



Key To Life

Vol. 12, Issue 1

A Publication of the American Breast Cancer Foundation®

Real People Supporting Real Help...

Real People

From our schools, our places of worship, our work and our play, we are gathering together across America. Communities of breast cancer survivors, family members, and friends coming together to ensure we all have a fighting chance and that none of us fights alone.

The American Breast Cancer Foundation is the bridge between those in the community with the compassion to help and those with the courage to ask. We are coming together to help folks in need like these.

- *I was in a car accident last year and because I could not immediately return to work, I lost my job and insurance*
- *I have no savings and can't pay*
- *My new insurance told me it was a pre-existing condition, because I only had the insurance for a few months*
- *I had symptoms, but I was turned down by my state program, because I am a man. I had breast cancer*
- *My state assistance program is out of funding for the year, I could be waiting for months for help*
- *I am not old enough to qualify for other programs*

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Young Survivor's Family Brings Awareness to Community



When the statistics are in your favor, your concern for developing breast cancer may not be at the top of your mind. This was the case for Kara Tucker, a 28-year-old woman. While on vacation with her husband last March, she discovered a lump. Kara was diagnosed with invasive ductal carcinoma and began treatment that lasted the remainder of 2008.

Kara had a unique opportunity to help more than just herself. Her diagnosis spawned an awareness campaign that brings inspiration to Kara, her family, many friends and supporters. Since 1944, Kara's family has owned and operated Koppys Propane, serving communities in Pennsylvania. While at an industry convention several years ago, Kara and her father saw the pink ribbon breast cancer awareness trucks to support ABCF. She and her father intended to explore the possibility of joining the campaign. However, it was not until Kara's diagnosis in 2008 that she said to her father, "Maybe it's time to get that pink truck." Her father simply replied, "Maybe it is."

Koppys Propane began delivering propane with their first pink ribbon truck shortly thereafter. For every gallon of fuel delivered from the truck, one cent will be donated to the American Breast Cancer Foundation. The company expects to donate \$5,000 this year.

Kara Tucker said, "We have taken a negative situation in our lives and turned it into something positive. My hope is that our truck will not only produce important contributions, but also raise awareness among women and encourage them to take steps such as self exams and mammograms to maintain their breast health."

⇐ *Kara Tucker in Koppys Propane's pink truck*

OUR MISSION

Our mission is to provide individuals in financial need, their families and their loved ones with education, support and access to early detection.

Providing direct financial assistance for early diagnosis and survival!

Key To Life Breast Cancer Assistance Program

Financial assistance grants are available to eligible women and men to assist with the following diagnostic tools:

- ANNUAL SCREENINGS/MAMMOGRAMS
- DIAGNOSTIC MAMMOGRAMS
- ULTRASOUNDS
- SURGICAL CONSULTATIONS
- BIOPSIES

Eligibility

The American Breast Cancer Foundation provides financial assistance to uninsured and underinsured women and men of all ages for breast cancer diagnostic tests. This includes routine annual screening mammograms for women over 40.

Applicants who are fortunate enough to qualify for the National Breast and Cervical Cancer Early Detection Program funded through the Center for Disease Control and Prevention and state cancer programs are referred to their local provider.

Women and men of all ages, with a family income 300% or less of the HHS poverty guidelines, may qualify for the *Key to Life Breast Cancer Assistance Program*.

Assistance is also available to breast cancer patients for:

- Wigs During Chemotherapy Treatment
- Emergency Medication Assistance
- Lymphedema Bandages and Support Garments
- Breast Prostheses and Specialized Bras

This program is funded through the generous contributions of many caring individuals like you.

TO ENROLL:

Call toll-free for a confidential interview.

**Key to Life Breast Cancer
Assistance Program**

1-877-Key-2-Life (1-877-539-2543)

FIRST CALL RESOURCE GUIDE

When a lump is found, we need to understand what is happening and what help may be available to us. Begin by keeping a journal. This will keep together the details you'll need to remember, information the doctor has given you, questions for your doctor, who you have talked to for help and contact information for all those involved with your diagnosis and treatment.

Next, find folks who can support you, who will be able to accompany you to doctors appointments, help keep track of details, deal with insurance issues and offer emotional support.

American Breast Cancer Foundation

1-877-Key-2-Life (1-877-539-2543)

Key to Life Breast Cancer Assistance Program, Breast Health Package, Newly-Diagnosed Support Package.

American Cancer Society

1-800-ACS-2345

Breast Cancer Network of Strength 24-Hour Toll-Free Hotline

Talk with a survivor anytime day or night.

1-800-221-2141 (English) 1-800-986-9505 (Spanish)

Cancer Care Counseling Line

1-800-813-HOPE

Hill Burton Program

1-800-638-0742

Mautner Project for Lesbians with Cancer

202-332-5536

National Alliance of Breast Cancer Organizations

1-888-806-2226 Support Group Information.

National Asian Women's Health Organization

415-989-9747

National Breast and Cervical Cancer Program

1-888-842-6355

NCI Cancer Information Service

1-800-4-CANCER

Information on breast cancer and clinical trials sponsored by the National Cancer Institute.

National Coalition for Cancer Survivorship

1-877-Tools-4-U (877-866-5748) "Cancer Survival Toolbox"

An audio program to help cancer patients, their families and caregivers meet the challenges of their illness.

National Latina Health Organization

510-534-1362

National Women's Health Network

202-347-1140

Patient Advocate Foundation

1-800-532-5274

There is help and hope...

EARLY DETECTION IS THE KEY TO LIFE...

If you don't find it, you can't fight it...and if you don't fight it, you can't beat it!

Are You Underestimating Your Risk for Breast Cancer?

Seven out of ten breast cancer cases occur in women who have no major risk factors. All women are at risk for breast cancer!

Know the warning signs for breast cancer and share them with your loved ones.

Changes in color or feel of the skin of the breast, areola or nipple (dimpled, puckered, scaly or orange peel appearance)

Discharge from nipple or nipple inverting
Changes in size or shape of breast or sudden swelling

Lump, bulge or thickening in or near the breast or under arm

If you find any of these changes, see your doctor immediately.

Keys to Early Detection

BREAST SELF-EXAMS

Monthly for all women, starting during breast development.

A monthly breast self-exam will help you to become familiar with what is normal for your body and make it easier to notice any changes that occur. Monthly breast self-exams are not a replacement for a mammogram.

CLINICAL BREAST EXAMS

*Women age 20–39, no less than every 3 years.
Annually for women over 40.*

Similar to a breast self-exam, it is performed by a doctor or nurse.

MAMMOGRAMS

*First mammogram between age 35 and 40.
Annually for all women over 40.*

A mammogram is the best tool available today to assist you and your health care team in diagnosing breast cancer at its earliest stage. A mammogram can detect breast cancer up to two years before you or your doctor can feel a lump.

Men and Breast Cancer

The American Cancer Society estimates that in 2009 over 2,000 new cases of invasive breast cancer will be diagnosed among men in the United States. Men are often diagnosed with more advanced breast cancer because they fail to act quickly when noticing changes to their breast tissue. Although breast cancer is rare in men, if you notice any symptoms see your health care provider.

Breast Self-Exam

The best time to do a Breast Self-Exam is 7 to 10 days after your menstrual cycle ends, when the breasts are not as swollen, and changes are easier to notice (or on the same day of the month if you are no longer menstruating).

In the Shower – Fingers glide over soapy skin, making it easy to determine the texture underneath.

1

Raise your right arm and use the pads of three or four fingers of your left hand to explore your right breast firmly, carefully and thoroughly to feel the tissue below the skin.

2

Beginning at the outer edges of your chest, press the flat part of your fingers in a circle, moving in circles slowly around the breast including the nipple area. Pay special attention to the area between the breast and armpit, including the armpit itself.

3

Feel for any unusual lump or mass under the skin. Gently squeeze the nipple and look for any discharge. Now, raise your left arm and repeat exactly the same procedure on your left breast.



Standing in Front of the Mirror

1

Inspect both breasts for anything unusual, such as any discharge from the nipples, puckering, dimpling or scaling of the skin.

2

Watching your breasts closely, clasp your hands behind your head and press your hands forward. As you do this you should be able to feel your chest muscles tighten.

3

Next, press your hands firmly on your hips and bow slightly forward as you pull your shoulders and elbows forward.

Lying Down – This position flattens the breasts and makes them easier to examine.

1

Lie flat on your back, with left arm over your head and a pillow or folded towel under your left shoulder.

2

Use the same circular motion as you did in the shower exam. Repeat on your right breast.

CALL 1-877-539-2543 to ask for your free Guide to Breast Health Care and Breast Self-Exam Shower Card.

Today is a good day to schedule a mammogram!

Giving My Way

We gratefully thank you for your support. We hope this guide will help you find a way that best suits your needs.

Cash Donations If you would like to make an annual, quarterly, or monthly donations; just let us know and we'll take care of the rest by sending you reminder statements.

Memorial or Honor Gifts Make a gift in honor or in memory of a loved one who has battled breast cancer.

Celebrate a Special Occasion Make a gift in honor of a loved one's birthday, anniversary or wedding. Make a donation in the name of the guests at your next party. Ask your guests to make a donation rather than bringing a gift.



(Be sure to include who the gift is in honor or memory of, and include the name and address of the individual you would like the gift to be announced to.)

Make More of Your Gift Ask if there is a matching gift or corporate giving program at your workplace, and ask how ABCF can participate.

Gift of Stock and Real Estate You can receive a deduction for a charitable contribution and avoid paying capital

gains tax on your appreciated stock or real estate. Ask us about Retained Life Estates.

In-Kind Gifts You may make a gift of usable items, such as office supplies or equipment. Please contact us to hear about our current needs.

Planned Giving Make a gift through your estate plan. Charitable Remainder and Lead Trusts are an effective way to make a charitable gift while continuing to realize income and receive a tax deduction from your investments while you are living.

Charitable Gift Annuities Transfer cash, real estate or marketable securities to ABCF and receive a guaranteed fixed income for life while you continue to receive a tax deduction.

If you are not sure of your ability to deduct donations, contact your tax advisor.

Make a donation securely on our website at www.abcf.org.

Real People Supporting Real Help...

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Real Help

We believe that everyone deserves a fighting chance against breast cancer and should receive empowering education, personalized support and direct assistance for diagnostic tests to aid in the early diagnosis, treatment and survival of breast cancer.

The American Breast Cancer Foundation distributes educational information to millions of families each year underlining the importance of early detection and treatment to survive breast cancer, and to share the help available through *The Key to Life Breast Cancer Assistance Program*.

The Key to Life Breast Cancer Assistance Program provides direct financial assistance to uninsured and underinsured individuals in the form of grants. These grants provide routine screening mammograms, diagnostic mammograms, ultrasounds, biopsies and emergency treatment assistance. This open access program provides grants that can be used at any accepting facility.

If you are, or anyone you know is, in need of help today, see page 2 to learn more about *The Key to Life Breast Cancer Assistance Program* and additional resources available.

Join us in supporting real help today.



AMERICAN BREAST CANCER FOUNDATION®

National Headquarters

1220 East Joppa Road • Baltimore, MD 21286

Ph: 410-825-9388 • Fax: 410-825-4395

Toll-Free Key to Life Assistance Hotline

1-877-KEY-2-LIFE

(1-877-539-2543)

Volunteer Board of Directors:

Brenda Loube, Board Chair

George Brown, Vice Chair

Dawn Cummings, Treasurer

Frances Katsha, Secretary

Bruce Mueller, Director

Visit Our Website at:

www.abcf.org

Email: Contactabcf@abcf.org

To view our privacy policy, visit us at www.abcf.org

Make a difference in your community today!