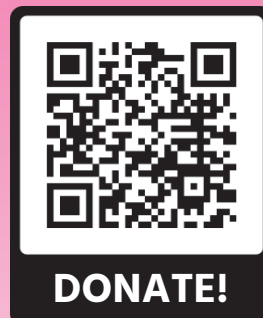
(480) 749-6468
Hours: 8 a.m. – 11 p.m.
(7 days a week)



SUPPORT LOCAL!

WE RECEIVED THE **GOLD**
TRANSPARENCY SEAL FROM GUIDESTAR

[CHECKFORALUMP.ORG](https://checkforalump.org)



Did you know less than five percent of non-profits registered with GuideStar are recognized with a Gold Seal? We are pleased to share this achievement, as Gold Seal status is the leading symbol of non-profit transparency and accountability.



STRONGER TOGETHER

.....

Sonora Quest Laboratories
is proud to support
Check for a Lump



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Laboratories™

A Subsidiary of Laboratory Sciences of Arizona



For more information visit **SonoraQuest.com**



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**Voted Best Medical Dispensary
by the Phoenix New Times**

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HARVEST™



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Publisher Note

Education is my passion! Education has the powerful potential to increase health and lower the incidence of all cancer. It is with immense pride we share our 2023 breast health publication to empower you with facts, guidelines, prevention tips, and invaluable resources.

In addition, you can learn about our programs that provide free education, mammograms, wigs, and support, along with touching impactful testimonies.

I hope you take away at least one fact, if not many, and make baby steps to lowering your risk of cancer. It's time we all STEP UP TO PREVENTION.

Live and Give,

Holly

Holly Rose
Founder / Board Member / Publisher



hollyrose@checkforalump.org



Breast Health Educational Publication
2023 Annual Edition



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Follow us!





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How you can impact our breast cancer community!

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Without time to read us now?
Scan the code or go to
[www.checkforalump.org/
freehealthmagazine](http://www.checkforalump.org/freehealthmagazine) to read our
online version on your phone. Enjoy!



SPINATO'S

PIZZERIA
& FAMILY
KITCHEN



We graciously give our hearts, hands, time and energy to serve and support each other and our community while also providing true, artful Italian cooking and Chicago-style pizza. With multiple locations in the valley, we pride ourselves on serving the best food in a family atmosphere or right to your door. Stop in to try the tradition yourself, or order for delivery or catering.



**WE ARE PROUD TO
SUPPORT CHECK
FOR A LUMP!**



*"We are not in the pizza business,
We are in the people business" – Anthony Spinato*

@SpinatosPizza
SpinatosPizzeria.com



Holly Rose

Founder / Board Member

As a breast cancer survivor, it is such an honor to serve and assist our breast cancer community. I take immense pride in being a great steward of the generous support gifted to us to bring our invaluable programs to those in need. I feel very blessed that we have been able to expand our outreach and our programs to better serve the needs of our community. The impact we have been able to make, thanks to the overwhelming community support, is truly amazing!

MEET THE TEAM

STAFF



Ashley Plum

Director of Development

A positive mindset is key in everything, especially when fighting breast cancer! As a breast cancer survivor and wig client, I'm excited to help others battling breast cancer, no matter their age or gender.



Laura Pentsa

Director of Programs

Having survived breast cancer myself, I absolutely love that I now have the opportunity to give back and help others who are fighting or possibly prevent them from ever needing to go into battle!



Jessica Cadby

Director of Outreach

I feel incredibly lucky and proud to be working here. There is no greater gift than helping others, especially alongside such positive, inspiring and passionate women, who I consider family.



Sulien Bruceta

Bilingual Community Coordinator

I have fought the breast cancer battle so, it's important for me to create empathy with people in need of free programs, and especially with the incredible warriors still fighting.

Executives



Tiffany House
Board President



Kate Kunberger JD
Co-Founder



Shelly Sakala
Co-Founder / Treasurer



Erin Alstad
Secretary

Members



Tania Cortas, MD



David Grandon



Linda Greer, MD



Summer Gunia, DO



Jen Umscheid



Teresa Yost

BOARD



EDUCATION PROGRAM

Empowering women in Arizona and beyond with invaluable breast health facts and preventive information. Distribution through annual magazine publication, social media, website, and other media outlets.



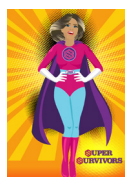
FREE MAMMOGRAM PROGRAM

Providing free mammograms and all diagnostic testing necessary for diagnosis of breast cancer to qualifying women in Arizona. Clients apply online and, once approved, Check for a Lump is directly billed by the imaging company partners. We also host mammogram events through mobile mammography units.



FREE WIG PROGRAM

Impacting women in Arizona undergoing chemotherapy treatment for breast cancer with a free wig, providing them the comfort and normalcy they deserve. Clients apply online and, once approved, may select a wig of choice up to \$300 at one of our approved wig shops and Check for a Lump pays the bill.



SUPPORT PROGRAMS

Super Survivors Unite

Our Super Survivors Unite program provides an opportunity for our community of survivors and their co-survivors to connect over their shared experiences at fun gatherings.



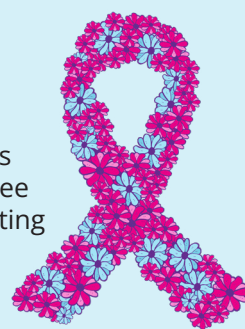
Super Survivor Kits

We offer Super Survivor Kits to women going through active breast cancer treatment. The kits include comfort items to help women during a difficult time.



13 years

- Educated over 350,000 people
- Provided over 2,100 free new wigs
- Helped over 1,200 women with free mammograms and diagnostic testing
- Hosted monthly support events
- Delivered comfort kits to women going through treatment





SATURDAY
October 7th, 2023

Steele Indian School Park
300 E Indian School Rd.
Phoenix, AZ 85012

**SUPPORT LOCAL
FAMILY FRIENDLY EVENT**

Music, Kids Zone,
Vendors, Food Trucks,
Free Mammograms and More!

**100% of funds raised
will stay local and help
women in Arizona.**



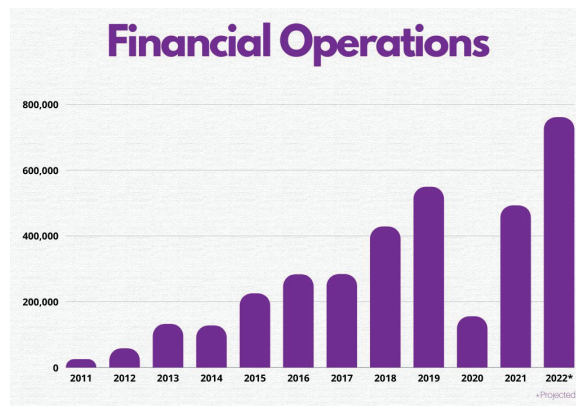
Registration opens in late
summer 2023. Use the code or
go to [www.checkforalump.org/
pinkout5k](http://www.checkforalump.org/pinkout5k)
See you there!

SCAN ME



DONATE TODAY

to a non-profit you can trust!



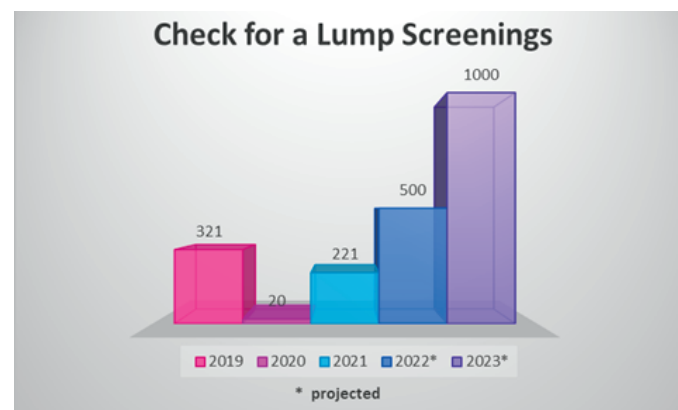
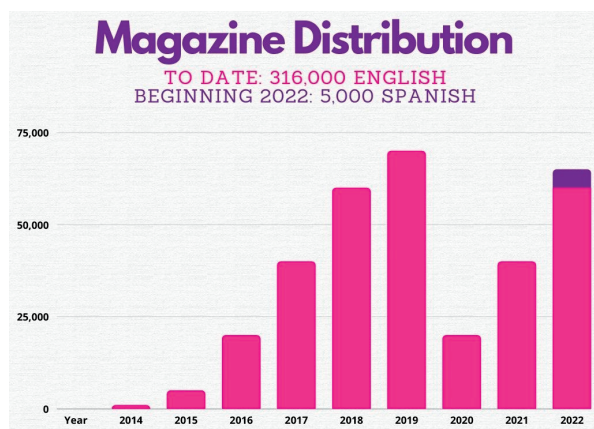
Education Testimony

"Your educational message was phenomenal! You have no idea the impact you had on my daughter . . . You spoke from a wicked experience. You spoke it without judgment. You spoke it with passion. . . Thank you for continuing to share your message of prevention and the many ways we can make change in our lives to live healthier, hopefully longer lives. Your non-profits message rocked the house!" - Kiffie

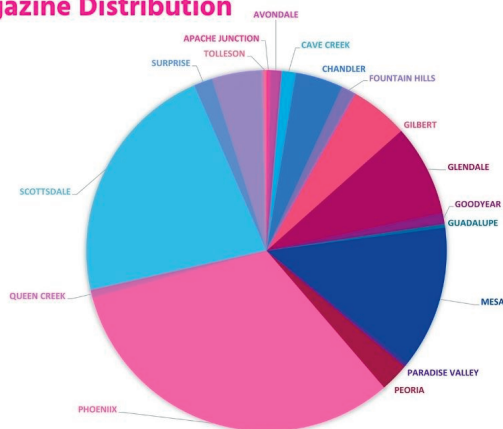
Mammogram Testimony



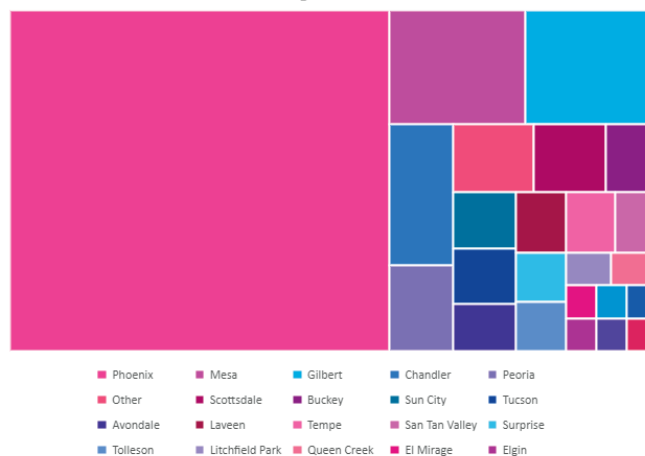
"I just had my 1st mammogram. It was so easy and so fast! Check for a Lump makes it so easy to get FREE onsite mammography. I encourage all women who are out there nervous - just do it! It is a lot easier than you think it is."



Magazine Distribution



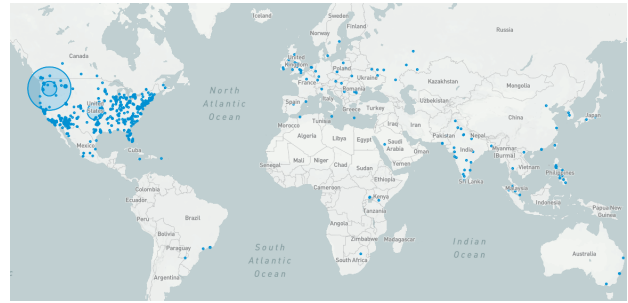
Mammogram Distribution



Social Media



2021 Website Visitors - Worldwide



21,856 new visitors, 2,276 returning visitors

Wig Testimony



"In the whirlwind after my diagnosis, I knew before I started chemotherapy I wanted to pick out a wig..." "You should apply for a wig grant through Check for a Lump"... I applied, was approved, and went back about a week later and picked out the most perfect wig! It looks JUST like my old hair and the money that Check for a Lump provided covered it in its entirety." - Berklee

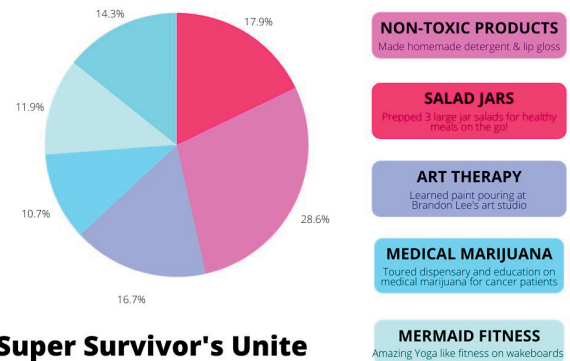
Support Testimony



"Thanks for another wonderful informative event! We had such a great time and the salads were yummy and healthy too! Great connecting with everyone there and hearing each other's journey." - Zulema

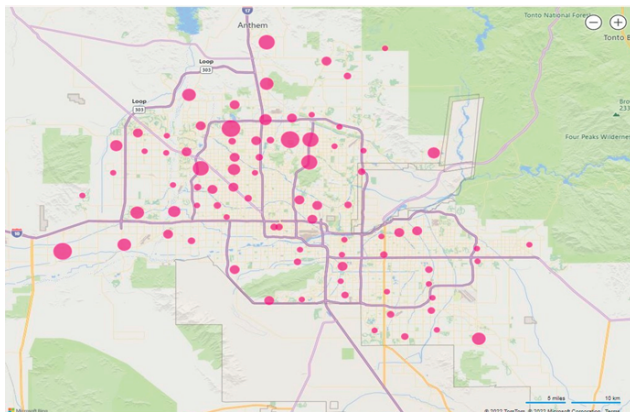
"I received my kit the other day. I had no idea this was coming. So many wonderful items in the bag. Thank you so much." - Candice

Wig Clients Per Year

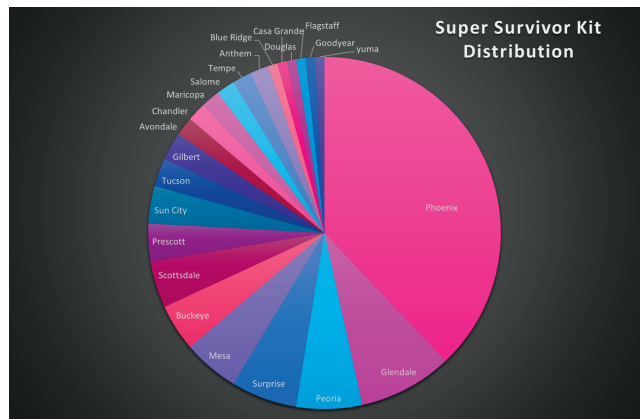


Super Survivor's Unite

2021 Wig Distribution in Maricopa Co.



Super Survivor Kit Distribution

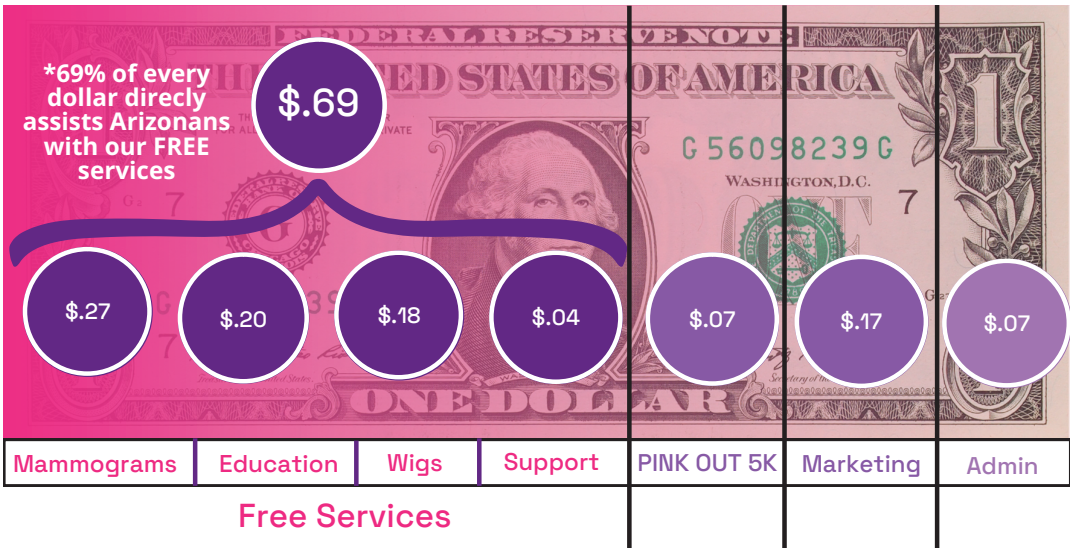




OUR VISION
- To make a difference in the fight against breast cancer!

OUR MISSION - To provide free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support and resources in Arizona.

WHERE THE FUNDS GO:



The Impact YOU can make



\$100	Provides education and resources for 94 women.
\$250	Covers 1 free wig to a woman undergoing chemotherapy treatment for breast cancer.
\$1,500	Provides 10 underinsured women a free mammogram that could impact their life.
\$5,000	Empowers 20 women who are undergoing chemotherapy for treatment of breast cancer with a free wig.
\$10,000	Allows 9 underinsured women to go through testing up to a cancer diagnosis at our low negotiated rates from preferred providers.



DONATE BY MAIL

360 E Coronado Suite #120 Phoenix, AZ 85004

DONATE BY PHONE

602.688.5232



2023 *CHECK FOR A LUMP* Goals

Are you donating to a trusted non-profit?

Here are questions to ask.

Are they an official non-profit as designated by the I.R.S.?

✓ We are! Our I.R.S. 501(c)3 tax ID # is 27-4626148. This allows for donations to be tax-deductible.

Is this non-profit verified with Candid?
The premier destination to research a non-profit and their financials.

✓ We're excited to share that our non-profit has earned a 2022 Gold Seal of Transparency with Candid!



Are they transparent with their financials?

✓ We are 100% transparent. Our I.R.S. Tax Form 990 is on our website at checkforalump.org. We share how we allocate every dollar.

Are the funds donated staying local to assist Arizona residents or leaving the state?

✓ 100% of our funds remain in Arizona to support our breast cancer community!

We pride ourselves on being great stewards of our donations!

BREAST HEALTH EDUCATION GOALS

- Provide Wellness Workshops to at least 12 in-person or virtual events
- Create education video content in English and Spanish
- Increase our magazine distribution in English and Spanish
- Expand our outreach into the Hispanic and Latino community

MAMMOGRAM PROGRAM

In 2017, Susan G. Komen, that granted 50,000 free mammograms annually, exited Arizona and left a huge deficit. In April of 2019, Check for a Lump stepped up and launched our free mammogram program. If approved, we cover screening and all diagnostic testing, if needed, to diagnose breast cancer.

WE SURPASSED OUR GOAL OF 500 AND PROVIDED OVER 750 WOMEN WITH FREE MAMMOGRAMS AND DIAGNOSTIC TESTING IN 2022.

MAMMOGRAM GOALS

- Provide at least 1,000 free screening mammograms
- Increase the number of mobile mammography events we host from 24 to 36 events
- Streamline the mobile scheduling process and follow-up care

WIG GOALS

- Continue to serve women who are undergoing chemotherapy for breast cancer with a free new wig
- Create an online wig catalog for women who live outside of Maricopa County
- Partner with an additional wig shop in the west valley with multiple language support

SUPER SURVIVOR SUPPORT PROGRAMS

Super Survivors Unite

- Increase participation in our monthly support group
- Increase the awareness of Super Survivors Unite

Survivor Kits

- Expand our Super Survivor Kits for purchase for breast cancer patients nationwide
- Increase opportunities for our community to make our comfort items and non-toxic products that go in the Super Survivor Kit
- Increase in-kind donations from our Wish List for comfort items that go inside our kits including: blankets, fuzzy socks, and 100% cotton fabric, etc.





Holly's Founder Story



January 13th, 2009, at the young age of 39, while scrolling through Facebook I came across a funny posting from my childhood friend reminding women to perform a breast self-exam. For whatever crazy reason, fate, God, luck, who knows . . . the message stuck in my head and I performed a self-exam that evening and discovered a lump that turned out to be breast cancer. I was very fortunate in finding my cancer in the early stages and was able to save my breasts and, more importantly, my life. Facebook saved my life!

I endured nine months of treatment including surgeries, God awful chemotherapy, and radiation. During that time my family and me were showered with acts of kindness that was life-changing for me. I wanted to do something to give back to my community. I must give God credit as well, as I felt like He was pushing me on to a new path. I also wanted to ensure that I was leaving a legacy my daughters could be proud of. And so, I founded the non-profit Check for a Lump with help from my childhood friends Kate Kunberger, Shelley Sakala, and joining us our first year Erin Alstad.

We started grass roots with a simple call to action, "Don't be a Chump! Check for a Lump!" reminding women to perform breast self-exams and mammograms. My passion continued to grow and the support from our



community fueled the launch of program upon program to fill the needs of our breast cancer community. Check for a Lump is now a prominent breast cancer non-profit in Arizona with four pillar programs – breast health education, mammograms, wigs, and support!

Check for a Lump has been one of the most beautiful and rewarding chapters of my life! I set out to "Save one woman's life!" and never dreamed I could impact hundreds of thousands of lives through our programs. The icing on the cake for me was in the process of raising funds and awareness. We provided opportunities for beautiful memories to be formed for our supporters who attended flash mobs, pink outs, wig outs and more! I am extremely proud of what I have created and give credit to our success thanks to the generous support of our amazing community of supporters, board members, staff, and my family. I'm overwhelmed by the generous acts of kindness that continually surround us. I'm forever grateful for the blessed path that God has placed me upon after breast cancer. Together we are making a difference in the fight against breast cancer!

*Live and Give,
Holly Rose*





**LIVES ARE SAVED &
HEALTH IMPROVED
THROUGH OUR**

FREE EDUCATION PROGRAM!

Our education program brings awareness to the facts regarding breast cancer and promotes early detection in order to help save lives. If breast cancer is detected in the early stages, women have close to 100% chance of surviving. We provide invaluable prevention tips to lower the risk of breast cancer and overall incidence.



*Scan to learn more
about our free
education program*



Free Magazines



Wellness Workshops



Health Fairs



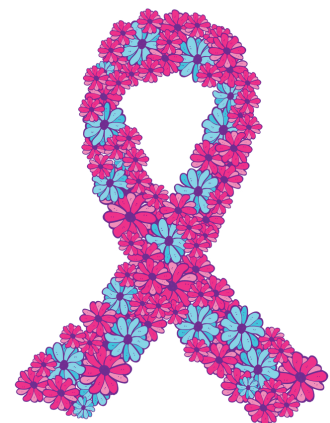
Monthly Newsletters



Community Events



Social Media



TAKING IT ON TOGETHER

Facing cancer can be scary, and most people have lots of questions. Cigna supports the work of the Check for a Lump organization in the hope that one day no one will hear “*You have cancer.*” Find resources at Cigna.com/knowledge-center/breast-cancer.



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HELPING YOU ANSWER SOME OF BREAST CANCER'S TOUGHEST QUESTIONS

Taking it on Together

According to the American Cancer Society, **“Breast cancer is the most common cancer diagnosed among U.S. women and is the second leading cause of death among women after lung cancer.”**¹ But for Hispanic women, breast cancer is the leading cause of cancer death (16%).² Now that you are equipped with this information it allows you to begin a quest to learn more about your health and well-being.

With the prevalence of breast cancer, have you ever asked yourself

“When should I start having mammograms?”

“Should I have a BRCA gene test?”

“What should I do if I’m at high risk for breast cancer?”

You are not alone! Navigating breast cancer prevention and/or treatment can be complicated. To make it a little easier, Cigna has created an interactive **“Health Tool”** on Cigna’s Breast Cancer page that helps you make decisions about your health!³

Find resources at: Cigna.com/knowledge-center/breast-cancer

Here is how the tool works...

- 1 Get the Facts:** Read some of the latest research surrounding the topic.
- 2 Compare Options:** Review the key components of each option and how they differ.
- 3 Your Feelings:** Rate and reflect on your feelings.
- 4 Your Decision:** Score how you are leaning.
- 5 Quiz Yourself:** Take a quiz on what else you need to determine. Summary: Review an overview of your responses that can be used to discuss prevention and/or treatment options with your medical provider or loved ones.

All of this information and more is available at Cigna’s Breast Cancer page to help you navigate your health and well-being. You can make a difference in your health by taking a proactive approach.

1. <https://www.cancer.org/research/cancer-facts-statistics/breast-cancer-facts-figures.html>

2. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/cancer-facts-and-figures-for-hispanics-and-latinos-2018-2020.pdf>

3. <https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/breast-cancer-tv3614>

This is for information purposes only. This is not medical advice. Please check with your health care provider about your best course of action.

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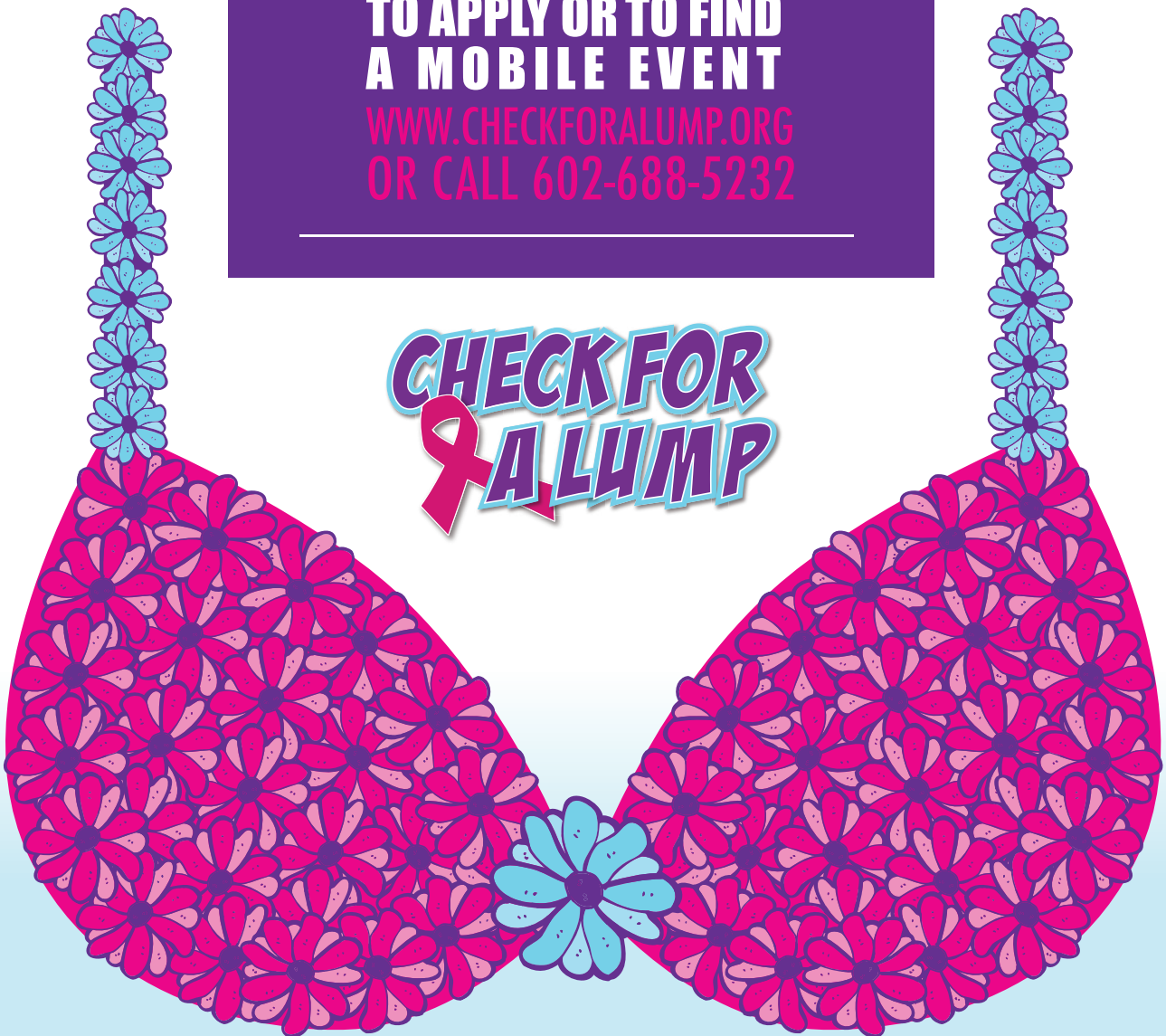


FREE MAMMO GRAMS!

VISIT OUR WEBSITE
TO APPLY OR TO FIND
A MOBILE EVENT

WWW.CHECKFORALUMP.ORG
OR CALL 602-688-5232

**CHECK FOR
A LUMP**



Free MAMMOGRAMS

funded by



"I just got my FREE mammogram. They have a mobile unit out here with Check for a Lump. The reason you want to get it done – those lumps could turn into something worse.

Don't put it off! Get it checked out!"



"I just did my mammogram at the mobile unit. Everyone should get their annual exam. Very simple! Very easy! Get it done!"



"I'm here at the Check for a Lump event. I just got my annual squeeze! Super easy! The ladies were friendly and they made it painless! I just encourage everyone to get it done and it's FREE today! It's important that we get ahead of breast cancer because too many women, regardless of age, are having to fight it and some lose that battle."

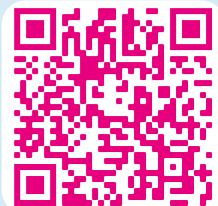
"I encourage all women who are out there nervous – just do it! It is a lot easier than you think it is."

"I just had my first mammogram. It was so easy and so fast! Check for a Lump makes it so easy to get FREE onsite mammography. I encourage all women who are out there nervous – just do it! It is a lot easier than you think it is."



DONATE

TOGETHER WE ARE MAKING
A DIFFERENCE



Scan the code and help us provide Free mammograms to women in need.

"I just came out this morning for my mammogram. I haven't done one in 15 years! I'm here with Check for a Lump. It was a great experience!"



Amy's Story



"Who you calling a chump?" I said out loud with a snicker. It surely lightened the heaviness I was feeling as I searched and called intently for a low-cost mammogram. "Is this for real?", this tiny ad I saw for Check for a Lump, amongst a larger more well-known organization who couldn't help me until their next mobile event. As I dialed, I thought, it doesn't hurt to leave one more, of many messages that day.

Surprised and grateful, I got a live person who answered, "Hello, this is Holly, how can I help you?" She told me her personal story of why she started Don't be a Chump, Check for a Lump. What a gift to have connected with her and hear her say, "apply and we can pay for all diagnostics!" I'm pretty sure I cried with joy, as I am again, right now reliving that call.

Unfortunately, I didn't act on my symptoms prior to finding Check for a Lump, because I didn't have insurance, and so I just let the lump grow larger as my bank account became smaller. One day a friend said, "My left breast is indenting and below that it protrudes." I said, "this is exactly like my right breast." I watched as she went through her diagnosis, and waited to hear each of her test results, one at a time.

Through the Check for a Lump program, I was able get my mammogram, diagnostic testing and pathology all taken care of, and Check for a Lump paid those over \$3000 worth of bills in full.

Since she had insurance, it seemed to make sense. She had the mammogram, ultrasound, and biopsy... then they told her it was just fat, nothing more was found. Good! I concluded mine was only fat too, but still felt unsure. Later, on the phone call with Holly at Check for a Lump, she agreed that it was possible that it was only fat, but that a mammogram and testing would be a smart decision. In addition to the visual symptoms, I had also started itching, burning, and later had a stabbing type of pain.

Through the Check for a Lump program, I was able get my mammogram, diagnostic testing and pathology all taken care of, and Check for a Lump paid those over \$3000 worth of bills in full. Ultimately, it was not fat, it was stage 3 cancer, 4.5 cm. I was diagnosed in May and the cancer was removed by mastectomy in September of 2022, 9 months after seeing the initial change. I can't tell you how relieved I am to have this done as I now wait for reconstruction.

In that initial phone call, I told Holly, that I only had last year's 1099 of \$22,000 and just started up my business again. She told me about Well Woman Health Check (WWHC), a program funded federally but managed at AZ Dept of Health Services. To be eligible for WWHC a single person can earn up to \$32,000 and receive insurance for breast or cervical cancer diagnostic and/or treatment. I completed the application was approved with full insurance. "Wow, what an unexpected blessing, it all just fell into place." Days later I received an envelope from AHCCCS with both a denial for state insurance (my 1099 stated too much income), and an approval to the WWHC program as my income was below that program limit.

My son didn't know how to help financially but knew he would see this through with me no matter what. Finding this program was the biggest sigh of relief we've ever heard, what a help that treatment would be no cost to us. I'm so grateful that my son was able to take me to every pre and post appointment. I have made it a point to spread the good news about these resources, some doctors and staff didn't even know they were available. Please pass these resources along to your tribe.

May I suggest that if you have even a small suspicion, get tested early. At the first hunch that your body is different or that something has changed, listen to your body! Fear is a liar. Let us who have been there before you and others now beside you share the resources we have used ourselves. If my sharing helps you somehow that's the success I hoped for. God Bless You!

I am the
1 in 8

1 in every 8 women will develop breast cancer in her lifetime.¹

If caught early, the five-year survival rate is nearly 100%.²

“I opted for the Genius[™] 3D[™] mammogram because early detection is what saved my life.”

Sheryl Crow, Breast Cancer Survivor and Nine-time Grammy[®] Award Winner

Available in all 50 states, the **Genius[™] 3D MAMMOGRAPHY[™]** exam is the only mammogram proven to detect breast cancers **15 months earlier³** and find **41 percent** more invasive cancers⁴ than conventional mammography alone. **Go to FindMyGeniusExam.com to locate a Genius[™] 3D[™] facility near you.**

genius[™]
3D MAMMOGRAPHY

Genius[™] 3D MAMMOGRAPHY[™] exams are only available on the Hologic Selenia[®] Dimensions[®] system.

Please consult your physician for a complete list of benefits and risks associated with mammography.

References: 1. <http://www.cancer.gov/types/breast/risk-fact-sheet>. 2. <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-survival-by-stage>. 3. McDonald, E.S., Oustimov, A., Weinstein, S.P., Synnestvedt, M.B., Schnall, M., and Conant, E.F. Effectiveness of Digital Breast Tomosynthesis Compared with Digital Mammography. JAMA Oncol. 2016;2(6):1-7. Doi:10.1001/jamooncol. 2015.5536. 4. Friedewald SM, Rafferty EA, Rose SL, et al. Breast cancer screening using tomosynthesis in combination with digital mammography. JAMA. 2014;311(24):2499-2507.

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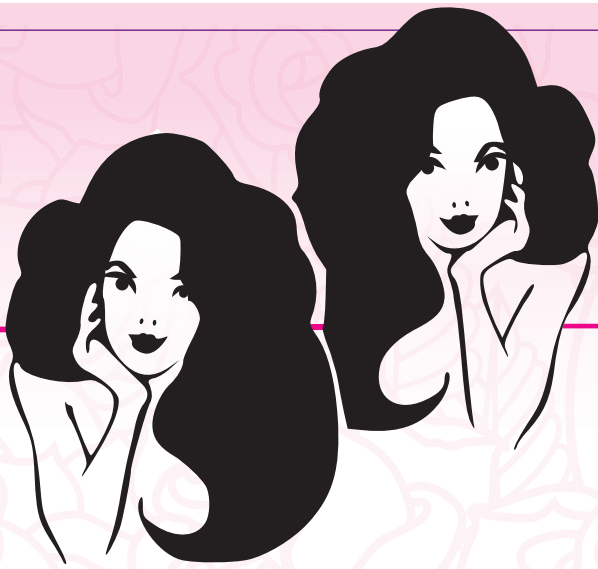
Our **Wig Program** is extremely innovative! It is different from every other wig program in our state. Others operate as a wig bank with limited choices on hand. Our program is not a wig bank. Our clients have the privilege of walking into a normal wig shop and selecting any wig of her choice so she too can look just like herself and we pay the bill, up to \$300.



OVER 2,100
FREE WIGS!

We offer free new wigs to women undergoing chemotherapy for breast cancer treatment in Arizona. It's easy to apply: scan code or go to www.checkforalump.org/free-wigs





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15620 N. 35th Avenue, Suite 4 | Phoenix, AZ 85053

602-993-8090

Just North of Greenway in the Palms Center

WE ARE A PROUD PARTNER OF CHECK FOR A LUMP!

We hope you will give us the opportunity to help you
look and feel your best during this time.

**ANYONE IN TREATMENT WILL RECIEVE
A MEDICAL DISCOUNT,
A FREE CUT & STYLE, AND A SPECIAL GIFT.**

Many insurance companies cover the cost of a wig and we can help
with the reimbursement process. We are providers for Aetna and will
submit the claim for you. If you bring in a prescription, there is no
sales tax applied.

**CALL FOR MORE INFORMATION
OR TO SCHEDULE AN APPOINTMENT**

www.classysisterswigs.com

Nubia's Story



*These past 7 years
have not been easy,
to say the least, but
I am so grateful
for everything I
have learned about
myself and will
continue to learn.*

My life changed 7 years ago. I had turned 31 and was only six months away from my wedding, when a “pimple” I popped in November grew bigger over the holidays. I waited till after the holidays to make my appt with my OBGYN thinking, “Why not? I’m young and due for a pap anyway. I’ll just wait until then.” When I was at my OBGYN she referred me to my PCP who ordered an ultrasound. “Better be safe than sorry,” he said. The following week I was scheduled and went. I was welcomed by a tech, who said “take everything from the waist up off. I’ll be ready for your mammogram shortly.” I was shocked, “Mammogram?!? I’m here for an ultrasound under my left arm pit. Aren’t I too young for this?!?” So, I did what I was told and had the mammo completed. While waiting for the doctor to view the images, I started thinking of my cousin who had passed away from ovarian cancer at age 26, it would have been her birthday that day. As I sat thinking, the tech came back and said the doctor wanted more images of my right breast. At that moment I knew something was not right. I had an ultrasound and one hour later I was being prepped for a needle biopsy. Unfortunately, I took medication for a headache the night before that delayed the biopsy for 7 days. Those were the longest 7 days ever! Three days after the biopsy I got a phone call at work telling me they didn’t have good news, it was cancer, and needed to see the breast surgeon in 2 hours. I was at work, getting ready to start my therapy group, and started balling in my office. I called my fiancé to come pick me up and I let my co-workers know the situation. That phone call not only changed my life but my fiancé’s as well. We were getting married in six months and planned on starting our family right way. Is this really happening?

After seeing the breast surgeon, I met with my oncologist. She proceeded to explain the type of cancer I had, infiltrating ductal carcinoma, ER, PR positive. At that point we were still waiting on the HER2 results. What stood out the most during that appt, was how “matter of fact” the doctor was with me. We were told to cancel the wedding, to stop working, that I was going to be bald, and that I would become sterile so I should harvest my eggs. I was devastated and felt so defeated, but also grateful to have found the cancer in the first place.

On the way home from the first of many appointments, still crying my eyes out, I took a deep breath, and told myself, “I am not going to lose my hair! We are getting married! I will work until I can’t! And I apologized for not being able to give him a child. I determined that I would continue living the best I could even through treatment.



I soon found out that I was also positive for HER2, so a month after the biopsy I started my first round of TCHP chemo to cure my stage 2 breast cancer. I was true to myself, and at every infusion I froze my head, using a cold cap, so I'd have hair for my wedding. I worked full time, and I did get married. My new oncologist told me my body would heal and that I would be able to have kids later. Chemo was followed by lumpectomy and 30 rounds of radiation.

Those six months are now a blur, yet I remember so much. The "brave face" I put on when I was surrounded by my amazing support system, and the crying sessions I had in my car on my way home from work. I'm so grateful I was able to keep working. At that time, work and wedding planning kept me from falling apart. I just kept on going, living, and reminding everyone I knew to "know your body and listen to it!"



Fast forward 4 years later - a new house, a new job with new insurance, and 4 years of clear scans! When the sharp pain around my lumpectomy area began telling me and my doctors that something wasn't right (my surgeon explained it was my body still traumatized by the surgery and that the pain will eventually go away). It wasn't till mid 2019 when 3 different oncologists at my new treatment center ordered a few blood tests, those tests came back with elevated inflammation markers. By then, the pain in my chest was so intense I couldn't sleep on my back or sides. I slept sitting, propped up by pillows. After many scans, appointments, and firing my oncologist for his lack of urgency, I was given the horrible news that the cancer I had fought and had beaten, was now back and in my bones and outer lungs. Processing the news that I was now stage four was a punch in the gut. My husband and I had been so excited the few months leading up to this because I was almost done with the hormone therapy, and we were already making plans again to finally start our family. We were devastated.



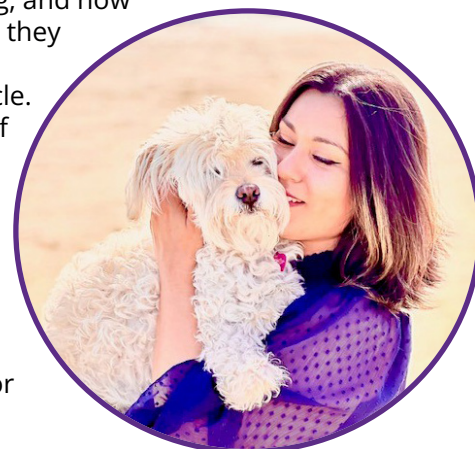
Phoenix Fashion Week Fashionably Pink

Another 3 years later, I am now 38 years old and 3 years thriving from the day I got diagnosed with Metastatic Breast Cancer. I am on my fourth line of treatment and happy to report that I am stable with no cancer present in my lungs!

In Oct. 2021 the cancer had metastasized to my brain and on May 13th, 2022 I finished 15 sessions of whole brain radiation. The day came where I only "looked sick" and like a "cancer" patient. My hair began to fall out 3 weeks after radiation to my brain had stopped, so I applied for a wig grant through Check for a Lump. The ladies there have been amazing, and now I attend many of the Super Survivor events that they host monthly. I have met and cultivated many friendships and have expanded my support circle. I thank God every day for allowing me the gift of waking up and allowing me to practice taking care of me. I am no longer married or working. I am making my mental health a priority, enjoying making memories with my family

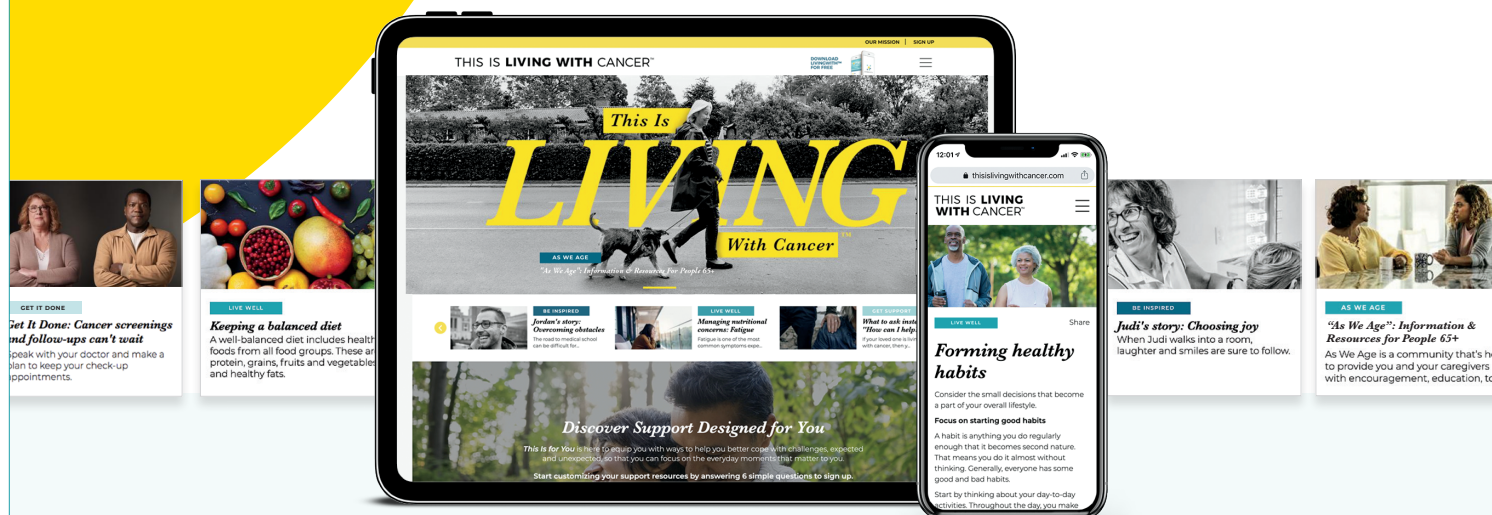
and friends, all the while continuing to be a support to my mother who was recently diagnosed with the same type of early breast cancer that I beat.

These past 7 years have not been easy, to say the least, but I am so grateful for everything I have learned about myself and will continue to learn.



THIS IS LIVING WITH CANCER™

A program for people living with cancer and those who love them



This Is Living With Cancer™ is a comprehensive program **with a growing focus on underserved communities who experience challenges in access to care, such as:**

- People living with cancer over the age of 65
- Racial and ethnic minorities
- Those of lower income
- Individuals who live in rural areas who may not have equal access to resources

NUTRITION & WELLNESS

Articles about healthy living, exercise and dietary considerations, as well as resources on coping with depression, anxiety, pain and more

COPING SKILLS

Interactive online skill-building activities on topics such as goal planning, stress management and communication

SCREENINGS AND FOLLOW-UPS

Information for communities affected by COVID-19, particularly racial and ethnic minorities, to help them speak with their doctors and get tips to prepare for cancer screenings and follow-up appointments

RESOURCES FOR OLDER ADULTS

Encouragement, education and tools to help older adults navigate their treatment journey

PATIENT ADVOCACY RESOURCES

Connections to resources developed by advocacy partner organizations and information organized by cancer type

Patients can hear the real stories of people living with cancer and find more resources at

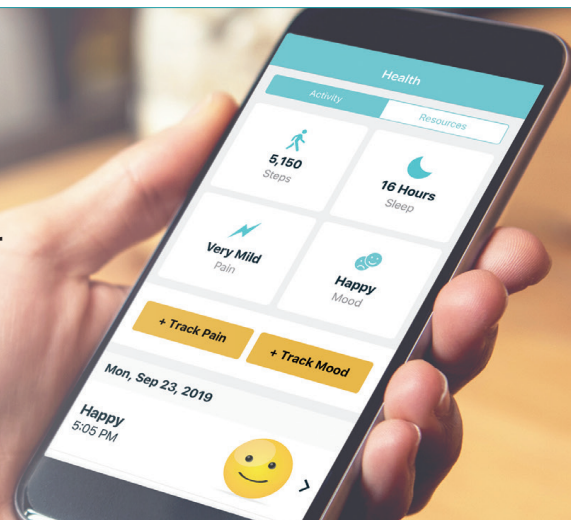
[ThisIsLivingWithCancer.com](https://thisislivingwithcancer.com)



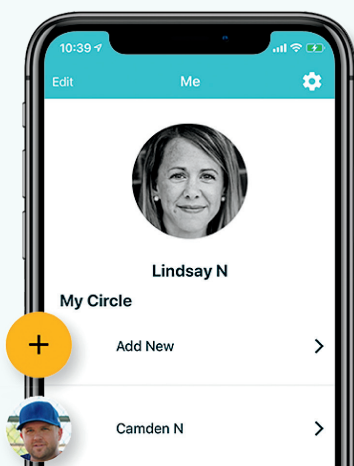


A free app designed to help manage life with cancer

Your patients and their loved ones can download the **LivingWith®** app for free. It's available in English and Spanish.

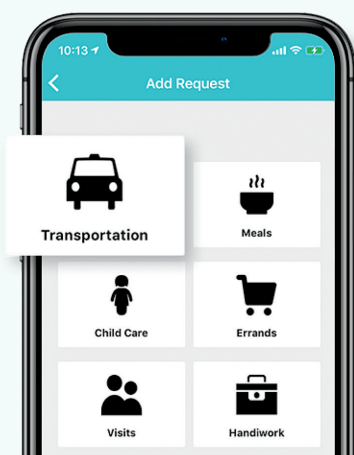


LivingWith® helps take care of the small details so patients can focus on the big picture.



STAY CONNECTED

- Invite friends and family to join their private circle of support
- Send or receive requests for help
- Share how they're feeling with loved ones



GET SUPPORT

- Send requests to friends and family
- Find support groups in their community
- Discover local events, including those sponsored by the American Cancer Society

TRACK HEALTH

- Track mood and pain patterns and share personalized graphs and reports
- Sync sleep and steps with wearables like **Fitbit™**, **Apple® Health** or **Google Fit™**

STAY ORGANIZED

- Keep track of questions
- Take and record audio notes at appointments
- Store important documents, like lab and test results

ASSIGN A PROXY

- If managing the app may be too much, patients can assign someone to update friends or family on their behalf

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Super Survivors Unite

BREAST CANCER SURVIVORS & CO-SURVIVORS

Join us the third Thursday of every month for fun free activities to connect with fellow breast cancer survivors & co-survivors and empower yourself with resources!

SAVE THE DATE!

2023 EVENTS

(subject to change)

January 19th: Vision Board

February 16th: Wellness

March TBD: Art Therapy

April 20th: Writing Workshop
(survivors only)

May 18th: Essential Oils

June 15th: Kindness

July 20th: Sexual Health
(ladies only)

August 17th: Beauty Night

September 21st: Tie-Dye Shirts

October: none, join us for our
other October events!

November 16th: Cooking &
Nutrition

December 14th: Holiday



Art therapy at
Art of Our Soul



Salad in Jars



Holiday Ornaments



Sign up for one of our
monthly events by
scanning here or visit
our website.



Meg's Story



I was 10 weeks along, pregnant with my 7th child, when I was diagnosed with Stage 3 breast cancer. The first days were terrifying - we didn't know how much the cancer had spread or even if I could get treatment. We found a wonderful doctor and I was so relieved to learn I was not the only pregnant patient! The doctor couldn't put us in touch because of HIPAA but I always had my eye out for another bald pregnant lady. One day she spotted me and my friendship with Jen was born!

I put my faith totally in God and He provided in every way and blessed us abundantly through our family, friends and strangers who lifted us up and carried us through this time. I would joke that my children would look back on this time as the greatest of their lives, with family from all over the country visiting to help out. Chemo days became my date days with my husband. We even spent our 10th anniversary on the chemo floor! Radiation was lonely for me - I think I cried every single time, all alone on the table I let it all out. My mastectomy surgery and reconstruction were rough recoveries- turns out my body does not like surgery, and I was ready to be done and move on!

Over the years my friendship with Jen has evolved from chemo dates to play dates with our little girls. Recently we attended a Super Survivors Unite Tie Dye event hosted by Check for a Lump. Not only was the tie-dyeing fun, but the opportunity to talk with other survivors was a gift I didn't know I had been missing! I thought a support group meant sitting around dwelling on what a bummer cancer can be. I wish I knew about Check for a Lump earlier! It is a relaxing environment for people to come together and share their stories over a fun activity.



This October, I had the opportunity to be a part of not one but TWO fashion shows with Check for a Lump! Jen and I were invited to walk the runway in the opening show of Phoenix Fashion Week with other lovely survivors. The best part (besides getting glammed up!) was the hope our presence offered to the community. My youngest daughter and I modeled for the Pink Couture fashion show. To walk with my beautiful little girl, who likes to say she "saved my life", was a moment I never would have dreamed of 5 years ago as I held my tiny baby.

Reflecting on my story, the tears and worries of the past have faded away and all I remember are the many blessings and the life altering lessons in gratitude. Cancer no longer consumes my life as it once did. It is part of my story and has given me the gift of offering hope to those whose stories are just beginning. We are made for community, whether one is in the position to offer or be blessed by receiving support. I have been blown away by the support Check for a Lump offers and am grateful to have found them.



I thought a support group meant sitting around dwelling on what a bummer cancer can be. I wish I knew about Check for a Lump earlier! It is a relaxing environment for people to come together and share their stories over a fun activity.

Super Survivor Kits



Check for a Lump offers Super Survivor Kits to women going through active breast cancer treatment. The kits include comfort items to help women during a difficult time.

Each kit is made with love, community support, and generosity! The kit contains many handmade, clean, non-toxic products like aromatherapy candles, lip gloss, hand cream, exfoliating soap, bath salts, laundry detergent, blankets, lavender infused eye masks, hats, hot/cold pads, plus a few extra donated entertainment items such as coloring & game books, colored pencils, and inspiring memoirs. We even include our Check for a Lump recipes so women can make more of the products when they run out!

AMAZON
WISHLIST



As we planned the Super Survivor Kits, we realized this was an amazing opportunity for our community to shine and use their talents to express their care. Our programs director, Laura, began teaching her daughters' girl scout troop the recipes. The girls loved the project and learning why non-toxic ingredients are so important. In just one night their troop made over 100 individual containers of homemade laundry detergent for the kits! The girls were overjoyed with their accomplishment and are continuing to learn more recipes to fill the kits! Our wonderful NCL volunteers have been making beautiful lavender infused eye masks. A local church heard about the new program and within the week had bags of blankets made and ready to bring a bit of comfort. One woman heard the need and immediately left to buy fabric for the hot/cold packs.



So! What has this revealed to us? People care! People want to show their support! People have many talents! And this Super Survivor Kit can be a way for all of them to collaborate with Check for a Lump to show each survivor that the community is there, cheering them on, and caring! What could feel more encouraging than the reassurance that the community that cares about you?



ORDER YOURS BY SCANNING THE QR CODE!



"I received my kit the other day. I had no idea this was coming. So many wonderful items in the bag. Thank you so much."

- Candice

a 2nd Act®

Cancer Nonprofit

PASSES
THE TORCH
TO

CHECK FOR
A LUMP

Breast Cancer Nonprofit



Ashley Plum, Judy Pearson, Holly Rose and Laura Pentsa, holding the book "A 2nd Act."



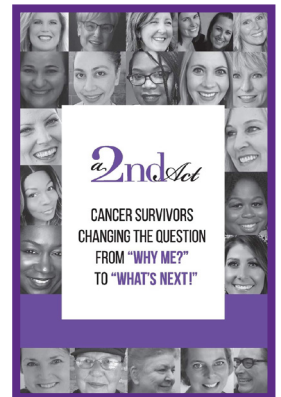
Check for a Lump and A 2nd Act host the annual Girls Night Out purple elephant gift exchange.

It is with immense pride and joy that Check for a Lump is continuing the legacy of A 2nd Act and Judy Pearson.

Seven years ago, Judy Pearson founded A 2nd Act. Recognizing that helping is healing, the organization's mission was to celebrate and support women survivors of all cancers who use their newly realized gifts of life and experience to give back to the greater good.

Check for a Lump will now host Girls Night Out events for all cancer patients quarterly. We'll also feature a landing page from the Check for a Lump website with a link to A 2nd Act STARS videos. Over 50 women shared their inspiring stories from Phoenix-area stages, including Check for a Lump founder Holly Rose.

Check for a Lump will include the A 2nd Act book, *Cancer Survivors Changing the Question from Why Me? to What's Next!* in our Super Survivor Kits. They provide the inspiring stories of STARS cast members and can be enjoyed anywhere.



Judy shared her joy in passing the torch to Check for a Lump. "A 2nd Act has received a 2nd Act!" Pearson said. "Holly was one of our first grant recipients and a member of the 2019 STARS cast. She is a perfect example of someone who learned that helping is healing.



And she did it in a BIG way! Check for a Lump has become the go-to agency for mammograms and wigs. I'm so excited to see what happens next and will certainly support all the events. Meanwhile, my 2nd Act will blossom as I focus on my career as a biographer."

13TH
ANNUAL

WIG OUT a Go-Go



YEAH BABY! JOIN US...

FRIDAY, MARCH 31ST

CHECK FOR
A LUMP



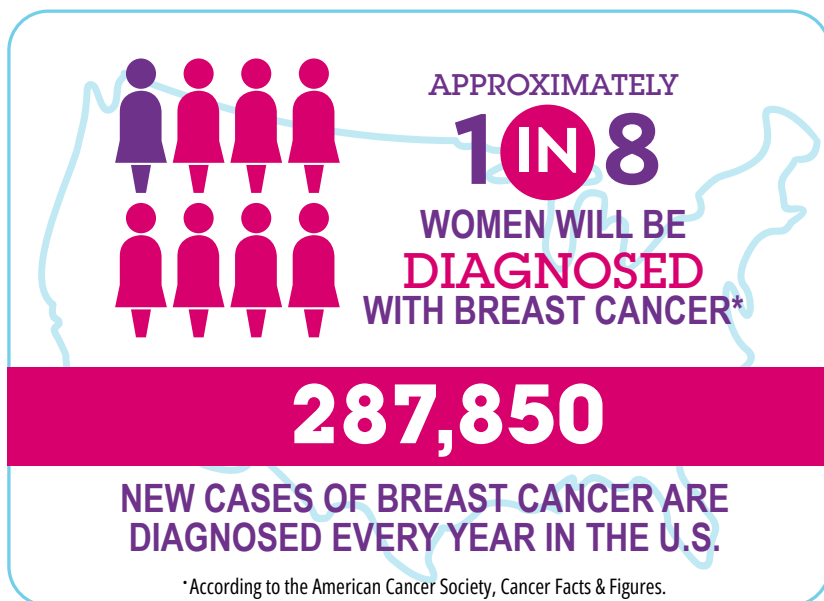
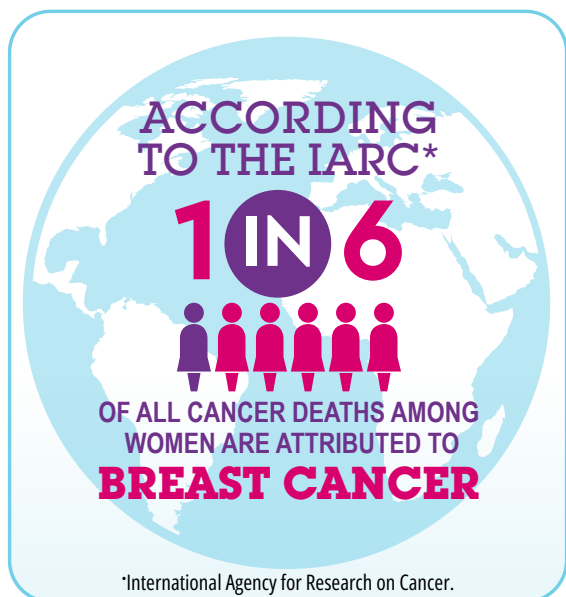
PLEASE RSVP BY MARCH 17TH
INVITE A FRIEND • MUST BE 21 • ENTER WITH I.D.



INCIDENCE

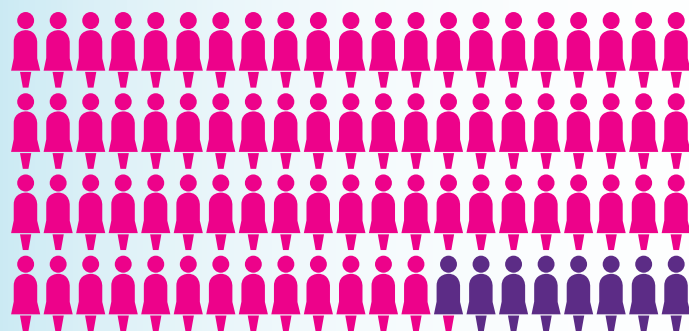


Breast Cancer has now surpassed **Lung Cancer** with the highest incidence globally, striking every day.





5-YEAR RELATIVE SURVIVAL



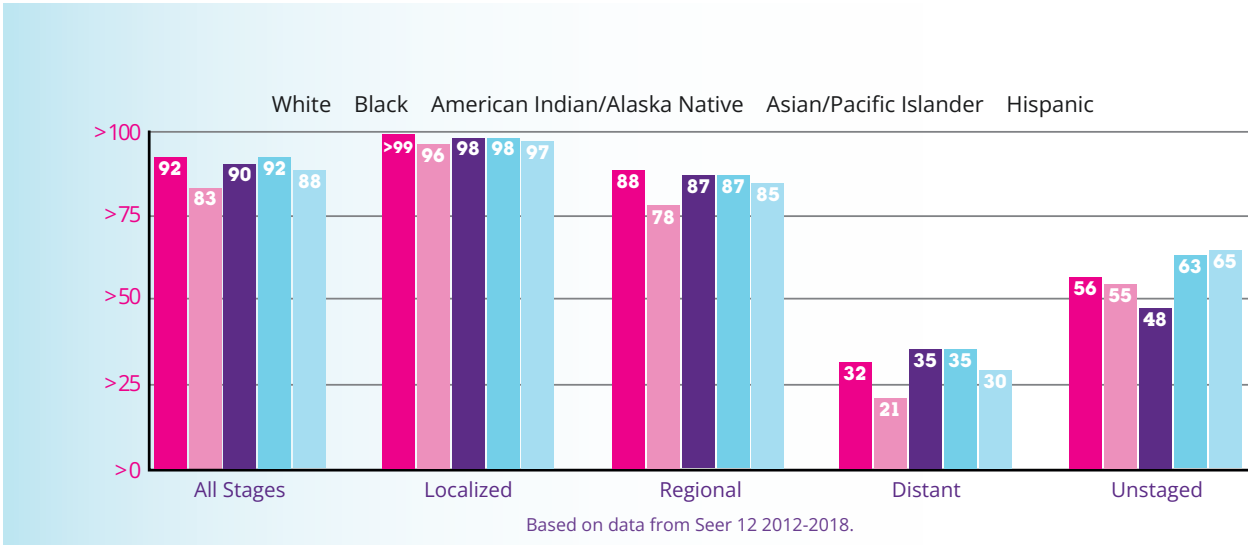
5-YEAR
RELATIVE
SURVIVAL
FEMALE
BREAST
CANCER

90.6%

Based on data from Seer 12 2012-2018. Purple figures represent those who have died from female breast cancer. Pink figures represent those who have survived 5 years or more.

- Relative survival is an estimate of the percentage of patients who would be expected to survive the effects of their cancer. It excludes the risk of dying from other causes. Because survival statistics are based on large groups of people, they cannot be used to predict exactly what will happen to an individual patient.
- No two patients are entirely alike, and treatment and responses to treatment can vary greatly.

Percent of Cases & 5-Year Relative Survival by Stage at Diagnosis: Female Breast Cancer









NEW CASES & DEATH RATES

Who Gets This Cancer?

Female breast cancer is most common in middle-aged and older women. Although rare, men can develop breast cancer as well. The rate of new cases of female breast cancer was 128.3 per 100,000 women per year based on 2015–2019 cases, age-adjusted.

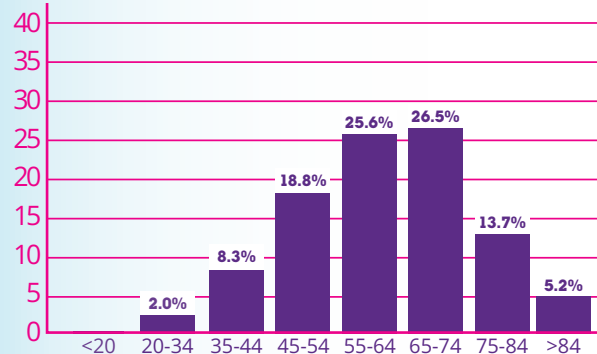
Rate of New Cases per 100,000 Persons by Race/Ethnicity:
Female Breast Cancer

ALL RACES		128.3
WHITE		137.6
BLACK		129.6
ASIAN/ PACIFIC ISLANDER		106.9
AMERICAN INDIAN/ ALASKA NATIVE		111.3
HISPANIC		99.9

U.S. 2016–2020, Age-Adjusted

Female breast cancer is most frequently diagnosed among women aged 65–74.

MEDIAN AGE AT DIAGNOSIS IS 63









U.S. 2016–2020, All Races, Female

Who dies from female breast cancer?

According to Seer 22 2016–2020, overall, female breast cancer survival is good. However, women who are diagnosed at an advanced age may be more likely than younger women to die of the disease. Female breast cancer is the fourth leading cause of cancer death in the United States. The death rate was 19.6 per 100,000 women per year based on 2016–2020, age-adjusted.

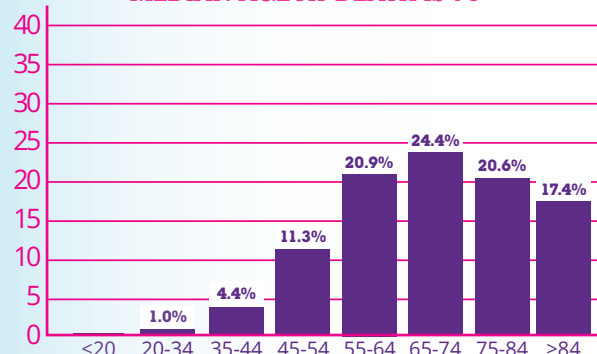
Death Rate per 100,000 Persons by Race/Ethnicity:
Female Breast Cancer

ALL RACES		19.6
WHITE		19.7
BLACK		27.6
ASIAN/ PACIFIC ISLANDER		11.7
AMERICAN INDIAN/ ALASKA NATIVE		17.6
HISPANIC		13.7

U.S. 2016–2020, Age-Adjusted

The percent of female breast cancer deaths is highest among women aged 65–74.

MEDIAN AGE AT DEATH IS 70



U.S. 2016–2020, All Races, Female

SEER is supported by the Surveillance Research Program (SRP) in NCI's Division of Cancer Control and Population Sciences (DCCPS). SRP provides national leadership in the science of cancer surveillance as well as analytical tools and methodological expertise in collecting, analyzing, interpreting, and disseminating reliable population-based statistics.

BE BREAST SELF-AWARE

Percentages of women who report finding Breast Cancer by regularly **looking and feeling** the changes in their breasts are striking.

80%

Young Survivors
Coalition

70%

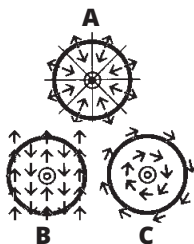
American College of
Obstetrics and
Gynecology (ACOG)

69%

Check For A Lump
Wig Clients

"2/3 of women who are diagnosed with aggressive breast cancer **discovered it by feeling a palpable mass** in the time period between their annual mammograms"
- Journal of the National Cancer Institute

We strongly recommend you perform monthly self-exams in to order to be "BREAST AWARE" - the new common term. Having a regular schedule to check for changes in your breasts helps you know what is normal for you, and potentially discover an abnormality earlier. Regularly check your breasts for any changes- something you can feel, touch and see.



Practice these 3 ways to explore your own breasts.

Self Exam (According to National Breast Cancer Foundation)

Shower – with the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

Mirror – visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips

and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

Lying Down – when lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple, Check for discharge and lumps. Repeat these steps for your left breast.

Sysmptoms of Breast Cancer



nipple turning inward



nipple discharge



lump in the underarm area



swelling of part of the breast



swelling of all the breast



skin dimpling



breast or nipple pain



skin irritation

Self Exams & Persistence

*Check for a Lump survivors
share their stories...*

I was never good about doing breast self-exams, maybe only once in a while. I didn't have a family history and I didn't think it would affect me. One night my bra was irritating me right before bed. I took it off and was rubbing the area when I felt something. "There's a marble in there." I had my husband check to make sure I was feeling it correctly and he felt the marble too. I called my doctor the next day.



**ASHLEY
PLUM**
DIAGNOSED
AT 36

Unfortunately, it was a Friday, so I had to wait to go to my appointment on Monday morning. After a whirlwind of a couple of weeks of doctor appointments, scans, tests, etc, I was diagnosed with stage 2B triple negative breast cancer and in the chemo chair I went. I am now on my daughter and my friends to make sure they are doing breast self-checks and getting timely mammograms!

Highschool memories fade, but one important lesson stuck - and saved my life! One day we had a class on women's health, and a small prosthetic breast was passed around to feel for "the lump". We questioned if we would notice such a small lump if it happened. The teacher explained, that's the importance of "knowing" our normal, so if something changed - we'd notice.



**LAURA
PENTSA**
DIAGNOSED
AT 35

She advised feeling our breasts in the shower after our cycle each month. This habit would expose differences. Thankfully, this began my "check for a lump" routine. Years later, at 35 years old, I noticed the difference. I found a lump, and it was cancer, BUT I found it early enough to treat! I am thankful I received an education in my teens that gifted me my late 30s and beyond!

Since I was very young, my mom taught me the importance of the breast self-exams that we should perform very often. I did it and that way I started to know my own breasts' anatomy and particularities, which helped me realize when something was different and wrong. One day, I noticed a lump I had before and never bothered me, was bigger and very painful.



**SULIEN
BRUCETA**
DIAGNOSED
AT 34

I called my doctor and asked for help. He ordered a mammogram, a diagnostic ultrasound and a biopsy, arriving to the fact that I was positive for breast cancer. My oncologist explained to me that it was in a very early stage. I learned the main key is the early detection, through self exams in my case, allowing me to get a great treatment on time and be alive today!

Screening Guidelines

HOW OLD SHOULD A WOMAN BE WHEN SHE HAS HER FIRST MAMMOGRAM?

HOW OFTEN SHOULD SHE HAVE A MAMMOGRAM?

There is considerable controversy as to when women should begin receiving mammograms and how often they should receive them. We have invested time to really look into this topic and we are in agreement with

Dr. Susan Love as well as the United States Preventative Services Task Force. Women should assess their risk and consult with their physician prior to deciding on when and how often to receive a mammogram.

CHECK FOR A LUMP AGREES WITH THE GUIDELINES PRESENTED BY THE UNITED STATES PREVENTATIVE SERVICES TASK FORCE

AGES 40-49:

According to USPSTF, the decision to start screening mammography in women prior to age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin biennial screening between the ages of 40 and 49 years.



AGES 50-74:

The USPSTF recommends biennial screening mammography for women aged 50 to 74 years.



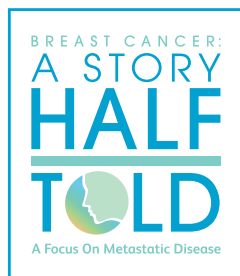
AGES: 75+:

The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening mammography in women aged 75 years or older.



There is general agreement that women 50 years of age and older should have mammograms. However, there is a longstanding controversy as to whether women between the ages of 40 and 49 should also have routine mammography screening. **Assess your risk and consult your physician.**

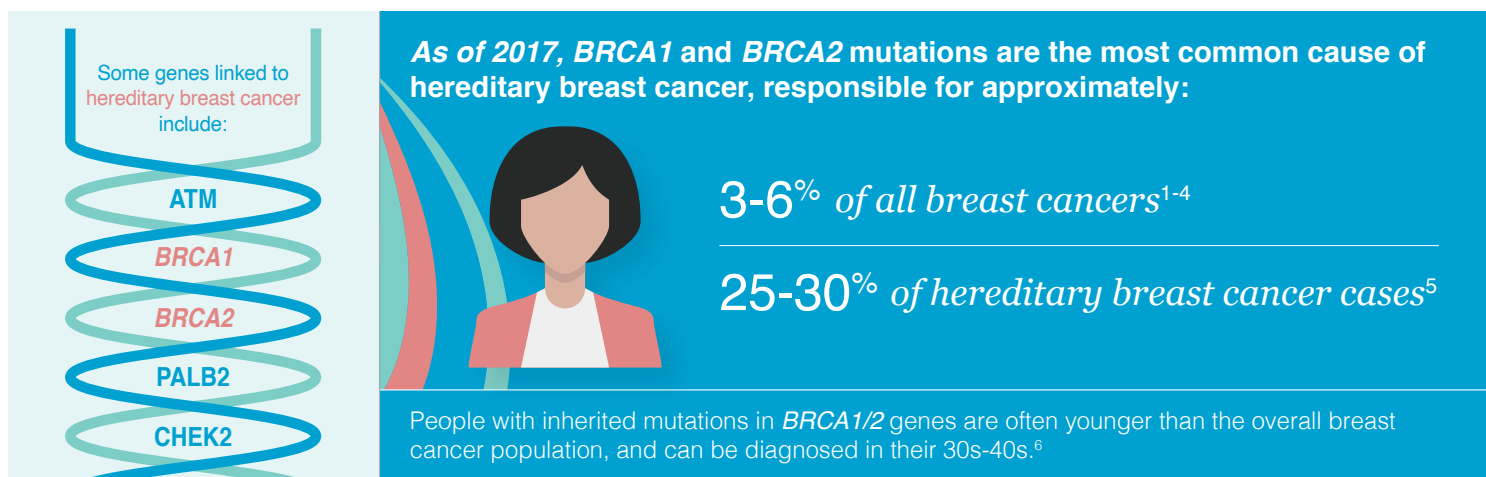




Understanding Hereditary Breast Cancer

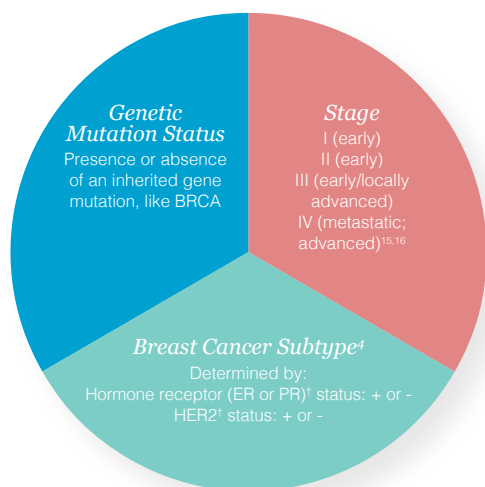
Some breast cancers are caused by genes with mutations, or changes, passed down from either parent to their daughters or sons.

Genetic testing at any stage, even when the disease has spread beyond the breast to other parts of the body, known as metastatic disease, can determine if breast cancer is hereditary. Genetic test results and other disease variables, including breast cancer subtype, are important factors in helping inform treatment decisions.



Know the Status

Understanding the *hereditary status, subtype, and stage* of breast cancer can help patients and their physicians make informed decisions:



Any breast cancer at any stage or subtype can have an inherited gene mutation

Know the Risk Factors

According to epidemiologic studies and national guidelines, people with any of these *criteria* should speak with a cancer genetics professional* about getting a test to see if their breast cancer carries a hereditary mutation⁷⁻⁹:

Age

Diagnosed with breast cancer at age 50 or earlier

Multiple Breast Cancers

Cancer in both breasts or a second cancer in the same breast

Triple-Negative Breast Cancer

Diagnosed with triple-negative (ER-/PR-/HER2-)[†] breast cancer at age 60 or earlier

Recurrent Or Metastatic Breast Cancer

People with an inherited BRCA1 or BRCA2 mutation may be eligible for a certain type of targeted therapy

Heritage

Ashkenazi (Eastern European) Jewish, African American, or Hispanic heritage, among others⁹

Family History

Relatives with male breast cancer, ovarian, pancreatic, or metastatic prostate cancer, or breast cancer diagnosed at an early age

[†]ER: estrogen receptor; PR: progesterone receptor; HER2: human epidermal growth factor receptor 2

*These are just some of the criteria that should be considered. Individuals should consult their healthcare provider or a cancer genetics professional for more information.

Why not screen?



DR. SUSAN LOVE FOUNDATION
— for breast cancer research —

Dr. Susan Love Foundation for Breast Cancer Research challenges the status quo to end breast cancer and improve the lives of people impacted by it now through education and advocacy. The Foundation drives collaborative, cutting-edge research with nontraditional partners, brings to light the collateral damage of treatment and seeks ways to diminish it, and interprets science to empower patients. Fast, flexible, and project-based, the Foundation actively engages the public in scientific research to ensure that it produces accurate and meaningful results.

SOME PEOPLE SAY, "WHAT'S THE HARM? WHY NOT SCREEN?"

According to the Dr. Susan Love Foundation there are a couple of reasons:

Women between 40 and 49 typically have denser breast tissue. On a mammogram, this dense breast tissue shows up as white - which is the same color as a cancer appears on a mammogram. With menopause, which typically begins around age 50, the dense tissue in women's breasts is replaced with fatty tissue, which looks gray on a mammogram. It is much easier to see the white cancer against this gray background. That's why mammography works better on women aged 50 and older.

Many abnormalities seen on mammograms may not be cancer (these are called false positives), but they will prompt additional testing and anxiety. In fact, as many as three out of 10 women who begin annual screening at age 40 will have an abnormal mammogram during the next decade, and the majority of these will end up having biopsies - only to learn that the test was a false positive.

To date, eight randomized controlled trials have found that mammography screening for women between 40 and 49 had no effect on mortality.

Why would this be? Mammography is far from a perfect screening tool. It may help you find your cancer early, but finding a cancer "early" is not a guarantee that your life will be saved. We now know there are different types of cancers and how quickly a cancer progresses has more to do with the type of cancer a woman has than when it is found.

Not sure what to do? Probably the best way for a woman to decide when to begin having mammograms is for her to discuss personal risk factors for breast cancer with her physician.

<https://drsusanloveresearch.org/mammography-screening-guidelines/>



*"One more breast
cancer diagnosis is
one too many.
We must be the
generation that ends
it once and for all."*

- Dr. Susan Love



Please help the **Love Research Army** combat the disparities that exist in research by challenging the scientific community to launch studies that are as inclusive and diverse as the people that breast cancer affects. Sign up online or scan the QR code below.

<https://drsusanloveresearch.org/love-research-army/>



BREAST CANCER RISK FACTORS



High Risk Factors

- ✿ Women who have inherited a breast cancer mutation
- ✿ Women with a family history of breast cancer
- ✿ Women with atypical hyperplasia (a precancerous condition that affects cells in the breast)
- ✿ Women with a personal history of breast cancer
- ✿ Women who have a gail risk score determined by their doctor of 1.66 or higher
- ✿ Women who have dense breasts

Assess Your Risk

One available assessment tool recommended by the Dr. Susan Love Foundation is from Weill Cornell Medicine. **Breast Screening Decisions** is a website for women ages 40-49. It is designed to give you unbiased information that can help you and your doctor decide when you should start and how often you should have screening mammograms.

Scan this QR code or go to:



<https://bsd.weill.cornell.edu/#/>

Known Risk Factors



- ✿ **Gender** - Breast cancer is 100 times more common in women than men.
- ✿ **Age** - A person's risk of cancer increases with age.
- ✿ **Family history** - A women's risk almost doubles when a first-degree relative has had breast cancer and her risk is 3-fold with two first-degree relatives who have had breast cancer.
- ✿ **Genetic mutations** - About 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene changes (mutations) passed on from a parent.
- ✿ **Reproductive factors** - The younger a woman is when she gets her first period and the older she is when she goes into menopause, the more likely she is to get breast cancer.
- ✿ **Pregnancy** - Women who have never been pregnant are at higher risk than are women who have a child before 30. However, women who have their first pregnancy after 30 have a higher risk than those who have never been pregnant.
- ✿ **Radiation exposure** - Radiation is a known risk factor for cancer in general. Several major studies have confirmed the link between radiation and increased risk of breast cancer.
- ✿ **Previous abnormal breast biopsy** - If a biopsy indicates that a woman has atypical hyperplasia, she has about a four times greater risk of developing breast cancer.
- ✿ **Diethylstilbestrol (DES)** - In the 1940s through the 1960s, doctors gave some pregnant women DES because it was thought to reduce the risk of miscarriage. These women have a slightly increased risk of developing breast cancer.
- ✿ **Hormone replacement therapy (HRT)** - Long-term use (several years or more) of HRT slightly increases breast cancer risk.
- ✿ **Alcohol** - Studies indicate that drinking alcohol slightly increases risk.
- ✿ **Obesity** - Studies indicate being overweight increases breast cancer risk, especially for postmenopausal women. This is because fat tissue increases estrogen levels and high estrogen levels increase breast cancer risk.
- ✿ **Physical activity** - Studies suggest that exercise reduces both breast cancer risk and the risk of a cancer recurrence.

12 MONTHS TO A HEALTHIER YOU!

POSTER TRACKER

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QUALITY SLEEP

INCREASE TO 7 OR 8 QUALITY HOURS OF SLEEP PER NIGHT

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GO ORGANIC

LEARN THE DIRTY DOZEN* AND SWITCH THEM TO ORGANIC

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FOLLOW US

FOLLOW CHECK FOR A LUMP FOR TIPS TO SHARE WITH OTHERS!

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IN JUST 21 DAYS YOU CAN BEGIN A GOOD HABIT!

Pull out this poster to use as a tracker. Hang it up to remember to keep up the good work!

Color in the circles to reinforce the new habit.

Email a picture of yourself using the tracker to win a prize at the end of 2023!

info@checkforalump.org

One day at a time you can make a better choice and a difference in your health.

HELPFUL TIPS TO ACCOMPLISH THESE GOALS!

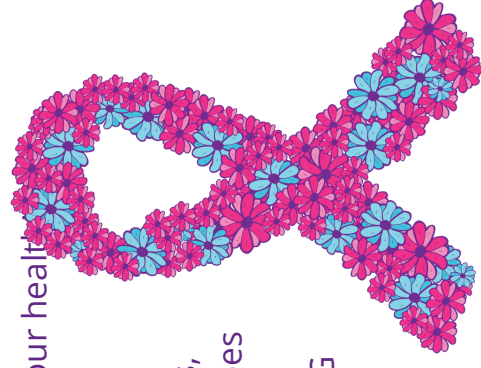
*Dirty Dozen: Strawberries, Spinach, Kale, Nectarines, Apples, Grapes, Cherries, Peaches, Pears, Hot Peppers, Celery, Tomatoes

Helpful apps to check your products: Yuka, Think Dirty & EWG

REMEMBER TO:

Stay self-breast aware! Check for a Lump!

POSTER
PULL OUT!



Women of WISDOM: Spotlight on Heather Mann



How Personalized Screening Found This Participant's Cancer

Heather Mann, a WISDOM participant, and Ambassador, had a profound experience being in the study. We met with Heather to learn how personalized screening changed her life.

How did you hear about WISDOM and what made you want to join? I heard about WISDOM through an email I received from my medical center. Typically, I'll volunteer for a study if it's super easy, not invasive, not a major time commitment and it's focused on wellness. I feel like I'm a professional patient. I've been diagnosed with rare conditions where they're working on a cure. I feel like the more I can contribute to science and studying genetic mutations and preventive health – how to help people avoid certain diseases or get them treated – the better. So that was kind of my motivator for signing up. It was really easy to join and participate.

Did you learn anything unique or surprising about your health from participating in WISDOM? Yes! I was shocked to learn that I had the CHEK2 mutation and because of that, I received genetic counseling from one of the WISDOM's genetic counselors. She explained to me that the CHEK2 mutation put me at higher risk for several cancers, including breast cancer and colon cancer. Dr. Esserman and I agreed that I would alternate between having mammograms and MRIs every six months as a form of surveillance. She recommended including MRIs because I have dense breast tissue and the genetic mutation on CHEK2.

I'm glad to hear that the WISDOM team communicated with you and your healthcare provider about your risk and offered you options to reduce your risk and increase your surveillance. Did their recommendation help you? It really did! I was due for my normal mammogram, and the scan came out clear. But then six months later when I went in for my WISDOM-recommended MRI, they found a small mass. After a biopsy I learned that it was a small 1cm tumor, hormone positive, HER2-, only stage 1. I couldn't believe it, but I had a great prognosis. I quickly got an appointment to discuss my treatment options. Since I had an estrogen-fueled cancer, my doctor and I decided the best approach was to take medication that would stop my ovaries from producing estrogen, essentially putting me into menopause. I did this to slow the growth of the tumor prior to removing it with surgery. I also had a lumpectomy. During surgery they took out a couple of lymph nodes just to check them, and luckily the cancer hadn't spread.

Did your doctor give you a reason why the mammogram didn't catch the tumor but the MRI did catch it six months later? Actually, yes. My tumor was tested and the doctors said mine was a relatively slow growing tumor. A mammogram would have eventually detected it, once it was a little bigger. Since there wasn't a huge sense of urgency around the timing of my surgery, I was able to take the medication first to shrink the tumor and find out how well the therapy worked, then a few months later, have my surgery.

It sounds like your participation in the WISDOM study had a large impact on your life. Absolutely! I'm really thankful. I would never have known that I had a CHEK2 mutation or gotten an MRI if it hadn't been for the WISDOM Study.

Heather Mann lives in San Francisco with her husband and daughter. She continues to advocate for the WISDOM Study and risk-based screening. We are grateful for her continued participation and her relentless effort to promote the study nationwide!



Check for a Lump is grateful for the article shared here by the Wisdom Study. To view the full article and all the answers given by Heather Mann visit: <https://www.thewisdomstudy.org/how-personalized-screening-found-this-participants-cancer-an-interview-with-ambassador-heather-mann>

WISDOM STANDS FOR WOMEN'S HEALTH



Protecting women's access to healthcare is important now more than ever. Women have unique health care challenges and are at higher risk of developing certain diseases. Yet, many of us can't access the care we need, and treatments and screening programs are outdated. To help make medical advances and improve our health we must get involved and demand change. That is why we are introducing you to the **WISDOM Study**. Participating in WISDOM is one way to help bring progress to women's health.

What is the WISDOM Study?

Founded by doctors at the University of California, the **WISDOM Study** is a nation-wide research trial working to improve breast cancer screening and detection, so that more women can live healthier, longer lives. The study is conducted mostly online, and **there is no cost to participate**. Visit www.thewisdomstudy.org to learn more and enroll.

WHAT'S INVOLVED?

- Complete one online survey about your health each year, for at least 5 years.
- You will receive personal recommendations on when and how often to get screened for breast cancer.
- You can learn about your personal risk for breast cancer - including your genetic risk - and ways to reduce that risk.
- Simply visit the WISDOM website to learn more and enroll: WWW.THEWISDOMSTUDY.ORG

Click on this video
to learn more!



Enroll today at:
www.thewisdomstudy.org



Breast Cancer & Your Family Tree:

Getting Clear on the Facts with a Patient Advocate & Genetic Counselor

*Written by Diane Heditsian with support from
Lisa Madlensky, PhD, CGC*

Last week I celebrated Mother's Day with a rush of loving memories of my mom, and wonderful virtual visits with my grown daughter, my sweet granddaughter, my sister, and two favorite nieces. On occasions like this, I am filled with love, and gratitude for my deep familial bonds, but I also grapple with questions about my family history and the legacy of breast cancer that I may leave my family.

I have been diagnosed with breast cancer four times over the past twenty years. I was 48 at my first diagnosis, which is considered a young age. I had three tumors clustered together. My second cancer, on the opposite breast, triggered a recommendation from my doctor to undergo genetic testing to look for mutations of genes associated with a high risk for breast cancer. In my case, all the genetic test results have been negative, which means no known breast cancer gene mutations were found. I even underwent a gene panel for all types of hereditary cancers and those results were negative too. **It's important to know that research estimates that only 5-10% of breast cancer cases are caused by changes in genes or "mutations" that are passed on from a parent and in turn, can be passed on to children.**

I have a sister who is just 18 months older than me who has, thank goodness, not had breast cancer. In fact, none of my close (first degree) relatives have ever had breast cancer. However, my maternal grandfather's sister had breast cancer, then her daughter was diagnosed with breast cancer on both breasts, and then her daughter (my 2nd cousin) was diagnosed with breast cancer as a young woman. So, does this side of my family have a familial breast cancer gene? And what does this mean about the risk facing my adult daughter, my 3-year-old granddaughter, my sister and her two daughters? Breast cancer risk tools and questionnaires always ask about cancer in first degree relatives (mother, father, siblings, children) but do later degree relatives (cousins, aunts, uncles, grandparents) count at all when looking at family history and its potential to cause breast cancer for you?

I am a Patient and Research Advocate who helps guide WISDOM and ensures that participants have a positive experience while on the study. So, I thought it might be helpful to share my story and questions on the role of family history and genetic testing in breast cancer, to get some answers for all of us.



Check for a Lump is grateful for the article shared here by the Wisdom Study. To view the full article and all the answers given by Lisa Mandlensky visit:

<https://www.thewisdomstudy.org/breast-cancer-your-family-tree-getting-clear-on-the-facts-with-a-patient-and-genetic-counselor/>

WISDOM's Genetic Counselor,

Lisa Madlensky,

PhD, CGC of UC San Diego

weighs in on Diane's questions. Here, she provides some clarity to the evolving field of Cancer Genetics.

Diane: I understand that all cancers are caused by changes in genes – are all these mutations passed down from family? If not, where do they come from? **Lisa:** It's true that all cancers are the result of mutations (changes) to genes. But most of these changes are not passed down from your family. Instead, these changes are acquired in the cells of our body over the course of a lifetime. In fact, the vast majority of cancers are known as "sporadic" meaning that there is not a clear hereditary cause. Instead, they are caused by the accumulation of genetic mutations in our cells that occur through the aging process, as well as from exposures to things we encounter in our lives. For example, high levels of sun exposure can add to the accumulation of mutations in our skin cells and may increase the chance for a melanoma to develop. Again, most cancers are not caused by genetic mutations passed down from your family. But the answer isn't that simple. You see, scientists are now learning a lot about Polygenic Risk (how collections of small genetic variations inherited from our ancestors may be protective against our ongoing accumulation of mutations or may make us more susceptible to them). For example, genetic variation from person to person may impact how we metabolize various cancer-causing substances, or repair cell damage, or influence our health behaviors like diet and exercise patterns. The science moves quickly, and we are discovering more about how these smaller genetic variants might work, in part through participation in research studies like WISDOM!



Diane: If you have a mutation on a gene that is associated with risk for breast cancer does that mean you are going to get it or that your children will? **Lisa:** What we know today is that there are a handful of genes that are clearly associated with an increased risk of breast cancer (including the BRCA1, BRCA2, ATM, P53, PTEN, CHEK2, CDH1, PALB2, and STK11 genes that are tested in the Wisdom Study). If you learn you have a genetic mutation on one of those genes it does NOT mean that you are going to get breast cancer nor that your children will get it. Rather, a genetic mutation on a high-risk gene puts you at higher risk for developing cancer. And some of those genes confer a much higher risk than others. On average, a woman with a BRCA1 or BRCA2 gene mutation has a greatly elevated chance of getting breast cancer by age 80 (around 40-80% depending on genetic and non-genetic factors) whereas one of the common CHEK2 gene mutations doubles the risk of breast cancer (so about a 25% lifetime risk, although there is a wide range of breast cancer risks with this gene that depend on other factors like family history and polygenic risk). It is important to remember that similarly to having factors that put us at risk for developing cancers, there are protective factors that can help prevent us from developing cancers.

Diane: I've been told that age at the time of a cancer diagnosis is associated with a risk of your close relatives getting breast cancer. So, my being first diagnosed at the age of 48 puts my daughter at greater risk than if I had first gotten breast cancer at 80. Why is that?

Lisa: In general, our genes contribute more to our risk of disease at a young age, while the aging process contributes more to our risk of disease in older age. So, for example, women with a BRCA mutation are more likely to get breast cancer before menopause, while most breast cancers that occur after menopause are not related to one specific gene, they are more likely to be the result of those accumulated mutations in cells over a lifetime that we talked about earlier. BUT it is also true that most women with premenopausal breast cancer have negative genetic testing, and there are certainly women with breast cancer later on in life who test positive on their genetic testing. So, a lot of what we hear are trends, but they may or may not apply to any individual person or family.

I'VE DISCOVERED A LUMP IN MY BREAST

What do I do now?



Don't Panic - There are many benign (not cancerous) conditions that may cause lumps and other noticeable symptoms in your breasts.

Schedule an appointment with your OB/GYN or health practitioner

Don't delay! Early detection can be life-saving when it comes to breast cancer. If your doctor has any reason for concern, he or she will order tests for you to further investigate. These tests may include a diagnostic mammogram, ultrasound, biopsy or MRI.

Screening/Diagnostic Mammogram

Depending on your practitioner, they may schedule this at their office or a local imaging center. In past years, some have offered free mammograms in October and other times during the year. If you are in need, we also host free mammogram events throughout the year. See www.checkforalump.org for more info.

Ultrasound

Your practitioner may schedule an ultrasound to follow your diagnostic mammogram.

What is an ultrasound?

A breast ultrasound uses sound waves to make a computer image of the internal breast. Ultrasound images are used to further evaluate the abnormality. An ultrasound can detect if the mass is solid or filled with fluid, such as a non-cancerous cyst. It can also be used to determine the size and composition of the surrounding tissue.

Biopsy

If there are concerns after your mammogram and ultrasound, your doctor may order a biopsy.

What is a biopsy?

A biopsy removes tissue from the breast through a needle or surgery. The cells are then viewed under a microscope to determine if they are cancerous or not. A biopsy is the only diagnostic procedure that can identify if the suspicious area is cancerous. Keep in mind that 80% of women who have a breast biopsy do not have breast cancer.

MRI

Magnetic Resonance Imaging (MRI) is often used to determine the stage of breast cancer. It may also be used as a diagnostic tool for women who are at high risk of developing breast cancer.

What is a MRI?

An MRI creates detailed 3-D images of the breast. Using strong magnetic fields, it allows doctors to further evaluate any abnormalities.



I'VE BEEN DIAGNOSED WITH BREAST CANCER

What do I do now?

Don't Panic - Breast cancer is not a death sentence. If it's found in the early stages, you have close to 100% chance of survival.



Medical Oncologist

Your medical oncologist manages and treats your breast cancer using chemotherapy and other medications such as targeted therapy. They monitor and evaluate your progress, and collaborate on your best options with your other medical caregivers.

Cancer and Blood Specialists of Arizona

Breast Surgeon

Your breast surgeon's goal is to remove any cancerous tissue from your breasts. This is done through lumpectomy or mastectomy. Treatment will depend on the type and stage of cancer. Your doctor will discuss with you all of your available options.

Comprehensive Breast Centers of Arizona
www.azbreastcenter.com

Plastic Surgeon

Your plastic surgeon provides breast reconstruction following a mastectomy or lumpectomy. There have been many advances made in the breast reconstruction field, allowing patients to enjoy natural looking outcomes. Plastic surgeons can often reconstruct a woman's breast with incredible results.

Arizona Center for Reconstructive Breast Surgery |
www.azbreastcenter.com

Radiation Oncologist

Your radiation oncologist uses ionizing radiation (such as megavoltage X-rays or radionuclides) in the treatment of cancer.

Cancer and Blood Specialists of Arizona

Naturopathic Oncologist

A Naturopathic Oncologist can help you achieve a safe and effective combination of natural therapies with conventional treatments, reduce side effects as well as restore health and vitality after completion of cancer treatments. They also provide anti-cancer treatments when conventional treatments fail, are not an option or are not your choice.

Physical Therapist

Physical therapists, sometimes called PTs, are often an important part of the rehabilitation, treatment, and prevention of patients with chronic conditions, illnesses, or injuries. Research shows that physical exercise and activity are key factors in breast cancer survivors regaining vitality and returning to optimal health. PTs help you move better, regain strength and energy, and help you return to the activities you love.

Counseling Services

Many women who are diagnosed with breast cancer experience emotional distress and anxiety during treatment. Anxiety often continues after you have completed treatment. We highly recommend seeking individual, couples and family counseling during treatment and for at least six months following treatment.

Cancer Support Community | www.cscaz.org

Support Groups

Start with our Super Survivors Support group that meets the 2nd Thursday of every month. Support groups provide a safe place to connect with other women who are battling breast cancer.

Super Survivors | www.CheckforaLump.org





Virginia G. Piper Cancer Care Network

comprehensive
BreastCenter
of Arizona

*Comprehensive Breast
Center of Arizona
is proud to support
the mission and vision of*



The Virginia G. Piper Cancer Care Network was formed in 2017,
through a collaboration between HonorHealth and
Arizona Center for Cancer Care



BREAST RECONSTRUCTION: KNOW YOUR OPTIONS.

Breast reconstruction is our passion. As caring surgeons and artists, we combine reconstructive and cosmetic surgery expertise to provide you with beautiful results fitted to your individual, unique look, and lifestyle. We specialize in state-of-the-art breast reconstruction procedures including nipple sparing mastectomy, direct-to-implant, pre-pectoral (above the muscle) and DIEP flap (using your own tissue) reconstruction. Combining decades of education and experience with a discerning eye and artistic touch, we deliver the natural results you desire.



Physicians Bryan Gawley, MD and Jennifer Geoghegan, MD are shown above. To learn more about their work at the Arizona Center for Reconstructive Breast Surgery, visit

AZBREASTCENTER.ORG

CHOICES

IN BREAST RECONSTRUCTION

The Arizona Center for Reconstructive Breast Surgery is one of the nation's leading centers for breast reconstruction and restorative breast surgery. The Board-certified Plastic Surgeons that lead the center are among the most highly trained and experienced in the country and specialize in all aspects of breast reconstruction including microsurgical reconstruction (DIEP flap), implant reconstruction (direct to implant), nipple sparing reconstruction, revision and corrective surgery, fat grafting and complex breast reconstruction of all types, including breast implant en-bloc removal and ALCL surgical treatment.

Our mission is to set the standard for breast reconstruction outcomes and curate an amazing experience for our patients—partnering with them on their journey of holistic restoration.



As a plastic and reconstructive surgeon, my love for problem-solving and my deep understanding of anatomy has given me the drive to become a leader in breast reconstruction

surgery. Today's reconstructive techniques allow me to provide a "silver lining" so to speak, in my patient's breast cancer story. A superior aesthetic result is obtainable, and in so many cases, women can actually look better at the completion of their breast reconstruction journey than they did prior to their diagnosis.

But, what is most important to me is the true joy of taking care of patients. The doctor/patient relationship that is cultivated, the role that I can play, and the impact that I can have on this profound journey of a woman's life is paramount - this is what makes it all worthwhile.

— Bryan Gawley, MD

"One of the great parts of being a plastic and reconstructive surgeon is getting to work with patients during their breast cancer journey. In what is a scary and uncertain time in their life, I can help patients restore a part of their body they may feel like they are losing. The challenge of working through the puzzle, combining artistry and anatomy, to deliver the

"happy" side of cancer is what I enjoy most."

— Jennifer Geoghegan, MD



 **ARIZONA CENTER**
for Reconstructive Breast Surgery

SETTING THE STANDARD IN EXCELLENCE with Breast Reconstruction outcomes

Revision and Refinement of Breast Reconstruction

At the Arizona Center for Reconstructive Breast Surgery, our mission has always been to set the standard for breast reconstruction outcomes and overall patient experience. One of our founding principles is a commitment to education—continued education for our providing surgeons, but also a passion for education of the community and clients that we serve. Not a day goes by that we are not educating fellow physicians, patients, insurance companies, or the community at large about the latest trends, advancements, and complexities of our challenging but exciting specialty.

Along those lines we find it important to emphasize to patients, physicians, and providers alike that breast reconstruction “always” requires multiples stages and often several surgeries over a patient’s lifetime to achieve and maintain a symmetric and acceptable reconstruction. Revision, or as we like to call it “refinement” breast surgery is one of the most common types of breast reconstruction we perform. This is not surprising considering the number of patients that have had breast reconstruction that will require correction of the initial results or simple refinement or improvement of the reconstruction due to normal changes that occur with age, as well as cancer treatment related deformities such as radiation, fat necrosis and atrophy, and implant shifting and malposition. Refinement and revision reconstructive breast surgery continue to be a focus of our team at the Arizona Center for Reconstructive Breast Surgery.

One of our founding principles is a commitment to education— continued education for our providing surgeons, but also a passion for education of the community and clients that we serve



— Bryan Gawley, MD
& Jennifer Geoghegan, MD



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Diagnosed With Breast Cancer? Ask These Eight Questions.

One in eight women will receive a breast cancer diagnosis in her lifetime, according to the National Breast Cancer Foundation. While treatments for the disease have advanced and survival rates are improving, the National Breast Cancer Foundation also reported that breast cancer remains the most common cancer for American women and approximately 287,500 new diagnoses will be made by the end of 2022.

Early detection and prevention plans are important for slowing the progression of the disease and increasing the rate of survival. Additionally, asking the right questions when diagnosed with cancer is critical, providing essential information for patients who are beginning their journey to recovery.

“These questions provide transparency into a complicated disease,” said Cortas. “Knowing not only the type of breast cancer but more about the treatment options available and lifestyle changes that may be required helps patients understand their diagnosis, make better-informed health decisions and feel involved in their care plan.”

Dr. Tania Cortas, medical oncologist and hematologist at Cancer & Blood Specialists of Arizona, shares eight questions that she recommends patients ask upon receiving a breast cancer diagnosis.

1 What type of breast cancer and receptor status do I have?

Patients need to know their diagnosis because it encourages follow-up questions and the opportunity for accurate information to be discussed between the oncologist and the patient. Oncologists want to ensure patients grasp what is currently happening so that they can better guide them along their cancer journey and decrease the amount of fear and stress that comes along with cancer.

2 How is the type of treatment decided?

Women are different and so are cancers and their characteristics. That is why treatments are individualized to the patient and targeted to the specific type of cancer.

3 Do all breast cancer patients require chemotherapy?

Chemotherapy is a common treatment chosen for many cancer patients because of its aggressive nature. Depending on the type of cancer, chemotherapy may not be recommended as part of the treatment plan for breast cancer.

4 How will my cancer and treatment plan affect my quality of life?

It is important to share concerns with the oncologist throughout the cancer journey. Oncologists do their best to ensure quality of life is maintained, and if it is not, sometimes there are changes that can be made to help patients in this area of concern or additional remedies that can be recommended.

5 Will I be able to continue working or take care of my family while undergoing treatment?

Discussing with the oncologist symptoms and side effects of the cancer diagnosis and associated treatments helps patients determine what is to be expected, allowing them to make needed adjustments in their day-to-day routine — whether that is at work or at home.

6 Will I need to make any nutritional changes?

Eating well and ensuring proper nutrition is maintained play important roles in a patient's cancer journey and recovery, which is why a dietitian is often part of the care team.

7 How do I tell my children I have breast cancer?

Patients should share their diagnosis with children when they are ready and have received accurate information to avoid misleading the conversation. Many patients have found it helpful to rehearse what is to be said with a spouse, family member or close friend.

8 Are there support groups available to help patients and their families?

Having support throughout the cancer journey is important because cancer can take a toll mentally, physically and emotionally. Support systems have been shown to positively influence cancer outcomes, and it is highly recommended for patients to establish their support systems early on.



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75TH AVE

1211 N 75th Ave
Phoenix, AZ 85043



Finding Relief: The Role Cannabis Can Play in Easing the Most Common Side Effects of Cancer Treatment

By Rudy Molina, Director of Arizona Operations, Mint Cannabis

Over the past few decades, there has been growing interest in the role that cannabis can play in helping manage the life-altering symptoms of many conditions and their treatment regimens. Cancer is no exception.

A diagnosis of breast cancer often comes a grueling treatment regimen from surgery and radiation to chemotherapy and even immunotherapies. These life-saving treatments often come with a host of symptoms that vary in severity, including joint pain, insomnia, anxiety and a host of digestive challenges such as nausea, vomiting and a diminished appetite.

For years, patients have found relief through cocktails of prescription medication, each carrying reprieve from a specific symptom. A number of studies, and more importantly, cancer patients' own feedback, are pointing to cannabis as an opportunity for effective mass-symptom management. In fact, a study presented at the 2019 annual meeting of the American Society for Clinical Oncology revealed that the overwhelming majority of oncology providers who were surveyed believed that medical marijuana can help patients.

How does cannabis help manage cancer treatment symptoms?

For hundreds of years, cannabis has been used as a natural treatment for many of the most common symptoms associated with cancer treatment. Its active ingredients, cannabinoids, help regulate a number of biological functions by interacting with the body's own endocannabinoid system, which produces its own cannabinoids.

What symptoms will it alleviate?

Pain: In treating pain, cannabis works similar to opioids, without the debilitating side effects and risk for opioid use disorder (OUD). It has also been shown to provide relief for patients experiencing pain from neuropathy, or nerve damage that manifests itself in weakness, numbness or tingling in hands and feet, which be a complication of chemotherapy and other treatments.

Insomnia: As many as half of all people undergoing cancer treatment have trouble falling or staying asleep, increasing risks for anxiety and depression. Cannabis can help restore a natural sleep cycle through its analgesic properties that relive pain and stress.

Anxiety: Worry, nervousness and fear are all normal reactions for cancer patients undergoing treatment. Lower-dosages of delta-9 tetrahydrocannabinol (THC), a cannabinoid, can be used as a tool to relax the body and mind, providing relief for patients experiencing anxiety.

Nausea, Vomiting and Loss of Appetite:

According to research on evidence-based management of chemotherapy-induced nausea and vomiting, up to 80% of patients receiving chemotherapy will experience some level of these symptoms. When the body's endocannabinoid system is suppressed, experiencing nausea and vomiting, along with other digestive issues is relatively commonplace. The cannabinoids from cannabis, namely THC, mimics the cannabinoids the body produces and prevent feelings of nausea and vomiting. Similarly, researchers have proven that cannabis is an appetite simulant.

Where can oncology patients and their caregivers learn more?

Finding out if cannabis can help ease a patient's symptoms begins with education and open communication. As the stigma around cannabis use for medical purposes begins to dissipate, more open communication increases.

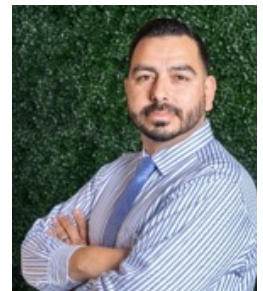
Beyond physicians and medical teams, organizations such as Check for a Lump are critical sources for accurate and factual information. Beyond the internal resources and tools that they offer, they can provide insights on the use of marijuana and may even have a roster of survivors and care-givers who can share their own experiences.

Marijuana dispensaries are also an invaluable tool, especially when faced with the depth and breadth of available product and dosages. And just as there are countless strains of cannabis available, so too are there many different ways to consume it, not to mention dosages. Working with a budtender at a trusted dispensary is usually the best way to figure out the optimal strain, method and dosage as these vary greatly from individual to individual.

While cannabis isn't a cure for cancer, it can certainly help alleviate many of the uncomfortable symptoms associated with treatment options and improve a survivor's quality of life.

To learn more about cannabis and how it can help ease treatment symptoms, please visit [Mint Cannabis at themintcannabis.com](https://themintcannabis.com), call at 480-749-6468 or visit one of their three Valley locations in Guadalupe/Tempe (5210 S Priest Dr, Guadalupe, AZ 85283), North Phoenix (17036 N Cave Creek Rd, Phoenix, AZ 85032) and Mesa (330 E Southern Ave, Mesa, AZ 85210)

—Rudy Molina is Director of Operations for Mint Cannabis' Arizona locations.





Changing Perceptions of Cannabis Boosts Community Impact of Dispensaries

By: Eivan Shahara, CEO, Mint Cannabis

Cannabis use in Arizona has come a long way.

From the early days when the state legalized medical marijuana use and possession in 2010, to recreational use in 2020, and now looking ahead at upcoming milestones, there has been a drastic change in the way cannabis is perceived.

About a decade ago, having a dispensary in the neighborhood was a harrowing thought for some communities. However, today, dispensaries are viewed like pharmacies – they offer essential services that help to provide medicine and relief to individuals who battle life-altering pain and illnesses, from cancer and epilepsy to Alzheimer's and Parkinson's diseases, as well as neurologic conditions like post-traumatic stress disorder.

Similarly, Arizona's cannabis industry has become a lifeblood for a host of nonprofits dedicated to improving the status quo for thousands of underserved groups and communities.

"Dispensaries are viewed like pharmacies – they offer essential services that help to provide medicine and relief."

Beyond the \$261 million in excise taxes collected from January 2021 through February 2022 in Arizona that go toward education, law enforcement and other critical services, dispensaries are helping many grassroots organizations. Whether through awareness-generating partnerships, unique programs to benefit recipients or funding of crucial programs and services, the cannabis community has stepped up in droves to assist.

Members of the Arizona Dispensaries Association are active in charitable giving, supporting Veterans,

hunger causes, cancer research, environmental protection, and more. Additionally, every month, the association donates food to organizations like Tom's Palms to positively impact the homeless in Arizona.

For Mint Cannabis, giving back to the communities we serve is a fundamental cornerstone of our organization and what drives us to do better every day. Our community giving program is rooted in serving grassroots initiatives that make a lasting impact in areas of health, homelessness, and Veteran services.



Mint Cannabis donates \$80,000 including both monetary and in-kind donations to Check for a Lump

Last year alone, the Mint donated more than \$1 million to nonprofits, families, and individuals and organizations. This has included monetary donations, marketing outreach and additional support for local nonprofits like the Translational Genomics Research Institute (TGen), the Epilepsy Foundation in Arizona, Wings for Warriors, Cloud Covered Streets, Cancer Support Community Arizona and Check for a Lump.

Bigger than monetary donations is our power to reach people. We created a nationally recognized awareness campaign with Check for a Lump that collected 12,000 lbs. of gently used bras, which

"If a patient reveals that they have cancer, they will automatically receive a free extract of cannabis oil to help them with their symptoms."



were recycled and netted the organization thousands of dollars. The campaign was overlaid with a series of free on-site breast cancer screening events that attracted women who wouldn't have otherwise had the wherewithal to be tested.



Mint donates 12,000 lbs of bras to Check for a Lump

We've worked with well-known restaurants on kitchen takeovers of the Mint Café, our first-in-the-nation cannabis kitchen, creating infused foods, to jointly raise money and awareness of homelessness in partnership with Cloud Covered Streets and are embarking on a mission to help end homelessness in our state.

The Mint has also introduced several discounted and free-product programs for patients suffering from cancer, or those who are Veterans or senior citizens. If a patient reveals that they have cancer, they will automatically receive a free extract of cannabis oil to help them with their symptoms.

"The Mint has also introduced several discounted and free-product programs."

In addition to offering Veterans a 22% discount year-round, the most deeply discounted offering from a dispensary in the state, we invest in supporting life-changing medical research happening in Arizona. We

have an ongoing partnership with a nationally recognized cancer researcher in Scottsdale who is exploring the benefits of medical marijuana to treat late-stage cancer patients and Veterans suffering from PTSD.

In addition to working with nonprofits, the cannabis industry is spearheading public-private partnerships to bridge gaps and create stronger communities. As an example, our company is working directly with the Town of Guadalupe, home of our flagship dispensary location, to launch a nonprofit initiative. Its goal is to improve the social and economic health of those who live in Guadalupe, which has some of the most startling poverty, high school graduation, and teen pregnancy statistics in the state.

"The cannabis industry is spearheading public-private partnerships to bridge gaps and create stronger communities."

These examples are a minute cross-section of the Mint's greater corporate and social responsibility program. With everything we do, as a company and as an industry, we believe that giving back shouldn't be rooted in responsibility, which can often be associated as a task or expectation, but rather in benevolence and a deeply ingrained desire to do good for those who are struggling. Together, the cannabis industry is changing the landscape of our communities and building a stronger future for every Arizonan.

Eivan Shahara is Chief Executive Officer of Mint Cannabis, which is headquartered in Arizona. Its flagship dispensary, the largest in Arizona, draws visitors from across the state. The Mint is a multi-state operator of innovative retail cannabis dispensaries and growing facilities across the nation.



SIMPLE TIPS THAT CAN REDUCE YOUR RISK OF BREAST CANCER

Take small steps to lower your risk by choosing to do one thing on this list today! Then choose another next month. Step by step, you will be on your way to lowering your risk of developing breast cancer. For more information and tips to lower your risk, visit our website checkforalump.org



EAT YOUR FRUITS & VEGGIES

7-10 servings are recommended to keep your immune system working at its best to fight off cancer. Lack of proper nutrition is believed to be the cause of at least 30% of all types of cancer! It's easier than you think. Start by adding one new fruit or vegetable a day.



EXERCISE

Being overweight or obese is linked to a higher risk of breast cancer. And yo-yo dieting is also linked to an increased risk. Thirty minutes of exercise a day will lower your risk of breast cancer.



GO ORGANIC

Yes, organic products may be more expensive, but if you consider the cost of treatment for cancer, it's worth the price! Choose organic foods that have not been treated with pesticides, antibiotics or growth hormones, and follow the dirty dozen.



LIMIT YOUR ALCOHOL

Research consistently shows that there is a link between alcohol and breast cancer. Your risk increases up to 30% if you drink more than 7 glasses of alcohol a week (any kind - beer, liquor or wine). If you have already had breast cancer, your risk goes up 30% if you drink more than 3 glasses of alcohol a week.



VITAMIN D

Vitamin D helps prevent certain cancers, including breast cancer. To find out if you have the optimal levels of vitamin D, ask your doctor for a simple blood test. Thousands of breast cancer cases could be prevented by this simple test and one supplement a day.



PLASTIC-FREE IS THE WAY TO BE

Plastics contain Phthalates that disrupt our hormones. Be sure to avoid those with the recycle code 3 or 7. A quick and easy step to lowering your risk of cancer is to throw out your plastic and switch to glass. Even if your products are BPA-free, you must consider what chemicals are used to replace BPA. Large companies are not required to provide a detailed list of every ingredient they put in their products. It is up to the consumer to decide if they feel the product is safe for use.



DON'T SIT FOR THIS!

Recent studies by the ACS have discovered that people who sit for more than 6 hours a day elevate their risk of dying from cancer and other major diseases. The increase for women is 37% higher and men 17% higher. Set a timer and get moving every hour for at least five minutes. Take a stand against cancer!



KEEP YOUR CLEANING CLEAN

Check your household products' safety ratings at www.ewg.org. If your product receives a high hazard rating, THROW IT OUT! Use simple non-toxic cleaning products. A little baking soda and vinegar work on most everyday household cleaning projects.



9 USE SAFE COSMETICS

Would you use this on your Skin? Many beauty products contain carcinogens and endocrine disrupting chemicals that increase breast cancer risk. The cosmetic industry has NO regulation and they haven't evaluated more than half of the thousands of ingredients they put into their products. Check your product's safety ratings on www.ewg.org/skindeep.



10 PESTY PESTICIDES

Pesticides are used to kill bugs in our environment. Isn't it reasonable to assume they might be killing us too? Studies have linked them to breast cancer and a variety of human diseases including birth defects, infertility, brain damage and more. They also permeate the ground for years and years to follow. Ask your local pest company for the organic alternative. It's only about \$10 more and much safer for ourselves, our families and our planet.



11 BREAST IS THE BEST

When it comes to your babies, breast is best. Breastfeeding your children lowers your risk of breast cancer. According to 47 studies women who breastfed for a total of one year were less likely to get breast cancer vs. women who never breastfeed. Women who breast-fed for a total of two years doubled this benefit.



12 PLUG OUT

We have a hatred for fragrance containers that are plugged into our walls and cars that emit an invisible cloud of carcinogenic toxins continuously. It's time to unplug and find a safe alternative.



13 SUGAR IS NOT SO SWEET

Recent studies from Texas MD Anderson Cancer Center have shown that high amounts of sugar, specifically table sugar and high fructose corn syrup, may increase the risk of breast cancer and metastasis to the lungs. Lower your intake of sugar and eliminate the use of products with high fructose corn syrup to lower your risk of breast cancer along with many other diseases including obesity, heart disease and other cancers.



14 THE "F" WORD IS FRAGRANCE

Companies are not required to reveal what chemicals are used in "Fragrance" since they are considered trade secrets. The National Academy of Sciences report that 95% of chemicals used in fragrances are synthetic chemicals derived from petroleum including toxins capable of causing breast cancer and other diseases. Today, there are so many new alternatives you could use made with all natural ingredients and essential oils. Or, simply go fragrance free.



15 BIRTH CONTROL PILLS

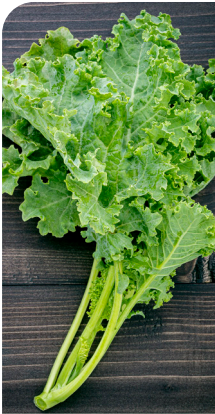
According to Susan G. Komen, current or recent use of birth control pills slightly increases your risk of breast cancer. The increase is 20% to 30% higher than a woman who has never taken birth control pills. Consider all of your options for birth control contraceptives and talk to your doctor. As well as, consider any inherited risk of breast cancer you may have in your family history.



16 DO NOT SMOKE

We all know this warning, but let's say it one more time. **STOP SMOKING!**

12 FOODS TO



Leafy Greens

Leafy greens such as spinach, kale and arugula are rich in antioxidants and help improve immune function. They contain powerhouse properties that de-activate carcinogens and help cancer cells to die, ultimately preventing tumor formation. Spinach is rich in folate, fiber, and believed to be essential to cancer prevention. It's easy to incorporate in your daily diet.

- Why is kale never lonely?
- Because it comes in bunches.



Cruciferous Vegetables

Cruciferous vegetables are powerful cancer killers. Veggies like broccoli, brussels sprouts, and cauliflower combat cancer by boosting our immune system, lowering inflammation and breaking down toxins and removing them. They are high in phytochemicals and antioxidants and proven to reduce the risk of not only breast cancer, but many other cancer as well.

- Broccoli?
- More like brocCOOLi



Tomatoes

Tomatoes are a powerful antioxidants that assist in preventing the formation of many cancers. It is naturally anti-inflammatory.

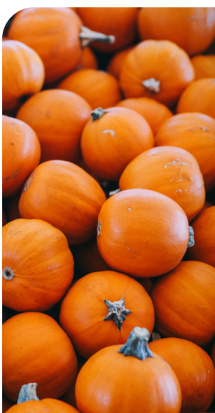
- What's red and square?
- An un-cool tomato.



Berries

Berries are one of the highest sources of antioxidants. They include blueberries, strawberries, cherries, blackberries, and goji berries. They strengthen your immune system, lower body inflammation, and contain antioxidants that help protect cells and fight disease. Studies have also found that strawberries alone slow the growth of cancer cells.

Blueberries specifically also help in promoting brain function and preventing Alzheimer's.



Orange Fruits & Veggies

Orange fruits and veggies, like citrus fruits, pumpkin, squash, and carrots – are filled with phytochemicals, especially carotenoid antioxidants that are an essential nutrient for your immune system, detoxification, liver health, and fighting cancers.

- Knock-Knock. - Who's there? - Carrot. - Carrot who?
- Do you carrot all about me?



Garlic

Raw garlic combats cancer with its powerful antioxidants that are proven to remove free radicals from your body. It also boosts your immune system and is a natural detoxifier. Garlic also lowers blood pressure, cholesterol levels, and improves brain function.

A slice of garlic bread a day keeps the sadness away.

FIGHT CANCER



Turmeric

Turmeric is one of the most powerful ingredients for an anti-cancer diet. It has been shown to decrease tumor size and fight breast cancer, reduces inflammation, helps to alleviate pain and protects the digestive tract. Turmeric absorption is enhanced when consumed with black pepper. You can sprinkle it over your food daily or you can take a liquid turmeric supplement daily.

Some studies suggest turmeric can also lighten moods.



Quinoa

Quinoa is rich in fiber, minerals, and antioxidants. It helps to protect cells against free radicals and removes waste from bloodstream. It assists to ward off illness and keep organs healthy. A Harvard study found that eating a bowl of quinoa daily reduces the risk of premature death by 17%. It is a great replacement for white rice in your meals.

QuinWOAH!



Nuts and Seeds

Nuts and seeds are a great source of vitamins, minerals, protein, fat, and fiber. They help to reduce inflammation, improve immune system and prevent chronic disease. Flax, chia, and hemp seeds are easy to add to smoothies, oatmeal, and yogurt. Nuts such as almonds and walnuts are a quick and delicious snacks. All have powerful prevention properties.

I have a joke, but I will NUT tell you.



Healthy Unrefined Oils

Vegetable oil, corn oil and other processed oils destroy the membranes of our cells and lead to inflammation, disease, and toxicity. Replace these with processed oils such as extra virgin olive oil, coconut oil, or flaxseed oil. These and other unrefined oils nourish your gut and promote a healthy immune system. They also reduce inflammation in the body.

Coconut oil has also been used for thousands of years as a lotion in preventing dry skin and irritation.



Mushrooms

Mushrooms have been fighting cancer for centuries. They are known immune system boosters, assist in fighting tumor growth, protects cell against free radicals, and aid in cell regeneration. Add them to your meals whenever possible.

Q: Why did the Mushroom get invited to all the parties?
A: 'Cuz he's a fungi!



Green Tea

Green tea is a superstar in fighting free radical damage. Studies have shown that green tea shrinks existing tumors and inhibits the growth of cancer cells. Green tea is a beneficial drink to add to your daily regimen of cancer combatting diet.

Regular consumption of green tea can slow the effects of aging.

OBESITY & CANCER

OBESITY and LACK OF NUTRITION increase CANCER RISK

Fifty-five percent of all cancers diagnosed in women in the United States are associated with overweight and obesity.*

The National Health and Nutrition Examination Survey showed in 2011-2014 nearly 70% of U.S. adults were overweight or obese compared to 56% in 1988-1994. Obesity is linked to 13 different types of cancer including post-menopausal breast cancer.

Tragically, there is an uptrend in obesity rates that will lead to an uptrend in cancers. Taking a Body Mass Index (BMI) test can determine if you are a healthy weight.

Google BMI calculator and enter your height and weight for your BMI Score.

BMI Categories:

Underweight = Less than 18.5

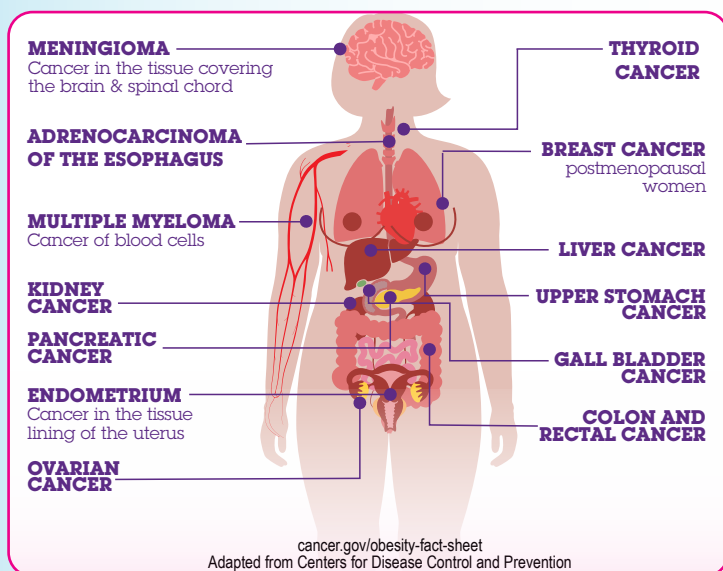
Normal weight = 18.5-24.9

Overweight = 25-29.9

Obesity = 30 or greater

If your BMI score reflects you are overweight or obese, we recommend you take steps to improve your health and reduce your risk of cancer and other diseases.

*The Vital Signs report, by CDC and National Cancer Institute (NCI) researchers



CANCERS ASSOCIATED WITH OVERWEIGHT & OBESITY

NATIONAL CANCER INSTITUTE

STEP UP TO PREVENTION

Low less than 300 minutes/week
Moderate 300-500 minutes/week
High greater than 500 minutes/week*

*A goal of 10,000 steps per day meets this high, but worthy challenge!

According to the American Cancer Society 2022, the incidence of breast cancer has increased 3-fold since 1975! It is critical to empower ourselves with information on crucial factors, like exercise, that lead to improved survival rates for breast cancer patients prediagnosis and postdiagnosis.

Exercise has endless benefits to your health; improves heart health, decreases risk of obesity and side effects, reduces inflammation, decreases insulin resistance, and decreases risk to other diseases.

Step up to prevention & GET MOVING!

Alcohol is one of the most preventable risk factors for breast cancer and 6 other cancers.

According to the National Toxicology Program of the US Department of Health and Human Services, alcohol is a known human carcinogen! This includes all types of alcohol – wine, spirits and beer. Approximately 15% of breast cancer deaths among women in the United States were attributable to alcohol consumption. Education on the association between regular alcohol use and increased risk of cancer is an important and underemphasized cancer prevention strategy.

Alcohol use and cancer risk is dose dependent. The more you drink the higher your risk of many cancers. Limit your alcohol consumption to 3 or less glasses a week. Komen Studies and Breast Cancer Prevention Partners studies reported:

- Each drink consumed per day increases your relative risk by 7%.
- Binge drinking 25% increase
- Black out drinking 39% increase

Alcohol impacts your cancer risk many ways:

- Metabolizes and becomes carcinogenic
- Damages DNA in cells
- Increases hormone levels
- Increases risk of hormone-receptor positive breast cancer
- May affect breast density
- Increases calorie intake and BMI
- Decreases Folic Acid that helps make healthy red blood cells to carry oxygen

ALCOHOL INCREASES YOUR RISK OF CANCER AND OTHER DISEASE

DEFINING A STANDARD DRINK



12 OZ. REGULAR BEER
(5% alcohol content or lower)



8-9 OZ. MALT LIQUOR
(7% alcohol)



5 OZ. WINE
(12% alcohol)



1.5 OZ. SHOT OF 80 PROOF LIQUOR
(40% alcohol)

STEP UP TO PREVENTION

and reduce your risk of cancer and disease through nutrition and exercise.

Choose a **MOCKTAIL** instead of a **COCKTAIL** and skip the increased risk of breast cancer.



Virgin Sangria

- 3 c. pomegranate juice
- ½ cup orange juice
- 1 (12-oz.) can seltzer
- 1 orange, sliced
- 1 apple, cored and sliced
- 1/3 c. blackberries or raspberries
- Ice

In a large pitcher, combine pomegranate juice, orange juice, and seltzer. Add fruit and stir to combine.



Rosemary Blueberry Smash

- 7-8 blueberries
- 1 rosemary sprig, stripped
- 1 oz honey syrup
- 1 oz fresh lemon juice, strained
- 4 oz sparkling mineral water
- Ice

Gently muddle blueberries, rosemary leaves, and honey syrup in the bottom of a cocktail shaker. Add lemon juice and shake, covered, with ice vigorously for 10 seconds. Strain through a mesh strainer into a tall glass of fresh ice. Top with sparkling water and stir to incorporate.

Paths to Prevention in Breast Cancer California Cohort study f1/b.



Virgin Cucumber Gimlet

- 1.5 oz club soda
- 4-5 slices of muddled cucumber
- 1 oz fresh lime juice
- 1 oz simple syrup

Combine all ingredients and shake with ice. Serve in a rocks glass over crushed ice. Garnish with a rolled cucumber slice





JOIN THE AMERICAN INSTITUTE OF CANCER RESEARCH HEALTHY 10 CHALLENGE!

We love to share the AICR'S 10-week interactive program to help you build healthy habits to eat smarter and move more! Why the Healthy10? The Healthy10 Challenge is based on AICR's Cancer Prevention Recommendations—and the science is clear: they work.

AICR's Cancer Prevention Recommendations form the basis of the Healthy10 Challenge. They were developed from the latest research to lower cancer risk and help cancer survivors with overall health in mind. The challenge is a simple and fun way to help people get healthy and take action against their own cancer risk.

10 Weeks to a healthier you! The Healthy10 Challenge is a great way to kickstart your journey to a healthier lifestyle. Each week you'll conquer a different challenge focused on making better food decisions and being more active. And you'll get all the tools you need along the way.

You can do it! Healthy10 Challenge can help.

The Healthy10 Challenge gets you on the road to achieving your diet and exercise goals, while reducing your cancer risk at the same time. What is motivating you to start better eating and exercise habits?

Photos: American Institute for Cancer Research



AICR is a research-focused organization that champions the latest and most authoritative scientific data from around the world on cancer prevention and survival through diet, weight and physical activity.



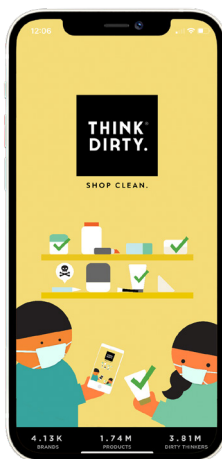
<https://healthy10challenge.org/>

Healthy living made easy!

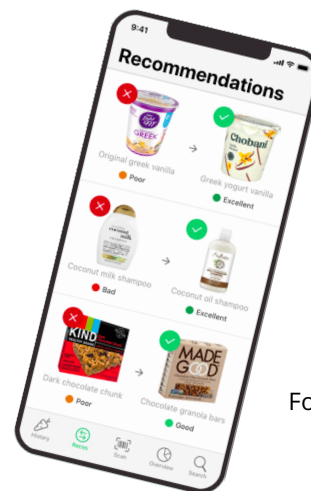
Utilize simple apps to scan barcodes to check if your products are safe or toxic.



EWG's Healthy Living



Think Dirty
Shop Clean



Yuka
Food & Cosmetic scanner



EWG'S 2021 DIRTY DOZEN AND CLEAN 15

The Shopper's Guide is a resource designed to help you reduce your pesticide exposures as much as possible by indicating which produce to buy organic, and which conventional products are low in pesticide residue. That's why we also analyzed the USDA data to produce the Clean Fifteen™, our list of the fruits and vegetables that have few, if any, detected pesticide residues. Go to ewg.org for more info.

DIRTY DOZEN

Each of these foods tested positive for a number of different pesticide residues and contained higher concentrations of pesticides than other products.



CLEAN 15

Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticide residues.





Take Charge of Your Health



Extensive network of 75 Patient Service Centers located throughout Arizona including 15 sites inside Safeway stores



Schedule appointments at our Patient Service Centers or in the convenience of your home, get your results, and more at SonoraQuest.com



My Lab ReQuest™: Wellness profiles, screening tests, and COVID-19 testing available without a doctor's order



Discounted pay at time of service pricing for patients without insurance or with high deductibles; 0% APR financing options available on balances \$100+ through our CarePayment® partnership



Contracted/in-network with most major health plans including Aetna, Banner Health Plans, BC/BS, Care1st, Cigna, Health Net, Humana, Mercy Care, and UnitedHealthcare



Active supporter of the Alzheimer's Association, the American Heart Association, JDRF, Mission of Mercy, Prostate On-Site Projects, St. Mary's Food Bank & more



Toxins in Your Everyday Environment

Lack of Chemical Control and the Lasting Effects

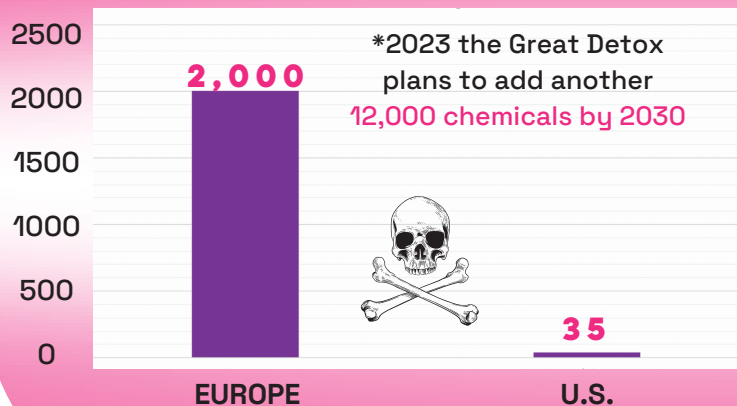
Toxins in Your Environment

Over 80 nations have stricter product safety rules than the U.S. and is falling behind at least 40 countries in taking adequate steps to safeguard consumer safety through rules for products. The U.S. has banned just 1.75% of the chemicals already banned in Europe.



Photo and information from EWG

CHEMICALS BANNED IN EUROPE VS UNITED STATES

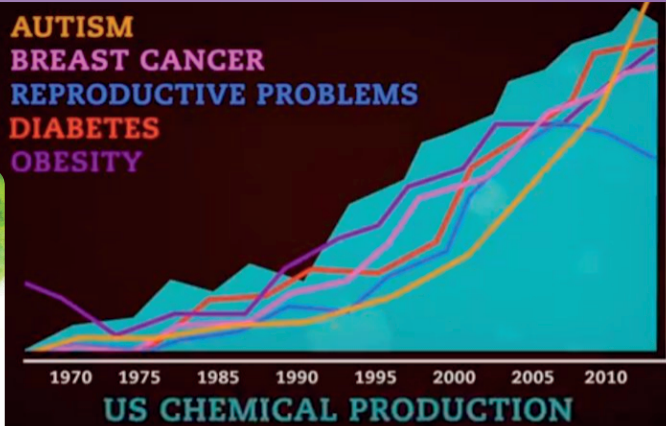
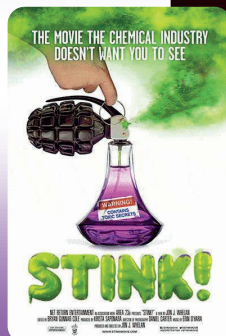


The Great Detox

"European officials are unhappy that about 12,000 chemicals known to cause cancer, infertility, reduce vaccine effectiveness and generate other health impacts are still widely found in products, including sensitive categories like baby nappies and pacifiers. Officials consider the roadmap a rapid first step in an EU chemical strategy."
- European Environmental Bureau

Stink! The Movie the Chemical Industry Doesn't Want You to See

View the shocking truth about products on American store shelves that are not safe by design. You'll be surprised by the carcinogenic chemicals we are exposed to in our everyday life.



Our appreciation to the documentary Stink! for the use of the graphic above.

Keep Your Cleaning Clean

Highly Recommended Non-Toxic Recipes for Home Cleaning



Photo: Vecteezy.com

All Purpose Cleaner

- ½ cup white vinegar
 - 2 tbsp baking soda
 - 10 drops of lemon, tea tree, or lavender essential oil for their disinfectant properties
- » Pour vinegar, essential oils and a little water in a spray bottle (preferably glass) and mix. Add in the baking soda then fill to top with water. Gently shake to mix ingredients.

Glass Cleaner

- 2 cups water to 1/4 cup vinegar
- (optional) 10 drops essential oils to decrease the ammonia smell

Germ Killer for the Bathroom

- 1 cup vinegar
- 1/2 teaspoon tea tree essential oil (contains antibacterial properties)

Leafy Green Houseplants

Keep a leafy-green houseplant in every room of your home. Plants naturally pull toxins out of the air and replace them with oxygen. This means a healthier home for you! Some favorite easy-to-care-for plants are: spider plant, peace lily, bamboo palm, areca palm, weeping fig and the Chinese evergreen.

Detergent

- 4 – 4 oz bars Kirk's Original Coco Castile Soap - Fragrance Free (16 ounces total)
 - 4 lbs Baking Soda
 - 3.7 lbs Arm & Hammer Super Washing Soda (1 box)
 - 3 lbs OxiClean Free or Baby (1 container)
 - 28 oz Epsom Salts
 - 5 drops Essential Oil of choice (added directly into machine for each load)
- » Grate castile soap into small shavings. (Can be hand grated or put through a food processor). » Place all ingredients into a large garbage bag. Twist tightly closed and shake to mix. (Do not breathe in the dust.) » Pour into a container and place near the washer for convenience.
- » How to use the laundry detergent: Measure 1 or 2 tablespoons onto the laundry per load. (There are no fillers in this detergent so it takes less than commercial laundry detergent.) It can be used in regular and HE machines.
- » Add approximately 5 drops of essential oil to the liquid detergent compartment for lightly fragranced load of laundry.

Wool Dryer Balls

These are an excellent way to remove the chemical laden dryer sheets from your laundry routine. Dryer sheets often leave your clothes and sheets covered with chemicals and wax which go directly into your skin, even clogging pores. Instead, use dryer balls that can still soften and fluff your laundry, while even making the dry cycle time shorter! It's awesome that clothes still get clean, but without the added harmful ingredients.



Holistic Remedies

for Relaxation & Relief



Boost your herbal tea!

Boil a cup of water with a small handful of cloves, a dash of nutmeg, and 2-3 cinnamon sticks. Once combined and fragrant, pour the spiced infusion over your favorite organic tea! Our favorite is ginger flavored. Add even more flavor and healing power by stirring in honey and lemon. Beneficial and delicious!



Peppermint oil to the rescue!

- Rub a couple drops of peppermint oil on the creases of the bottom of your toes. The oil will quickly absorb bringing you relief.
- To relieve a headache, simply massage 2-3 drops of pure peppermint oil on your temples, forehead and along the back of your neck.
- For a homemade vapor rub combine several drops of pure peppermint and eucalyptus oil into a large scoop of coconut oil. This can be rubbed onto your chest and neck to ease congestion and cough.



The power of eucalyptus!

Use the powerful antibacterial properties of eucalyptus to your advantage by spraying eucalyptus oil over your pillows and sheets, and diffusing it through your home. It will purify your home while opening your airways, easing a cough, reducing inflammation and fighting infection. Also try spraying the eucalyptus oil during a hot shower to really enjoy the benefits of steam inhalation. Great for relieving chest congestion and sinus pressure.

Soothing hand/body crème

- 1/4 cup raw shea butter
- 1/8 cup coconut oil
- 3-4 tbsp cornstarch or arrowroot
- Essential oils as fragrance

» Combine coconut oil and shea butter with a hand mixer or stick blender. You may have to soften the shea butter just slightly over very low heat in order to incorporate them well together. Add cornstarch or arrowroot one tablespoon at a time until you achieve the desired thickness. It will look similar to a whipped icing. That's it!



Lip balm

- 2 1/4 tbsp pure shea butter
- 2 1/2 tbsp coconut oil
- 2 tbsp beeswax
- 10 drops essential oil of your choice (e.g. peppermint)
- Optional coloring: beet root powder, turmeric

» Add the shea butter, coconut oil, and beeswax into a microwave-safe bowl. Melt in the microwave in one-minute intervals until bee wax is melted. Stir until blended. Stir 10 drops of essential oil into the mixture and optional color ingredient. Pour the lip balm into cosmetic pots. Allow it to set (1 hour at room temperature or 20 min. in the fridge).



Hand sanitizer

- 5-10 drops lavender essential oil
- 30 drops of Tea Tree essential oils
- 1 tbsp witch hazel extract or high-proof vodka
- 8 ounces 100% pure aloe vera gel
- 1/4 tsp Vitamin E oil - a natural preservative to increase shelf life

» Add essential oils and Vitamin E oil to a bowl and swirl to mix. Add witch hazel (or alcohol) to the oils and swirl. Combine this mixture with the aloe vera gel and mix well. Shake gently before each use. Should last several months.





Cultivating the Greater Good.

Offering the highest quality medical cannabis in a streamlined customer experience, Trulieve®/Harvest™ provides access to safe and reliable medicine for all those who need it. As industry leaders we strive to be a model for compassionate care and are committed to education in our stores and our communities, so that patients and proponents of all kinds can live without limits.

**Voted Best Medical Dispensary
by the Phoenix New Times**

trulieve.com

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HARVEST  Trulieve®

MEDICAL CANNABIS



There is a growing body of anecdotal and scientific evidence that shows medical cannabis improves quality of life and alleviates pain and suffering in patients young and old. We recently talked with Dr. William Troutt from Harvest to learn more about this important plant-based medicine.

What is the history of cannabis in the U.S.?

Cannabis was a main cash crop in this country until the late 1930s. So many items were made from cannabis: the first American flag, the first pair of Levi Strauss jeans, ropes and sails on maritime vessels. The first draft of the U.S. Constitution was written on cannabis paper. There is a five thousand year written history of its medical use. Human culture is intricately linked with this plant.

What can you tell us about cannabis in today's medical world?

We are witnessing a breakthrough phenomenon because we are learning so much about how cannabis works. The scientific community uncovered a new system in the human body and named it the "endocannabinoid system" after the cannabis plant. The endocannabinoid system's main job is to keep the body in homeostasis, to keep all the other systems in balance. Cannabis is the only plant we know of that contains abundant cannabinoid compounds that mimic the body's natural endocannabinoids and activate the endocannabinoid system.

How can cannabis help oncology patients?

Cannabis has been used for hundreds of years to relieve pain as well as nausea and vomiting, the symptoms that go along with chemotherapy. The medicine helps stimulate appetite, improves the ability to sleep, and delivers an overall sense of well-being. Inhaling cannabis provides nearly immediate relief in two to five minutes. The results are quite profound.

How can people educate themselves on cannabis?

Education is so important. This is not a one-size-fits-all medicine. Understanding the different types of the medicine, potencies, modes of administration, and dosing helps a patient maximize the medicine's benefits.

How do you see the future of medical cannabis?

We're going to see biases drop. After cannabis is rescheduled at the federal level, many more conventional physicians and members of the traditional medical community will be open to its use to treat conditions such as pain relief, nausea, and vomiting - conditions that the plant has treated for hundreds of years. We are already seeing research shift from how cannabis can help palliate symptoms to its potential as a treatment for cancer. We're seeing preclinical research with clear results that cannabinoids have anti-cancer properties. On cellular models, on animal models, we've seen cannabinoids stimulate apoptosis, a cellular death of cancer cells, slow metastasis, slow angiogenesis. We are seeing research head towards cannabis being used as an adjunct cancer therapy, working alongside chemotherapy and other conventional cancer therapies.

There are so many misconceptions regarding cannabis. If you could share just one piece of information, what would that be?

I think the most important thing is its safety profile. Misconceptions abound that cannabis is a dangerous plant that we need to keep illegal. The truth of the matter is that cannabis is a very safe plant from the toxicity prospective. In its five thousand year history, there's not one confirmed case of a person lethally overdosing on this medicine. No liver damage and no kidney damage as cannabis has a very safe medicinal profile.





Holly Rose, Dr. Gawley, Dr. St. Peter and Ashley Plum.

CORPORATE GIVING

makes a difference in the fight against breast cancer!



Unicorn Philanthropy donates \$100,000!

Every year I think I will be unable to top my gratitude to Drs. Gawley and St. Peter with Unicorn Philanthropy for their kindness and generosity to our community and every year I am wrong!

I founded Check for a Lump thirteen years ago after I went through breast cancer, starting with a simple call to action. I knew our non-profit had great potential for growth to positively impact our breast cancer community, yet we didn't have the big donors or big sponsors.

Then in 2014, I bravely reached out to the best breast reconstruction doctor - Dr. Gawley - and I asked him if he would consider an annual sponsorship of \$5,000. Keep in mind we had no benefits to offer him - we had a vision - to make a difference in the fight against breast cancer.

Within an hour of sending my email I received a reply - Dr. Gawley would love to sponsor. They believed in our mission too. This was so much more than just a \$5,000 gift. They brought us awareness, credibility, and expansive outreach for our programs and fundraising! Not only did they sponsor us, but they also created an event to help us funds.

Fast forward eight years to 2022 we are a prominent breast cancer non-profit with four pillar programs, including breast health education, free mammograms and diagnostic

testing, providing new wigs to breast cancer patients and much needed support!

At the gala I listened to Dr. Gawley speak sharing his and his wife's passion for giving back and elevating our community. His words of thanks to his parents for instilling a spirit of giving simple by viewing their example throughout his life moved me to tears. And I will forever live by his inspirational message to always GIVE more than you take in our lifetime. As he has always told me it is the right thing to do.

I credit our expansive growth due to Drs. Gawley and St. Peter for their ongoing generosity and to his supporters and guests! This year gala raised \$100,000 for each beneficiaries. Over the past nine years Unicorn Philanthropy has raised and donated over \$550,000 to Check for a Lump!!!

Our non-profit and the impact we have in the breast cancer community isn't just my legacy. It is a very special legacy of Drs. Gawley and St. Peter. I am in awe of them! No words can accurately express my immense gratitude for their kindness, support, mentoring, and innate generosity. We are blessed to have them in our community!!!

Over the past nine years, Unicorn Philanthropy has raised and donated over \$550,000 to our nonprofit Check for a Lump!!!

Live & Give
Holly Rose





Happy Birthday!!!

Our thanks to everyone who selected Check for a Lump as their birthday fundraiser on Facebook to help us raise funds. Your birthday gifts add up to approximately \$10,000 every year!

"I love having my birthday fundraiser for Check for a Lump. Check for a Lump and Holly Rose have a special place in my heart. I am grateful that during the fight for my life, Holly and Check for a Lump were there for me. Having them gift me with a very top of the line wig truly helped me feel good about myself when I was feeling so down. My birthday reminds me how blessed I am to be alive after breast cancer and what better way to celebrate than by helping another person receive the same help I did." —*Chrissy*

Miranda



"I chose to donate again this year because this organization helped me 7 years ago. I had breast cancer and they assisted in purchasing one of my wigs. I so appreciate Check for a Lump." —

Heather Pruett



"Check for a Lump was my choice for birthday donations because it is local to me and highlights free mammograms. I was diagnosed this year with stage III IDC DSIC hormone positive breast cancer at age 41. I had asked for a mammogram because of my history of benign tumors and extensive family history before I was 40 years old. If I had known about your organization I would have pursued a free mammogram." —*Katy M*

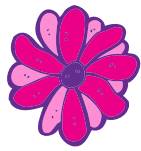
Obert



"My reasoning for doing a fundraiser for Check for a Lump, is because they helped me get a wig while I was going through chemo for stage 4 breast cancer. I literally had no money or self esteem. My hair was down to my waist, and my prized possession. I got married, and 6 weeks later I lost all of my hair. Devastated and embarrassed. I found out about Check for a Lump, and they helped me immediately. I could never be more grateful. I will be sure to raise donations again, for my next birthday. Grateful to be alive, and grateful for such a wonderful organization. I couldn't thank you all enough."

—*Aja Harper*





THANK YOU!

TOGETHER WE ALL WIN AND MAKE A DIFFERENCE IN THE FIGHT AGAINST BREAST CANCER!

October is the National Breast Cancer Awareness Month. We are grateful to the people and companies who raise funds for us during October with a fundraising for one day or all a

month long. Our community raised \$90,556.61!!!! Our gratitude to everyone who held a October fundraiser to help us provide free education, mammograms, wigs, and support year round.

Together we are making a difference in the fight against breast cancer!



Arizona Cardinals Charities donated funds to host 3 mobile mammography events that provided 60 women with a free screening through our mammogram program!!!



Rudy's "Country Store and Bar-B-Q" has raised funds through Pink Cups for Cause, this year raising \$15,748! In the past 5 years they have raised **\$74,716.00!!!**



Harvest/Trulieve is a supporter of six years! They hosted a round up campaign in their stores and raised **\$37,590!!!**



Circle V Equestrian hosted a Ride for Rachel trail challenge! The event raised a total of **\$8,225!!!**



BURN Total Body Conditioning sold t-shirts and raised a total of **\$5,950!!!**



Spinato's Pizzeria is a long time supporter and sponsor! They donated \$1 for every dessert sold in October and raised a total of **\$3,500!!!**



Serrano's Mexican Restaurant in honor of their sister Stephanie Serrano who battled breast cancer, raised **\$3,500!!!**



Sierra Verde STEM Academy hosted a crazy wig/hair day at their school. Students donated \$1.00 to participate! The kids raised **\$1,034!!!**

Avon
Brighton
Embrace your Pace (EYPAZ)
Gold Canyon Community
Kendra Scott - Chandler
Kendra Scott - Scottsdale Quarter

Mfused
Mint
Oggi's
Paradise Honors Football Team
Peoria County Police Department
Phoenix Relief Center

Pinal County Police Department
RforR
Roses by the stairs taproom
Scottsdale Police Department
Sedona Police Department
Sierra Verde School

Southern Glazer's of AZ
Starbucks x12 locations
Stroll Magazine
Sunset Ridge K-8 (FB)
Valley Fitness Kickboxing
Wilson Elementary District #7

PINK PATCH PROJECT



SCOTTSDALE POLICE DEPT. Thank you for supporting!

"The goal of the Scottsdale Police Department Pink Patch Project is to increase public awareness about breast cancer and to raise funds for

the on-going fight against Breast Cancer. Through our partnership, The Scottsdale Police Department has donated over \$10,000 in their efforts to help combat this devastating cancer." — *Officer Michael Clore*



PINAL COUNTY POLICE DEPT. Thank you for supporting!

"Again this October, we wanted to make a special effort to support those in the fight against breast cancer. They are in our thoughts and prayers this month, and always, I

would like to thank all PCSO employees and members of the public who helped to pitch in for this worthy cause. Their support and dedication to helping others never ceases to impress me." — *Sheriff Mark Lamb*



Your Police Department can join the
PINK PATCH PROJECT and select **Check for a Lump**
as the charity of your choice to keep funds local!



PEORIA POLICE DEPT. Thank you for supporting!

"I would like to thank all of the Peoria Police Department employees and community members for their support in our Pink Patch Project 2022 who supported those who are

battling breast cancer. We chose to give our donation to Check for a Lump. We support their efforts to cure breast cancer, and look forward to continuing our partnership with Check for a Lump in the future."



SEDONA POLICE DEPT. Thank you for supporting!

We are so excited that Sedona Police Department selected us this year as their charity of choice for the Pink Patch Project! "With a steadfast focus on "Selfless Service For All",

we will continue to foster public trust and strengthen community relationships while striving for excellence through employee development, self-discipline, and strong leadership."



Exceptional care



Breakthrough caring

Introducing Evernorth Care Group. Our doctors and staff are talented medical professionals who keep you healthy with best practices and clinical expertise. They also know your kids' and your pets' name. That's the reason 9 out of 10 patients recommend us.

It's how we treat you better.

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EVERNORTH Care GroupSM

COLLABORATION

**BRINGS EXPANSION TO THE
CHECK FOR A LUMP
MAMMOGRAM PROGRAM!**



Check for a Lump is grateful for the tremendous support of the BHHS Legacy Foundation - an Arizona charitable organization whose philanthropic mission is to enhance the quality of life and health of those it serves. We have been blessed by the support and mentorship they have provided over the last few years.

In 2021, Check for a Lump was ready to push forward to new heights, leaving the hardships of the pandemic behind us, and BHHS Legacy saw our potential and decided to support Check for a Lump and our mission in the fight against breast cancer. First, finding us a beautiful well-designed space to rent. Now, our office is right inside their amazing BHHS plaza.



They continued their support in the form of grants to expand our breast health literacy and access to screening for Phoenix Hispanics and Latinos. Their generosity has continued to increase our mammogram program, providing more opportunities for the community to receive free mammogram screenings and diagnostic testing, creating equitable opportunity for all Arizona residents.

Check for a Lump is thrilled to offer even more opportunities for women at FREE mobile mammography events.

Community partnerships are a treasure! We are thankful for the collaboration and strength found in supporting one another.

The beautiful collaboration we formed with The Society of St. Vincent De Paul medical clinic allowed us to host monthly mobile events throughout 2022. Now, we are thrilled to begin coordinating additional monthly opportunities at rotating Food City Grocery store locations throughout 2023.



More mobile mammography events mean less barriers, allowing equitable access to care for all. Women who face financial, travel, or childcare barriers will find the mobile opportunities convenient and of utmost importance! The free events bring mammograms directly to grocery store parking lots, allowing for fast and easy screenings that they can even bring their children along too.

Our mammogram program also covers the cost of diagnostic testing if suspicious results are found.





VOLUNTEER OPPORTUNITIES

Volunteers make a difference in the fight against breast cancer!
Your time and efforts are a gift to the breast cancer community!
Donate your time and volunteer.



Make gifts and deliver our
Super Survivor Kits



Create encouraging cards
for breast cancer patients



Help stuff Super
Survivor Kits



General office assistance



Help stuff our swag bags



Preparing for and helping at
Check for a Lump Events



"We had such a great time filling the Super Survivor Kits, helping in the office and planning events. What an exciting mission! I am so impressed with what's been accomplished and how a dream grew into a full-blown mission and philanthropy for women in our community."

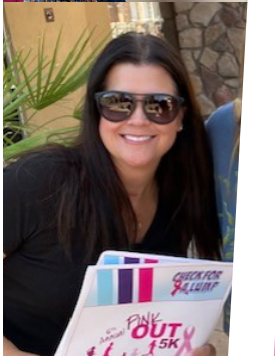
-Elli (Volunteer)

Sign up or find out more at:
checkforalump.org/volunteer
or email: info@checkforalump.org



SCAN ME

Calling all clubs!
Help at your next gathering!
Sewing Circles, Craft Groups, Quilters
Guilds, Churches, Clubs, Charity Leagues,
Troops, Teams



thank you
National Charity League, Inc.



The National Charity League (NCL) has a special place in my heart! While I was going through breast cancer treatment I was the recipient of many acts of kindness from women in my community, many of the women were strangers to me and many of them happened to be NCL moms. A few years later I joined NCL with my 2 daughters and we were a part of their league for seven years.

The NCL mission is fostering the mother daughter relationship through an ongoing commitment to philanthropy, culture, and leadership. My favorite pillar was philanthropy. We learned about various charity missions in our community and had the opportunity to give back through community service. I treasured this opportunity and was grateful to pass on to my girls through their school years.

I am now honored that all NCL chapters in Maricopa County have chosen Check for a Lump as an approved charity! Their hours of service mean the world to my team and me! We could not do all that we do within the breast cancer community without the help of volunteer hours! We rely heavily on the NCL for our volunteers and they come through for us every time!!!

Thank you National Charity League for your time, effort and commitment to our community! We appreciate you and the women we serve appreciate you even more!

Holly Rose and Check for a Lump team.

"We love getting out to the Check for a Lump events and seeing all of the inspiring faces – those of survivors, those currently fighting and those supporting others!" —NCL Moon Valley Chapter

"We love giving back and supporting women's causes!"
— NCL Sonoran Centennial Chapter



Non-profits and other groups assisting our cancer community in Arizona and beyond.

FREE RESOURCES

Arizona Only Resources

» Check for a Lump

www.checkforalump.org

Providing free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support and resources in Arizona.

» A 2nd Act

www.a2ndact.org

Recognizing that healing is helping, A 2nd Act celebrates and supports women survivors of ALL cancers who are using their newly realized gifts of life and experience to give back for the greater good.

» Abreast in the West

www.arizonabcs.com

Dragon Boating has been proven to increase the overall health and length of survival while decreasing the incidence of lymphedema following treatment for breast cancer.

» Circle of Hope

www.hopecancer.org

Bringing hope, healing, and care to those battling cancer.

» Coalition of Blacks Against Breast Cancer

www.cbbcaz.org

Provides high quality, reliable information, and support to black breast cancer patients within the Phoenix metropolitan area, and educates the black community about breast cancer prevention, diagnosis, and screening.

» Hope After Breast Cancer

www.hopeafterbreastcancer.com

Encourages and empowers women who have experienced breast cancer to reclaim their lives and THRIVE!

» Impact One

www.impactone.pink

Helps alleviate the burden experienced by women during breast cancer treatment and recovery by offering prosthesis, bras, wigs, and post-surgical garments.

» My Hope Bag

www.myhopebag.org

Provides bags of HOPE, comfort, and support services for women with breast cancer.

» The Singletons

www.thesingletonsaz.org

Dedicated to lessening the burdens of single parents with cancer and their families.



Financial Assistance*

» Bikers for Boobies

www.bikers4boobiesaz.org

Provides awareness, education, and financial resources to all those battling cancer with emphasis on breast cancer.

» Bosom Buddies of Arizona

www.bosombuddies-az.org

Offers support and resources to men and women dealing with breast cancer.

» Happily Ever After League (HEAL)

www.happilyeverafterleague.org

Supporting moms through cancer recovery. Provides support services to mothers in Arizona diagnosed with cancer and living with at least one dependent child.

* One time grants

Affordable Medical Resources

» The Society of St. Vincent De Paul (SSVDP)

www.stvincentdepaul.net

St. Vincent de Paul provides a free Virginia G. Piper Medical Clinic to provide health services to uninsured and underserved patients at no cost.

» AHCCS - Arizona Health Care Cost Containment System

www.azahcccs.gov

Arizona's Medicaid agency provides a medical insurance program for low-income Arizona residents.

» Well Woman Health Check (WWHC)

www.wellwomanhealthcheck.org

Helps low-income, uninsured, and underinsured women gain access to breast and cervical cancer screening and diagnostic services.

» Breast and Cervical Cancer Treatment Program (BCCTP)

www.azhealth.gov/bcctp

Assists individuals that would qualify for WWHC, but were not diagnosed through it. Helps obtain AHCCCS coverage to people with breast or cervical cancer, regardless of where they were screened.

» Valleywise Health

www.valleywisehealth.org

If you are not approved to AHCCS coverage, the Financial Assistance Program at Valleywise, uses a sliding scale to determine what you pay based on your income level. MIHS can help both the uninsured and underinsured.



» Wesley Community Health Centers

www.wesleychc.org

Wesley provides primary healthcare to uninsured and underinsured using a sliding fee based on income level.

» Dignity Health at St. Joseph's Westgate Medical Center

www.dignityhealth.org

If you are not approved to AHCCS coverage, the Dignity Financial Assistance Program will help you with the most affordable healthcare they possibly can.



National Resources

» Bag it!

www.bagit4u.org

Helps newly diagnosed cancer patients take the next steps toward treatment and recovery by providing essential information and support to patients.

» Bright Spot Network

www.brightspotnetwork.org

Provides young cancer survivors who are parents of small children a safe space for individual and family healing, recovery, and connection.

» Camp Kesem

www.kesem.org

Committed to creating a world where every child with a parent with a cancer diagnosis, or has lost a parent to cancer, is never alone. Supporting these children through and beyond their parents' cancer with free, fun-filled creative programs, and a lasting community.

» Cancer Support Community

www.cancersupportcommunity.org

Offers information on living with cancer, whether you are newly diagnosed, a survivor, or a family member or friend of someone who is living with cancer.

» Casting for Recovery

www.castingforrecovery.org

Offers breast cancer patients a unique outdoor retreat program that combines breast cancer education and support with the therapeutic sport of fly fishing.

» Cleaning for a Reason

www.cleaningforareason.org

Provides free house cleaning for cancer patients in the United States and Canada.

» Families Raising Hope

www.familiesraisinghope.org

Assists cancer patients and their families with the financial burden that cancer treatments pose so that they can focus on their health, healing, and recovery.

» Lots a Helping Hands

www.lotsahelpinghands.com

An app to easily organize meals and help for friends and family in need.

» Metastatic Breast Cancer Alliance (MBCA)

www.mbcalliance.org

MBC Connect 2.0 is an interactive, web and mobile-friendly, patient experience registry where you can share information about your MBC disease history, experiences, and quality of life – and now, get potential matches to clinical trials.

» Story Half Told

www.storyhalf told.com

Pfizer Oncology's Story Half Told offers education and information on understanding hereditary breast cancers, like BRCA1 and BRCA2, and the emotional impact of them.

» LivingWith™

www.thisislivingwithcancer.com

An app designed to help you connect with loved ones, ask for the support you need, remember important information from doctors' visits and stay organized, all in one place. It is available for free in English and Spanish.

» Young Survival Coalition (YSC)

www.youngsurvival.org

Strengthens the community, addresses the unique needs, amplifies the voice, and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally.



Financial Assistance*

» Bright Spot Network

www.brightspotnetwork.org

Provides young cancer survivors who are parents of small children a safe space for individual and family healing, recovery, and connection.

» Provision Project

www.provisionproject.org

Provides financial relief to women in active treatment for breast cancer.

* One time grants

Medical Resources

» Patient Advocacy Foundation

www.patientadvocate.org

Helps find resources and remove obstacles to healthcare.

Scan the QR code here or visit our website to find more information on these resources.



Share any additional free resources you know at: outreach@checkforalump.org

Our community **COMES TOGETHER**

Pink Out
5K event.



We provide **free mammograms** at our mobile unit events.



Our grateful clients pay it forward through **Facebook Birthday Fundraisers**.



People see our magazine and attend one of our fundraising events.



With the Birthday Fundraiser, we provide a **free wig** to someone going through chemotherapy.



Sponsorships help provide **breast health education** to 50,000 women through our magazine.



Friends and families **volunteer** for Check for a Lump.



Volunteers **share with their company** who becomes an annual sponsor.



The woman attends a **Super Survivor** event and shares our mission with her family & friends.

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Team Gigi's ChiChi's

We apologize in advance if we unintentionally did not include your name. Please know we appreciate you!

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TAKING IT ON TOGETHER

Cigna is dedicated to helping women in their fight against breast cancer. Find resources at **Cigna.com**

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