

Steel Magnolias

Breast Cancer Support Group, Inc.

Complex Diagnosis

July 15, 2013

Not Just One Disease

Breast cancer is not just one disease. There are several types of breast cancer and the patient's prognosis depends on what type she has.

So let's look at different breast cancer types:

1. Most breast cancers-about 85% are infiltrating ductal (ductal). The second most common is lobular. There are several distinctly uncommon types such as tubular or mucinous.

2. A cancer may be either in situ (in place) or invasive. DCIS (ductal carcinoma in situ) has not invaded any surrounding tissues and so has not traveled. But, it needs to be removed because if it is not, it will progress to invasive cancer. Ductal carcinoma in situ (DCIS) may be unifocal (one spot) or multifocal (several spots). Invasive cancer has spread into surrounding tissue and may have also traveled to lymph nodes or more distant spots.

3. All breast cancers are tested for 3 markers. They are ER (estrogen receptor), PR (progesterone receptor) and HER-2-neu. A tumor may have more than one combination of these markers-prognosis and treatment depend on markers. A tumor which is ER positive and PR positive "likes" estrogen. Receptor values vary from 0 to 3. Zero means "I don't care" if there is estrogen or not, #1 means "I only care a little," #2 "I care a lot," #3 "I really love estrogen and will really be injured if I don't have it." Depriving the tumor of estrogen will be an important part of treatment. HER-2-neu

is a protein found on the surface of 1 in 5 breast cancers. This protein gives the cancer cell growth advantage. This type of breast cancer is particularly aggressive; however, if herceptin is used in the adjuvant setting, long term survival is 90%.

4. **Ki67.** A high Ki67 says that the cancer grows quickly, a low one that it grows slowly.

5. **Gene Testing.** There are several tests that may help your doctor decide whether or not you need chemotherapy. The most widely used is the Oncotype Dx. In this test, the pathologist sends the cancer to be tested for 21 genes and a recurrence score is given. This test only works for tumors which are ER + Her 2 Neu negative. Also, it has only been validated (proven to be useful) for node negative tumors. A high score indicates that you need chemotherapy; a low score means you may not.

Be sure you seek the advice of a medical oncologist before making a treatment decision.

Courtesy of Anniston Oncology

In September, 1999, when I was diagnosed with breast cancer, I had no idea how complex an individual diagnosis of breast cancer can be. After starting Steel Magnolias, in late summer of 2001, I began receiving phone calls from newly diagnosed patients, wanting to understand more about their particular cancer. I advised each patient to ask those questions of their oncologist. I however researched the questions asked by each caller. I don't



Sharing love through support

Steel Magnolias
P.O. Box 2208
Anniston, AL 36202

Lenora Johnson, Founder, Editor,
Executive Director
Marti Warren, President
Keither Zeimet, Vice President
Margaret Taylor, Secretary
Nancy Burnell, Treasurer
Group Chaplains: Marti Rogers &
Sherry Grinstead
RMC Chaplain, Jim Wilson

Pinks Boutique: Marti Warren, Mgr.
For Appointment (256) 239-0855

Office 256-231-8701
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207
lenora@steelmagnoliasinc.org
www.steelmagnoliasinc.org

know the names of all the different kinds of breast cancer, or the complexities of each diagnosis. I did learn that there is no blanket answer to even one question. Doctors at Anniston Oncology have agreed to answer each question submitted to Lenora Johnson. We are grateful to

Dr. Spremulli, Dr. Vadlamani and Dr. Beard for their willingness to work with Steel Magnolias. As questions are answered, information provided will be published in the Steel Magnolias Newsletter. For that reason, I encourage anyone with a question about their diagnosis to email <Lenora@steelmagnoliasinc.org> or mail their question to Steel Magnolias, P.O. Box 2208, Anniston, AL 36202.

A surprising number of Steel Magnolias have been diagnosed with triple negative breast cancer. I can remember only two women, familiar to Steel Magnolias, who were diagnosed with very rare breast cancer. One was diagnosed with phantom breast cancer—(mystery cancer, breast cancer found in a location other than the breast;) the other with inflammatory breast cancer-(cancer that originates on the outside of the breast and is often confused with breast infection). I am interested in learning more about these two cancers.

Lea Fite Memorial Golf Tournament



Hip, hip hooray! We finally got to play!! We had a beautiful day to play golf and a roster of 18 teams. We lost a few teams due to having to reschedule TWICE because of rain but we still had a good turnout. We owe a lot of thanks to a lot of people for the success of this tournament. Walgreen’s representatives couldn’t be there but they sent t-shirts for everyone and CVS provided water. The Tyler Center rehab department set up a station with cold rags for the golfers as they came around the 9th hole. Many of the golfers said that was a life saver due to the heat. Sunny King Toyota set up a table offering caps to everyone, even my grandson who was a BIG help, got a cap. Sunny King Ford gave each golfer chap stick and an opportunity to register for a

Ford Mustang which will be given away. Sunny King Honda gave everyone a bag that could be used for many things. Mark Junior, manager of Golden Springs Winn Dixie, provided a box lunch of either turkey or ham sub sandwich, chips and a drink. We don’t want to forget that on the first scheduled date, May 4th that Starbucks furnished coffee, cups and condiments for coffee and that Marie’s Bar B Q brought lunch in pouring rain for everyone. We want to thank all those that sponsored a hole, provided door prizes, and donated items for the golfers’ packages. A list of names of all those donating door prizes was posted above the table containing the door prizes and a banner was hung for everyone to see as they received their lunch, acknowledging Winn Dixie. Jacksonville CVS and Budweiser were responsible for the items in the golfers’ packages.

As the golfers came in to register, we gave them an opportunity to purchase a mulligan package and most of them did. They also had opportunity to purchase raffle tickets for the Auburn print that was donated by Green’s Framing. (Winner will be named in late afternoon of Friday, July 19 at the Dining Voucher Bazaar.) Then they were given their golfer’s package and door prize,. Then it was time for the shotgun start. Everyone helped with cleanup after the tournament got underway and waited for golfers to finish the tournament. As the golfers finished, they ate their lunch and waited anxiously for the awarding of prizes. When everyone had finished their meal, Jimmy thanked everyone for playing in the tournament and all those who make it possible. He then awarded



Winners



1st Flight, 1st Place winners were: Marcus Harrell, Brandon Roberts, Vernon Marcoullier, Trevor Lane



1st Flight, 2nd Place winners were: Brett Rothwell, Will Prickett, Tony Prickett, Dean Dempsey



2nd Flight, 1st Place winners were: Andy Jenkins, Carlos Sanderson, Paul Kennedy, Earl Fagan



2nd Flight, 2nd Place Winners were: David Stephens, Joe Weaver, Jimmy Thompson, Julius Wofford



Closest to the Pin winner: Brandon Roberts. (his trophy was accepted by another player.)



Longest Drive winner: Destin Harris, grandson of Jimmy and Margaret Taylor who came from Bay Minette to play with his granddad. Proud grandparents!!



A six month membership to Pine Hill was donated by Jason Edwards. Margaret said, "I'll let you know the name of the winner as soon as possible. A golf cart donated by Paul Barker was won by Michael Hollis

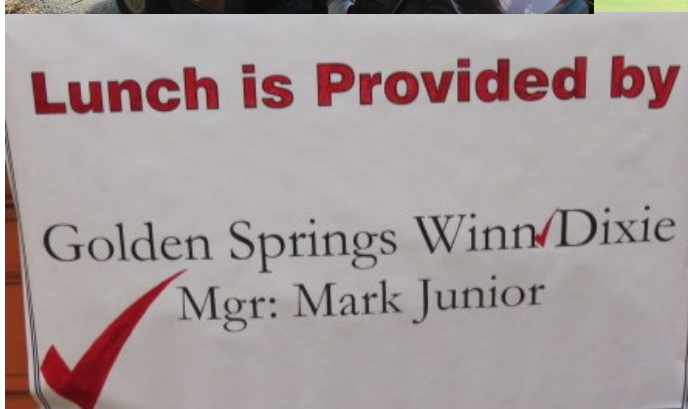
This tournament could not have been successful without the help of many Men of Steel and Steel Magnolias and without a lot of prayer. We hope that all our efforts will always honor and glorify our Lord because He is the one that deserves the credit. Gratefully submitted by Margaret Taylor



Pine Hill Country Club

4th Annual Lea Fite Memorial Golf Tournament

BRONZE	SILVER	GOLD
Jeff Owen & Assoc. Multimetco Inc. Emmett Owen Metro Bank Regions Bank RMC Auxiliary Starbucks Rite-Aid	Foothill Timber Sunny King Automotive API Packaging Solutions Buster Miles Chevy/Ford Jack's Restaurant Budweiser Marie's BBQ	RMC Anniston RMC Jacksonville CVS Pharmacy Supreme Beverage PINK Mike Sanders Food Outlet Walgreens



The 4th Annual Lea Fite Memorial Golf Tournament is now history! We now look forward to 2014.

10 steps to improve happiness

1. **Nestle in the right neighborhood.** Where you choose to live is one of the most important determinants of your happiness.
2. **Stop shopping; Start saving.** Research shows that financial security brings more happiness over time than buying does.
3. **Make the most of your morning.** Eating breakfast everyday can boost energy, and 30 minutes of walking or other exercise raises well-being for up to 12 hours.
4. **Reduce the time watching TV.** We get more authentic happiness from being with family and friends, reading or engaging in a hobby.
5. **Get a daily dose of friends.** America's happiest people purposefully plan for social times and get at least six hours a day of interaction with friends and family.
6. **Find Your Soul Mate.** People in long term relationships suffer less stress and live longer with fewer diseases.
7. **Meet, Pray, Love.** Churchgoers are satisfied with less money and have a built-in social network.
8. **Create a sunny sanctuary.** A well trafficked area with personal memorabilia report higher levels of happiness.
9. **Gain peace with a pooch.** Pets foster self-esteem, calmness, soothing and feeling of acceptance. Pet owners have been found to have lower blood pressure and fewer stress hormones circulating in the blood.
(Note.....My little pooches are pictured below. My little girls are Dallas and Abby.)
10. **Ignite your passion for compassion.** At the end of the day, those who gave their money away reported being happier than those who spent it on themselves. Of course, you don't have to dole out dollars to reap the benefits. Sign up to help out at your grandchild's school, or volunteer at the local cancer center.
(Note.....Steel Magnolias has been a path for using one's time in service to others and for almost 13 years, has become a rewarding passion for myself and many others. We invite you to join us.



Dallas



Abby



Miracle Apple Tree

My brother, Gerald Washington has an old apple tree in his back-yard. Gerald said "The front of the tree died and carpenter ants hollowed out the trunk most of the way up from the ground to the smaller limbs. It's lifeblood comes from only the back half with no trunk to hold it up." About seven years ago, when I first learned of this tree and how the hedge supporting it from winds allows it to remain standing, I saw a parallel in how Steel Magnolias provides support to individuals fighting uphill battles to reclaim their health. Read more of this amazing story by logging onto <www.steelmagnoliasinc.org> and click on "What Now"

July 11, 2013, Gerald sent this picture and this message, "Lenora, the Miracle Apple tree has survived two droughts, in a row and 100 mph winds in May, and as you can see, in spite of looking somewhat haggard, is still producing apples."

Steel Magnolias & Men of Steel Meeting

Steel Magnolias met on Tuesday, June 25, 2013 at 5:00 p.m. in the private dining room of RMC. RMC furnished baked potato bar and Steel Magnolias furnished side dishes. Following our meal, Chaplain Wilson spoke to the group.

Chaplain Jim Wilson spoke to Steel Magnolias about where the organization began and how far we have come today. He spoke about what the purpose of the organization is. We are to support those going through the struggles of dealing with their diagnosis. The goal is that the newly diagnosed patient will grow stronger because of our support. Chaplain Wilson stated that change must happen and change can produce opportunities and that we must have a vision for the future. He stated that the group has grown about tenfold and change is inevitable. Where do we go from here? Chaplain Wilson challenged us to pull together and reminded us that we are a ministry under the umbrella of the Chaplain's Services. He stated that Steel Magnolias must not remain where it is but move out. He closed with a quote by John Wayne: "courage is being scared to death but saddling up anyway."

Chaplain Sherry Grinstead read the prayer list and prayed for everyone, including names that were added at the meeting.

Jimmy Taylor reported on the golf tournament and reminded everyone who could, to please help on Saturday, June 29.

Marti Warren reminded everyone of the New Beginnings Banquet and let everyone know that they would be receiving an invitation. She also reminded everyone of the dining voucher bazaar in the hospital lobby on July 18th and 19th.

Treasurer, Nancy Burnell gave the financial report. Current balance was \$16,970.85.

Meeting adjourned

Respectfully submitted by Margaret Taylor, Secretary

Financial Report

June		Balance Brought Forward	\$17,638.32
05 (-)	35.00	Moore Printing: Newsletters	17,603.32
06 (-)	200.00	Lenora Johnson : Monthly Expense	17,403.32
15 (-)	250.10	Lenora Johnson: Reimburse (WalMart-fabric & thread for tote bags)	17,153.22
15 (-)	71.25	Pokey Warren: Note Cards & Mailing labels	17,081.97
15 (-)	56,.00	Kyuka Waters: Anniston Oncology	17,025.97
24 (-)	55.12	Lenora Johnson: Reimburse (Postmaster for roll of stamps & care	16,970.85

Special Announcement!!

The July 18 & 19 Dining Voucher Bazaar has been postponed! We hope to re-schedule in September. As soon as we get confirmation, we will announce the new date. Thank you, Lenora Johnson

Mark Your Calendar

Tuesday, July 23, 2013: New Beginnings Banquet, 6:00 p.m. at Classic on Noble. If you received an invitation, please call (256) 231-8827 or email Lenora@steelmagnoliasinc.org to RSVP. We want to be sure to count every person so there will be enough delicious food for everyone.

Monday, August 19, 2013: Mail newsletter. Please meet in Suite 406 at 12:30 p.m. to stuff envelopes.

Tuesday, August 27, 2013: Steel Magnolias and Men of Steel Meeting. More details at a later date.

Joggin' Inside

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A Really Bad Day

A man was working on his motorcycle on his patio and his wife was in the house, in the kitchen. The man was racing the engine on the motorcycle and somehow, the motorcycle slipped into gear. The man, still holding the handlebars was dragged through the glass patio door and the motorcycle dumped onto the floor inside the house.

The wife, hearing the crash ran into the dining room and found her husband laying on the floor, cut and bleeding. The motorcycle laying next to him and the patio door.

The wife ran to the phone and summoned an ambulance.

Because they lived on a fairly large hill, the wife went down the several flights of long steps to the street to direct the paramedics to her husband. After the ambulance arrived and transported the husband to the hospital, the wife uprights the motorcycle and pushed it outside.

Seeing that gas spilled on the floor, the wife obtained some paper towels, blotted up the gasoline and threw the towels in the towels in the toilet.

The husband was treated at the hospital and was released to come home. After arriving home, he looked at the shattered patio door and the damage done to his motorcycle. He became despondent, went into the bathroom, sat on the toilet and smoked a cigarette. After finishing the cigarette, he flipped it between his legs into the toilet bowl while still seated.

The wife, who was in the kitchen, heard a loud explosion and her husband screaming. She ran into the bathroom and found her husband lying on the floor. His trousers had been blown away and he was suffering burns to his buttocks, the back of his legs and his groin. The wife again ran to the phone and called an ambulance.

The same ambulance crew was dispatched and the wife met them at the street. The paramedics loaded the husband on the stretcher and began carrying him to the street. While they were going down the stairs to the street accompanied by the wife, one of the paramedics asked the wife how the husband had burned himself. She told them and the paramedics started laughing so hard, one of them tipped the stretcher and dumped the husband out. He fell down the remaining steps and broke his arm.....This story redefines what it is to have a bad day! Courtesy of Elaine Johns...Oxford, AL

Sea Side Restaurant

Some 15 year old girlfriends decided to meet for dinner. They discussed where to eat and finally agreed on McDonald's next to the Sea Side Restaurant because they only had \$6.50 between them and Bobby Bruce, the cute boy in science class, lived on that street.

10 years later, the same girlfriends, now 25-years-old, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side restaurant because it had free snacks, and there was no cover charge, the beer was cheap, the band was good and there were lots of cute guys.

10 years later, the same girlfriends, now 35-years-old, discussed where to meet for dinner. Finally they agreed to meet at Sea Side Restaurant because the combos were good, it was near the gym and if they went late enough, there wouldn't be many whiny little kids.

10 years later, the same girlfriends, now 45-year-olds, discussed where to meet for dinner. m Finally they agreed to meet at the Sea Side Restaurant because the martinis were big and the waiters wore tight pants and had nice buns.

10 years later, the same girlfriends, now 55-year-olds, discussed where to meet for dinner. Finally they agreed , to meet at the Sea Side Restaurant because the prices were reasonable, it had windows which opened (in case of hot flashes), the wine list was good and fish was good for their cholesterol.

10 years later, the same girlfriends, now 65-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because of the Early Bird Special and the lighting was good.

10 years later, the same girlfriends, now 75-year-olds, discussed where to meet for dinner. Finally they agreed to meet for dinner at the Sea Side Restaurant because the food wasn't too spicy and it was handicapped accessible.

10 years later, the same girlfriends, now 85-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they'd never been there before. Courtesy of Elaine Johns....Oxford, AL

Joggin' Inside

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Buying Ammo

There was a bit of confusion at my sport outlet this morning. When I was ready to pay for my purchases of gunpowder and bullets, the cashier said, "Strip down, facing me!" Making a mental note to complain to my congressman about gun registry people running amuck, I did just as she had instructed. When the hysteria subsided, I found out that she was referring to my credit card. They need to make their instructions to us seniors a little clearer! I have been asked to shop elsewhere in the future. Courtesy of PokeyAnniston, AL

Area 51

You've heard of the Air Force's ultra-high-security, super-secret base in Nevada, known as "Area 51.

Well, late one afternoon, the Air Force folks out at Area 51 were surprised to see a Cessna landing at their "secret" base. They immediately impounded the aircraft and hauled the pilot into an interrogation room.

The pilot's story was that he took off from Vegas, got lost, and spotted the Base just as he was about to run out of fuel. The Air Force started a full FBI background check on the pilot and held him overnight during the investigation.

By the next day, they were finally convinced that the pilot really was lost and wasn't a spy. They gassed up his airplane, gave him a terrifying "You-did-not-see-a-base" briefing, complete with threats of spending the rest of your life in prison, told him Vegas was that-a-way on such-and-such a heading and sent him on his way.

The next day, to the total disbelief of the Air Force, the same Cessna showed up again. Once again the MP's surrounded the plane.....only this time there were two people in the plane.

The same pilot jumped out and said, "Do anything you want to me, but my wife is in the plane and you have to tell her where I was last night. Courtesy of Elaine Johns.....Oxford, AL

English Lesson

No English dictionary has been able to adequately explain the difference between these two words. In a recently held linguistic competition held in London and attended by supposedly the best in the world, Samsundar Balgobin, a Guyanese man was the clear winner with a standing ovation which lasted 5 minutes.

The final question was: How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand. Some, people say there is no difference between COMPLETE and FINISHED.

Here is his astute answer.....When you marry the right woman/MAN, you are COMPLETE. When you marry the wrong woman/Man, you are FINISHED, and when the right one catches you with the wrong one, you are COMPLETELY FINISHED! Courtesy of Pokey.....Anniston, AL

You Know You're in a Small Town When.....

You don't use your blinkers because everyone knows where you are going.

Third Street is on the edge of town.

You dial the wrong number, but talk 15 minutes anyway.

The biggest business in town sells farm machinery.

You miss a Sunday of church and get a get well card.

You write a check on the wrong bank and it covers you.

The polka is the most popular dance on Saturday night.

You can't walk for exercise, because every car that passes you offers you a ride.

The pickups on main street outnumber the cars 3 to 1

You drive into a ditch 5 miles from town and word gets back to town before you do.

Someone asks how you feel and then really listens to what you say.

Courtesy of Pokey....Anniston, AL