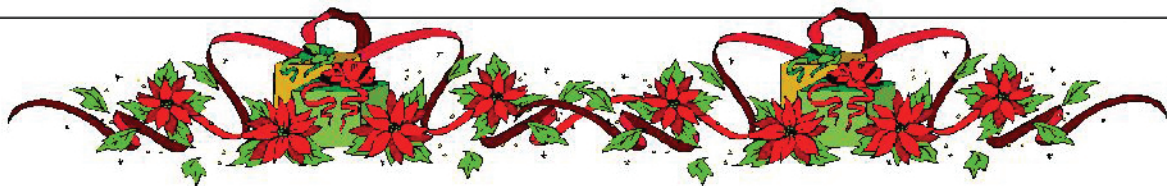




# Newsletter

December 2009  
Holiday Newsletter



Wherever you are this holiday season, we hope you have the opportunity to spend time with loved ones, enjoy a hearty meal and reflect on the blessings and strengths you have in your lives.

The Lend a Helping Hand Program has taken on a mission for 20 people and their families while fighting the battle with cancer. Joining with our Sister Coalitions, led by Babylon Breast Cancer Coalitions's Debbie Basile and Donna Jurasits we have brought a new spirit in reaching all our goals.

The Long Beach Breast Cancer Coalition volunteers never stop working throughout the year. Now we need all the support we can muster in order to continue our program. The demands are many throughout these tough times but the fight against Breast Cancer goes on. Keeping someones lights or heat on, food on the table or help with mounting medical bills are some of the ways we show our support.

Lets not go gentle into the night but stand up and fight!



The US Preventive Services Task Force (USPSTF) is recommending screening every 2 years between the ages of 50 and 74. No routine mammograms between 40 and 49. They also conclude that breast self-examination (BSE) does not reduce breast cancer mortality.



So what should a woman do? HHS Secretary Kathleen Sebelius recommends "doing what you have been doing for years—talk to your doctor about your individual history, ask questions and make the decision that is right for you." For me, that is a mammo annually and clinical breast exam by my oncologist.

I shudder to think what would have happened had I not had my yearly mammo. The tumor that was 1.2 cm and stage 1 might have grown unchecked. So I think I'll go with the old school—yearly mammograms.

By Kathleen Wengart