



KEEPING ABREAST

Working to find the causes and stop the epidemic

MarinBreastCancerWatch

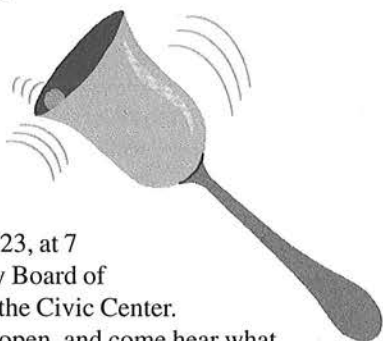
25 Bellam Boulevard, Suite 145, San Rafael, CA 94901

(415) 256-9011

Winter 1999

MAKE YOUR VOICE HEARD

Come one, come all to an open community forum to voice your concerns, your suspicions, your knowledge and your suggestions about the reasons for Marin County's breast cancer epidemic.



Come Tuesday, Feb. 23, at 7 p.m., to the Marin County Board of Supervisors chambers in the Civic Center. Come get it all out in the open, and come hear what our neighbors have to say.

County and state representatives interested in exploring why Marin County women are more likely than any other U.S. women to be diagnosed with breast cancer will say a few words to kick off the forum. Opening speakers include county Supervisor Hal Brown; Nancy Rubin, county director of Health and Human Services; Peggy Reynolds, chief of environmental epidemiology with the California Department of Health Services; and Georgie Farren, M.D., Marin Breast Cancer Watch's project director for our adolescent study.

But the evening is yours — our friends and neighbors.

Come and be heard. It takes an entire community to solve a problem of this scope.

Come Tuesday, Feb. 23, to help find the causes and stop the epidemic. ♦

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COUNTY BACKS MARIN BREAST CANCER WATCH

by Ronnie Cohen

The Marin County Board of Supervisors this fall threw its support behind Marin Breast Cancer Watch with a \$5,000 check and a resolution honoring the group for working to uncover the causes of breast cancer.

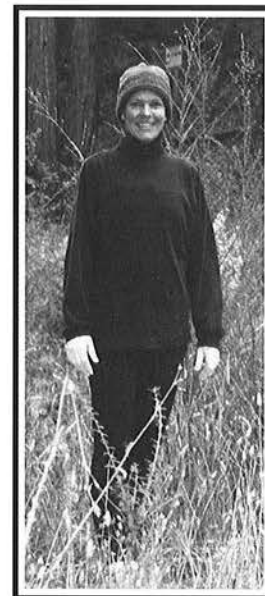
The board also resolved to come up with its own plan of action this year to contribute to community efforts to fight breast cancer.

"This is just the beginning of the county getting deeply involved in Marin Breast Cancer Watch," said Supervisor Hal Brown, who brought the issue to the board.

Several of Brown's friends live with breast cancer. So for years, Brown, a supervisor since 1983, has wanted to find a way for the county to join the breast cancer battle.

But in the fall, when Brown learned that his friend Andrea Fox — a 31-year-old upbeat Marin County planner who runs most days, competes in triathlons and looks like a health magazine model — was diagnosed with breast cancer, he felt compelled to act.

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Andrea Fox

YOUNG ATHLETE'S CANCER SHOCKS

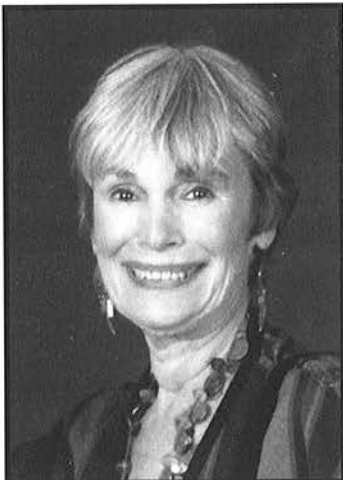
by Ronnie Cohen

At 31, Andrea Fox thought breast cancer could not touch her.

But in the fall, during an annual gynecological examination, Fox's doctor found a lump. It turned out to be cancerous.

Friends and family members still cannot understand how the Marin County land-use planner, a runner and a triathlete who took care with her diet and approached the world with a picture-perfect smile, could get cancer.

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FROM THE PRESIDENT

Let's Act Together

by Francine Levien

I am excited to have the platform of our newsletter to express myself. I am aware that much of what I have to say might be considered depressing. However, there is an antidote to depression — ACTION.

Because I have been a political activist most of my adult life, it came naturally to me, after being diagnosed with breast cancer three and one-half years ago, to question accepted explanations for why Marin County has the world's highest breast cancer rate.

Since my diagnosis, several studies have attempted to explain the frightening statistic. Foremost among the explanations: late or no child-bearing, early onset of menses and late menopause — all of which could lead to an excess of estrogen, now considered breast cancer's major culprit.

My experience with the hundreds of women I have met through the formation of Marin Breast Cancer Watch in 1995 bears out the first of these conclusions. An inordinate number of women in our county have either abstained from having children or have delayed pregnancy until their mid- to late-30s and early-40s.

But delaying childbirth or not having children accounts only for an estimated 30 percent of breast cancer diagnoses. That leaves 70 percent of causal factors supposedly unexplained.

Breast cancer is, metaphorically speaking, the tip of the iceberg. The Old Testament describes plagues and pestilence sent by God to an errant people. In our time, so it seems to me, the human race has inflicted upon itself the methodology to destroy, not only our own species, but almost all life on the planet.

This is not a pretty picture. But it is one that we must face to remedy an epidemic of all cancers and many other degenerative diseases.

Yes, I am speaking about the degradation of the environment. We are inundated daily with the toxic materials surrounding us, until we have become toxic ourselves. As David Suzuki, a Zen Buddhist, said, "We are the environment."

We are in no way separate from what we breathe, eat and move in. We are an integral part of the stratosphere. It reflects

how we think, act and do business. And much of the business we do is killing us.

Can we remedy the dilemma of modern times? YES! The remedies are radical and possibly disruptive, but they can and must be done.

We must change the ways in which we conduct our lives. Alternatives for systems already exist. For years, brilliant, cutting-edge scientists have pondered the question of non-toxic methods. The answers are out there.

Marin Breast Cancer Watch also is searching for answers. We are conducting a study, in collaboration with the University of California at San Francisco medical school, on a possible link between adolescence and breast cancer. We also are working, through the Marin County Board of Supervisors and the Department of Health and Human Services, to uncover possible toxic incursions into our environment during the past 50 years.

This is difficult work. It takes a lot of energy and woman-hours. We cannot do it alone. We want you to help us.

Please call me at 256-9011 and volunteer. It is good work, healing work, and the women you meet will become your allies.

Only through searching for the truth and telling it will we stop the epidemic.

With loving kindness,

MARIN BREAST CANCER WATCH

With total community involvement and through an integrated approach of empirical and scientific methods, our mission is to explore, identify and reveal the reasons for Marin County's high incidence rate of breast cancer.

We pledge our energy, expertise, influence and material wealth to identify breast cancer's causes, to work toward its eradication and to create a healthier environment for ourselves, our children and our grandchildren.

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County...continued from page 1

"It's so damn shocking that someone so healthy, so young, so happy, a runner, an athlete who watches her diet . . . It's just painful," Brown said. "It spurred us on, saying we've got to do something."

Nancy Rubin, who in September moved up from Los Angeles and took over as Marin County's director of Health and Human Services, also spurred on the board. Rubin places breast cancer high on her list of priorities.

"This is just the beginning of the county getting deeply involved in Marin Breast Cancer Watch."

"During my research in preparation for my return to the Bay Area, I became increasingly aware of the issue of breast cancer in the Bay Area, and most specifically Marin," Rubin said. "My instinct tells me that there is a significant role for the local county health department."

The board of supervisors has charged Rubin with defining that role. This month, Rubin will unveil to the board some concrete ways the county can begin to tackle breast cancer.

Rubin would like to hire someone to work at first part-time and ultimately full-time on breast cancer from her department.

Rubin has been talking to legislators and foundations that might provide funding for a community health survey, which would focus on an array of problems, including breast cancer.

The survey would look at already identified risk factors but also would try to find common themes and patterns in individuals' lives. In addition, the survey would examine a series of environmental and socioeconomic issues.

"I see incredible promise in doing a community health survey," said Rubin, who participated in one elsewhere. "If structured appropriately, we can begin to develop some very significant data unique to Marin so we can begin to analyze, and hopefully predict, trends in our community."

Rubin does not buy the conclusions of last year's Center for Disease Control (CDC) study, which tried to assuage the fears of Marin women by blaming lifestyle factors and an increased use of mammography for a higher-than-anywhere-on-the-planet breast cancer rate.

"I don't believe that the study done by the CDC was thorough enough and home-based enough to provide real answers or comfort to those affected," Rubin said.

On Feb. 23, Marin Breast Cancer Watch and the county together will host an open forum to solicit community members' suspicions and fears about the reasons for the breast cancer epidemic in Marin.

Brown said the county also is considering putting together "a very large fund-raiser" for Marin Breast Cancer Watch within the next year or 15 months. ♦



Roy Rogers (left) and Norton Buffalo pose with Gibson guitar winner Pam Peterson and Marin Breast Cancer Watch Pres. Francine Levien. Gibson graciously donated the guitar to MBCW.

GUITAR SENT FROM HEAVEN

by Ronnie Cohen

Pam Peterson has been playing classical guitar for more than 35 years and was thinking about going electric when she saw her dream guitar at a Roy Rogers and Norton Buffalo concert.

The Gibson epiphone guitar was raffled off as a Marin Breast Cancer Watch benefit during the October concert.

Peterson, a secretary who lives in Tiburon and has been yearning to play blues and rock 'n roll, took one look at the 12-string guitar and decided it would be hers. As she filled out the raffle coupon, she told the man behind her that he need not consider winning the guitar; she would.

Peterson had gone to the concert at the Marin JCC because she tries to catch Rogers' performances whenever she can. When she heard it was a Marin Breast Cancer Watch benefit, she thought of her mother, who died of breast cancer eight years ago.

"I don't think there was anybody there who wanted that guitar more than me," Peterson said. "It consumed me from my head to my toes."

When Peterson was announced as the raffle winner, she threw her arms in the air and ran to the stage as though she had just won an Academy Award. As she left the stage, she met Gaynell Rogers, Roy Rogers' wife and Marin Breast Cancer Watch's public relations director.

"I lost my mother to breast cancer," Peterson told Gaynell Rogers, "and in some way I feel like she's giving me this guitar."

Roy and Gaynell Rogers arranged for Gibson to donate the guitar to Marin Breast Cancer Watch. The raffle raised \$1,400. ♦

LIVING WITH BREAST CANCER

Let's Stop Breast Cancer Before It Attacks

by Mary Gould

I watched breast cancer kill my older sister. When Barbara was dying, I swore I would never go through chemotherapy and radiation. It was hell.

Seven years later, when I was 32 and about to start physical therapy school, my doctor found a lump. When another doctor told me it was breast cancer, all I could see were images of my 30-year-old sister dying. I didn't want to go through the cancer treatment just to die.

In 1984, I had a modified radical mastectomy. Dr. Silverstein, my surgeon, came into my room, beaming, after learning my lymph nodes were clean and announced: "Mary, you're cured."

I believed Dr. Silverstein at the time. But since then, I have learned there is no cure, no true escape from this devastating disease.

In 1990, a few years after getting married and settling in Ross, my husband and I decided we wanted to start a family. "With your history," my doctor advised me, "I don't think pregnancy is such a good idea. But talk to other doctors."

I saw an oncologist who said if she were me she would go ahead and get pregnant.

My son Michael was born in August 1991. The following month, my breast-bone felt tender and sore. Fearing a recurrence, I went to my internist. He gave me a chest X-ray, examined my remaining breast and declared me healthy.

In the summer of 1992, after returning to work as a physical therapist at Marin General Hospital, I lost about 15 pounds in two months. I found a dime-sized lump under my collar bone and showed it to my co-workers and my husband. "It's nothing," everyone said.

I routinely would run up and down four flights of hospital steps. After just one flight, though, I was finding myself short of breath. I began taking the elevator more and more. One day, I walked up a slight grade with a friend



Mary Gould with her son, Michael

while pushing Michael in a stroller at Samuel P. Taylor Park. My friend said: "You look like you're gasping for air."

In September 1992, I learned why I was having so much trouble breathing. My diagnosis — Stage IV metastatic breast cancer. The cancer had spread to my lungs and my bones.

My oncologist hung my CAT scan on a light table. "You see this," he said, pointing, "that shouldn't be there. You see this, that shouldn't be there."

My husband sat calmly through the oncologist's seemingly endless list of cancer sites. I felt like I was being catapulted off a cliff. Again, I saw my sister, who died when her sons were 7 and 4 years old.

What would happen, I asked, if I had no treatment. "You would probably have only months to live," the doctor replied. "You must start chemotherapy tomorrow."

All the promises I had made about not having chemotherapy flew out the window. I decided I would do anything and everything to live. I had to for my son.

Thanks to anti-nausea medication, the chemotherapy was not as bad for me as it was for my sister. Nevertheless, I remember one night after a treatment, when my husband was cooking dinner, and I was sitting on the floor. "Mommy," my son demanded, "read me this book." He handed me Dr. Seuss' "Green Eggs and Ham." I got sick to my stomach, cried and laughed, all at the same time.

I told myself the chemo had to work and implored my body to please make it work. But I had my doubts.

I overheard a woman in front of me on a supermarket check-out line announce that her son had just been accepted into college. With tears in my eyes, I bolted out of the store, thinking I probably would not live to see my baby off to college.

Ironically, after vowing never to have chemotherapy, in

April 1993, I opted for the maximum possible dosage — 10 times the conventional dose — as part of an autologous bone-marrow transplant.

I spent 18 days secluded, away from my toddler son, in Alta Bates Hospital, getting as much chemotherapy as anyone can tolerate and then having my own stem cells, which had been frozen, transplanted back into me.

A bone-marrow transplant is a very blunt instrument. It's medieval. It's like torching my body and building it back up.

It left me bald, sterile, with ringing in my ears, dry skin and a stripped libido. Even after all this, women die. Once you have breast cancer, there is no cure.

But I do allow myself to look forward to seeing my son go to college, and I look forward to the day he graduates. I allow myself to hope that I'll be here.

Now, six years after my recurrence, I am no longer in the fighting-for-my-life mode and have time to think about possible causes of breast cancer. Why would I, a fit long-distance

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*"I have learned
there is no cure, no true
escape from this
devastating disease."*

Athlete...continued from page 1

Fox's cancer so stunned Marin County Supervisor Hal Brown that it spurred him to action after years of thinking about ways the county could join the breast cancer fight. This fall, Brown enlisted the Board of Supervisors with a \$5,000 donation to Marin Breast Cancer Watch and a pledge for more.

Even after a lumpectomy, a second surgery to widen the clean margins and chemotherapy, which zapped her long blonde hair, it's hard to believe cancer had been growing in Fox's toned body.

***"...if it could happen
to me, it could happen
to anyone."***

"This should not be happening to me," Fox said, mirroring the feelings of Brown and her other colleagues and friends. "I think people felt more vulnerable. I think they thought if it could happen to me, it could happen to anyone."

Now Fox knows it can. And does.

She would like to reach out to other unsuspecting young women and warn them that they too could be living with cancer. "I'd like to speak to young women who feel they're invincible," she said. "That's where I was."

So was a 29-year-old friend of Fox's. Summer before last, they trained together for a triathlon. Then just a few weeks after Fox was diagnosed with breast cancer, her training buddy was diagnosed with leukemia.

A Marin County planner for eight years, Fox can't help but wonder about a connection between cancer and the environment. But she's not pointing fingers. Instead, she's hoping her friends, like county Supervisor Brown and state Assemblywoman Kerry Mazzoni, can shine a light on causes of the breast cancer epidemic.

Fox's friends have rallied around her, sending so many floral arrangements following her surgeries her San Rafael living room looked like a funeral parlor, lending their ears, their shoulders and in Brown's case, his special stuffed bunny with a red 49er hat.

Fox tried a breast cancer support group but prefers to run rather than to sit. Immediately after each of her chemotherapy treatments, Fox took her mother jogging on the beach.

Now she is undergoing radiation treatments and looking for an active way to bond with others living with breast cancer.

"There's got to be a group of upbeat, positive people," Fox said, "who want to go out and hike or run rather than sit around in a circle and cry." ♦

If you're living with breast cancer and would like to join Andrea Fox for a hike or a run, call her at 455-9867.

COMMONWEAL FOUNDER TO SPEAK

Michael Lerner, Commonweal president and one of the country's leading authorities on complementary cancer treatments, will discuss cancer and the environment for Marin Breast Cancer Watch in March.



Michael Lerner

Lerner will examine "Cancer — The Age of Extinctions and the Emerging Environmental Health Movement" in his talk on Thursday, March 18 at 7 p.m. in Marin General Hospital's main conference room.

The San Francisco Chronicle called Lerner "a high point of the day," when he spoke at a recent day-long conference at UC-Med Center on integrating alternative healing methods into western medical treatment of breast cancer.

Lerner wrote "Choices in Healing: Integrating the Best of Conventional and Complementary Approaches in Cancer."

In 1976, Lerner founded Commonweal, a Bolinas health- and environmental-research institute and a retreat center. One of Commonweal's programs, the Commonweal Cancer Help Program, offers people with cancer psychological support and help changing their lifestyles.

Bill Moyers profiled the Commonweal Cancer Help Program in "Wounded Healers," the final episode in the award-winning PBS series "Healing and the Mind." ♦

Living...continued from page 4

swimmer, get cancer at 32? I am not satisfied with a physician friend's assessment that I have "bad genes."

I think my sister and my exposure to DDT, which my mother sprayed around our Orinda house, and my taking high-dosage birth-control pills to control heavy menstrual bleeding as a teenager, are more likely explanations for my cancer.

My younger sister, now 39, did not play in the DDT-contaminated yard. Still, her doctor has advised her to have a preventative double mastectomy and to take tamoxifen. Surely, we can do better than this to prevent breast cancer.

Sometimes friends ask why I work for Marin Breast Cancer Watch. In some way, my work is payback for how well I am today. I told myself that if I got through the treatments I would work toward finding the causes. Rather than hunt for a cure, we need to spend our energy trying to stop breast cancer before it attacks.

I also never want to lose my outrage that so many women have died and are dying from breast cancer. I have heard these women ask, "Why is breast cancer killing so many of us?" My work is a way of honoring these women.

Mostly, though, the work is hope for the future that some day women and their families will no longer have to live in fear of breast cancer. ♦

BYE-BYE PESTICIDES

by Virginia Souders-Mason

The County of Marin will use 75 percent less pesticides in five years. And, starting now, when county crews do spray toxic chemicals, they must post warning signs for four days before and four days after, under regulations the Board of Supervisors adopted last month.

Marin Beyond Pesticides Coalition, of which Marin Breast Cancer Watch was a founding member, spent 15 months working with the county to change its approach to controlling weeds and pests in county buildings, parks and on other county land.

The resulting ordinance immediately banned the county's use of the most dangerous pesticides, including Environmental Protection Agency Toxicity Class I pesticides and those suspected of causing cancer and reproductive harm. Under the ordinance, the county must stop using EPA Toxicity Class II pesticides this year.

By the year 2004, the county must reduce its remaining pesticide use by 75 percent, under the ordinance.

Instead of spraying, the county will mulch or mow its weeds and look for non-toxic methods of pest control.

The ordinance says the county must adopt an Integrated Pest Management Policy emphasizing non-toxic ways to control pests and weeds and must establish a county Integrated Pest Management commission comprised of members of the community, advocacy organizations and pest-management experts.

The ordinance regulates only County of Marin land. It does not control pesticide use on private, city, state or school property.

Marin Beyond Pesticides Coalition's next effort will be trying to stem the tide of pesticide use in our schools.

Marin Beyond Pesticides Coalition consists of 30 member groups. They include businesses, homeowner associations, civic and environmental groups representing nearly 40,000 Marin County residents.

We want people to know you can still have Camelot without chemicals.

You can help by changing your own home pest-control and gardening practices and by calling your supervisor to congratulate him or her on passing the pesticide-reduction ordinance and to encourage setting aside appropriate funds to assure its success. ♦

CLUSTER CONFERENCE GIVES HOPE

by Francine Levien

Scientists and advocates alike pointed to the environment as the major cause of breast cancer during a Boston workshop I attended in December.

The U.S. Public Health Service's Office on Women's Health sponsored the two-day conference on breast cancer clusters. Participants were divided between U.S. and Canadian advocates, including leaders on the Long Island and Cape Cod studies, and government and university scientists.

Although some advocates expressed impatience with the scientists, advocates and scientists reached consensus that the environment is the primary cause of breast cancer, other cancers and other serious illnesses.

Polluting agents discussed included pesticides, bovine growth hormone in dairy products, genetic engineering, electromagnetic frequencies or EMFs, military contamination and radiation. Radiation is the only acknowledged cause of breast cancer.

Consensus also prevailed about the need to employ the "precautionary principle," which means — don't wait for unequivocal scientific proof to phase out carcinogens. By then, we may all be dead.

Workshop participants agreed we should continue the study of cancer clusters, although it is an imperfect science. Scientists called for new and innovative methods to uncover more about the breast cancer epidemic.

Participants also stressed the importance of collaboration among grass-roots groups, scientists and community members at the beginning of cluster research.

Attorney Jan Schlichtmann, hero of the non-fiction book and movie "A Civil Action," gave an impassioned and amusing talk. Schlichtmann's message: we must tell the truth about carcinogens regardless of the personal cost.

Sandra Steingraber, Ph.D., author of "Living Downstream," and Suzanne Haynes, Ph.D. of the U.S. Public Health Service's Office on Women's Health, convened the conference. They will write a report on the workshop with recommendations for the Department of Health and Human Services.

I came away from the conference energized and hopeful that there might yet be a future without a breast cancer epidemic for our daughters and granddaughters. ♦

Thank You Volunteers

We honor these hard-working volunteers: **Rosie Bloehm**, who designed and laid out our newsletter and fliers. **Ronnie Cohen**, who did the word-crafting and creative thinking for the newsletter. **Cheryl Fillinger**, who typed, filed, clipped articles and sent letters to politicians. **Gaynell Rogers**, our public relations woman, who does the work of 16 normal people. **Linda Watson**, chairwoman of our mailing committee, who always sees that the mail goes through. **Our entire board**, whose devotion and energy makes this all possible. *Won't you please join us? We need you. Call Louise Kuret, volunteer coordinator, at 479-6906, and sign up today. You can make a difference.*

Donations In Memory

In memory of
**Rino Belli, Gerard Hendricks
and Claude Wundrow**
Mr. and Mrs. Fred Tocchini

In memory of
Pamela Brown
Jackie Peterson Tulskey

In memory of
Madison Devlin
Lu Pearson

In memory of
Virginia Drake
Cheryl Fillinger

In memory of
June Kovar
Sharon Buquen

In memory of
Emily Kuperscinin
Frederica M. Champagne

In memory of
Be-It Marcotte
Susan Detjens

Donations In Honor

In honor of
**all Marin women who are
breast cancer survivors**
Virginia West

In honor of
Rita Abrams
on her birthday
Essie Blau

In honor of
Flavia Belli
Janet Nagel

In honor of
Linda Campbell
Susan Kay Hunt

In honor of
Wanda Henson
Dr. Malcolm Jendresen

In honor of
Francine Levien
Enid Baron

In honor of
Roni Mentzer
Susan Bartholomew
Susan Ezra
Michaela and Craig Hardiman
Molly Mentzer

In honor of
Brenda Redfern
Kit Everts

In honor of
Sharon Rich
Cheryl Fillinger

In honor of
Connie and Richard Rider
on their 50th
wedding anniversary
Marie Hollyburton
Gloria Northrup
Lu Pearson
Filomena Roverio

In honor of
Gaynell Rogers
Robert Gordon
Linda Bacon McBurney
Paul and Betsy Zeger

In honor of
Tanya Sacks
on her 53rd birthday
Tanya Sacks

In honor of
her sister, **Shelby**
Allison Lang

In honor of
Rona Weintraub
on her birthday
Essie Blau

**\$500,000 WOULD FUND
ADOLESCENT STUDY**

by Dr. Georgie Farren

Marin Breast Cancer Watch is putting the final touches on a \$500,000 grant proposal we hope will lead to changes adolescents can make to prevent breast cancer.

Armed with a \$75,000 pilot grant from the Breast Cancer Research Program at the University of California-San Francisco, we have framed a study to look at adolescent factors that might increase the risk of breast cancer. The pilot grant money runs out in February, at the same time we will ask the Breast Cancer Research Program to fund the full study.

We plan to interview 600 Marin County adult women, half with breast cancer and half without, about their adolescence. We will ask about stress, supportive relationships, alcohol use, cigarette smoking, exposure to second-hand smoke, socioeconomic status and migration patterns.

Our primary goal is to uncover modifiable factors, such as alcohol use or smoking, that raise the risk of breast cancer and that can be changed.

We have focused on adolescence because we believe that physical and hormonal changes during adolescence may allow factors like stress to make young women more vulnerable to breast cancer later in life.

For the past eight months, Marin Breast Cancer Watch members Flavia Belli, Dr. Georgie Farren, Mary Gould and Roni Peskin Mentzer have been working on the pilot study in collaboration with UCSF epidemiologists Dr. Margaret Wrensch and Dr. Marion Lee and clinical epidemiologist Dr. Daramola Cabral Evins of the San Francisco Department of Public Health.

The team, with help from Linda Spence, Mill Valley author of "Legacy," and Nancy Brennan, Marin Breast Cancer Watch office manager, designed three methods for triggering adolescent memories in adult women.

The team also drafted a questionnaire, piloted it on 26 women, held three focus groups to study research questions of interest to the community and the benefit of memory aides in triggering adolescent memories and completed a literature search and preliminary analysis.

We expect to know if we will get the \$500,000 grant in May. If we get it, the study would take two and a half to three years to complete. ♦

Talk To Us...

Keeping Abreast is your newsletter. What would you like to see in it? Do you, for example, want to read reviews of books pertaining to breast cancer? Do you want to learn about the latest breast cancer research? Support groups? Alternative therapies? Please send your requests to Marin Breast Cancer Watch, 25 Bellam Boulevard, Suite 145, San Rafael, 94901 or ronniecohen@home.com.



MarinBreastCancerWatch

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YES! I would like to help Marin Breast Cancer Watch find the causes and stop the epidemic.

- Please call me. I'd like to get involved.
- I am proud to make a tax-deductible donation in the amount of: \$25 \$50 \$100 \$250 Other
- Enclosed is an additional gift of \$ _____ In honor of: In memory of:

Please send acknowledgment to:

Please put me on your mailing list. Donation only. No mail, please.

Name _____ Address _____

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(Evenings)

Thank you. Your contribution is tax-deductible.