



KEEPING ABREAST

Working to find the causes and stop the epidemic

MarinBreastCancerWatch

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Summer 2002



Congresswoman Lynn Woolsey and MBCW Executive Director Janice Barlow chat prior to the presentation of the awards at the Honor Thy Healer celebration on May 4.

Honor Thy Healer A Huge Fund-raising Success

Cassie Stevenson

Marin Breast Cancer Watch's third annual Honor Thy Healer celebration on May 4 was a huge success, with more than 280 people gathering at the Fireman's Fund headquarters in Novato to recognize local breast cancer healers and advocates.

Upon arrival, guests were treated to a glass of champagne as they enjoyed appetizers and perused the more than 200 silent auction items generously donated by local businesses and individuals.

After bidding on auction items and mingling with friends and honorees, guests then entered the dining area, which had been beautifully decorated by the MBCW volunteers with silver stars hanging from the ceiling and orchids on each table.

The highlight of the evening, as always, was the heartwarming and moving awards ceremony. Honorees were recognized for their caring, compassion and selfless acts of kindness. The categories included: *Healing Professional*, *Healing Partner*, *Shining Star* and the first ever *Francine Levien Activist Award*.

As the lights dimmed, all eyes were on the stage as MBCW Executive Director Janice Barlow welcomed the crowd

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Notes from the International Summit on Breast Cancer & the Environment

Janice Marie Barlow and Fern Orenstein

An International Summit on Breast Cancer and the Environment was held May 22-25 in Santa Cruz, California. Approximately 100 knowledgeable, concerned and committed people including scientists, community advocates, public health representatives and women with breast cancer agreed to step outside their normal roles and think creatively about the important question of what to do about the current epidemic of breast cancer. The goal of the summit was to chart a new agenda in breast cancer research—a research agenda on environmental causes of breast cancer that will contribute to new directions in public policy.

During our three days together, speakers, panelists and members of the audience:

- Identified known and suspected causes and risk factors for breast cancer
- Focused on risk differentials in various populations that may provide clues about causes
- Reviewed possible causes or risk factors for breast cancer related to the environment with a focus on PCBs, active and passive smoking, pesticides, electric and magnetic fields and light at night.
- Discussed the role of community-based research in studies of breast cancer and the environment. As members of the panel, Dr. Georgie Farren from Marin Breast Cancer Watch and Margaret Wrench from UCSF, shared their experiences working together on the Adolescent Risk Factor Study and the Development of Breast Cancer in Marin Study.

Several themes emerged that have immediate relevance to us as community members. These included:

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**MBCW and Tamalpa Runners
Host Dipsea Hike/Run
July 20
All proceeds benefit MBCW
See page 7**

MESSAGE FROM THE EXECUTIVE DIRECTOR

Janice Marie Barlow

Breast Cancer and the Environment

Approximately ten years ago, breast cancer activists and survivors began demanding that scientists expand their search into the causes of breast cancer to include environmental exposures. During this time, there have been a limited number of research studies focusing on environmental estrogens, endocrine disrupting chemicals and timing of exposures to environmental toxicants in relation to breast cancer risk. However, the results have been conflicting and most of the important questions regarding environmental exposures and breast cancer risk remain unanswered.

In response to continued pressure from breast cancer advocacy organizations for more research on the environment and breast cancer, Congress, as part of the fiscal year 2002 appropriation bill, directed the National Institute of Environmental Health Sciences (NIEHS) to create a network of multidisciplinary research centers. The goal of the centers is to bring together knowledge and manpower to pursue important research questions on breast development and biology, such as carcinogenesis and chemical exposures.

In addition, Congress urged NIEHS to adopt the model currently used in the Department of Defense Congressional Mandated Breast Cancer Research Program and include the participation of the breast cancer advocacy community in the design and development of the centers and the research agenda.

In March, NIEHS, in partnership with the National Breast Cancer Coalition, invited Marin Breast Cancer Watch to join other leaders from different fields of science and breast cancer advocacy groups for a "brainstorming" session on topics relevant to research on breast cancer and the environment.

Several important themes emerged in the course of discussions:

- Over the past decade, many new scientific tools have become available which will enhance our ability to study the role of chemical and physical exposures in breast cancer risk. Examples include new techniques to measure exposures, identification of human genome, the microarray chip technology, etc.
- More research is needed on normal human breast biology and development. Breast cancer can only be understood in the context of how breast growth and development is regulated and functions throughout all stages of a woman's life.



- There are critical windows of susceptibility throughout women's lives, for example, during fetal development and adolescence, when the mammary gland is more vulnerable to low dose exposures from environmental agents.
- Investigator-driven research acting in isolation cannot find the answers to questions being asked. The active participation of the community and breast cancer advocacy groups is vital to this process.

As participants in this initial session, MBCW was able to play a part in defining the components and attributes of NIEHS's future breast cancer research programs and the critical role of the community in the process. As a recognized leader in doing community-based, participatory research in breast cancer, Marin Breast Cancer Watch is poised to work closely with NIEHS. We are committed to forging partnerships with community members, scientists, clinicians and breast cancer advocacy groups across the country to ensure that the role environmental exposures play in breast cancer development becomes a national research priority.

Help increase funding for research into the environmental causes of breast cancer by contacting your elected officials and urging them to support the Breast Cancer and Environmental Research Act.

Mission Statement

Marin Breast Cancer Watch is a grassroots organization dedicated to finding the causes and stopping the epidemic of breast cancer. We accomplish our mission through community-based research, education and public policy advocacy with a focus on creating a healthy environment.

Founder:

Francine Levien

Board Members:

Roni Peskin Mentzer, President; Flavia Belli, Vice President; Lucy Rezendes, Treasurer; Linda Spence, Secretary; Andrea Fox, Georgie Farren, Fern Orenstein, Ginger Souders-Mason, Joanne Williams, Barry Zack and Katie Beacock.

MBCW Staff:

Janice Barlow: Executive Director

Tom Scott: Communications Director

Colin Leary: Research Assistant

Cassie Stevenson: Events Coordinator

Adrienne Kolb: Administrative Assistant

Sahar Kianfar: Research Assistant

Grace Newell, UC Santa Cruz Intern

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JUST THE FACTS: HRT AND BREAST CANCER RISK

Ronnie Cohen

The numbers scream at us. Marin County women are more likely to get breast cancer than women anywhere else in the world. We feel for lumps; we get mammograms; we pray.

Meanwhile, doctors regularly prescribe hormones—drugs that may be feeding our breast cancers.

FACT: In the 1970s, white Marin County women suffered an endometrial cancer epidemic. University of California at San Francisco Medical School epidemiologist Virginia Ernster says researchers attributed the cancer surge to the high number of women in Marin County taking estrogen-replacement therapy to combat symptoms associated with menopause. Consequently, to protect women from endometrial cancer, drug companies began adding progestin to hormone-replacement therapy (HRT). Only now are we beginning to see the effects of the addition.

FACT: In 2000, the *Journal of the National Cancer Institute* published results of a study on HRT. (*Journal of the National Cancer Institute* 2000; 92:328-332) The conclusion: “This study provides strong evidence that the addition of progestin to HRT enhances markedly the risk of breast cancer relative to estrogen use alone.”

FACT: That same year, the *Journal of the American Medical Association* examined the relationship between combined HRT and breast cancer in 46,000 women. (*Journal of the American Medical Association* 2000; 283:485-491) The study linked increased breast cancer risk to duration of hormone use. The excess risk increased by 8 percent for each year of combined estrogen and progestin use and by 1 percent for each year of estrogen use alone. For the combined therapy, breast cancer risk would increase by about 80 percent after 10 years of use.

An accompanying editorial urges doctors to reconsider routinely prescribing HRT. “Reliable data on effects of long-term use of combination therapy have only recently become available,” the editorial says. “These studies provide firm evidence that addition of progestin to estrogen does not reduce risk of breast cancer and suggest that risk is actually increased. . . . among current or recent hormone users the risk of breast cancer was 53 percent higher for combination therapy and 34 percent higher for estrogen alone compared with no hormone use.”

FACT: A Northern California Cancer Center (NCCC) study shows breast cancer rates for white Marin County women from 45 to 64 years old are higher than rates for other white Bay Area women in the same age group. The study shows Marin County’s breast cancer rates are the same as the rest of the Bay Area’s for white women younger than 45 and older than 64. But so many more Marin County women are being diagnosed with breast cancer between the ages of 45 and 64 that epidemiologists say women in this age group push the county’s breast cancer rates from high to out-of-sight.

“There’s no one thing that defines the group,” says NCCC epidemiologist Christina Clarke. “It’s kind of up for anyone’s guess what’s special about being 45 to 64 between 1990 and 1997.” Could it be hormone-replacement therapy?

Could we be getting such good medical care in Marin that we are making ourselves sick?

Asked about the endometrial cancer surge in Marin County in the 1970s and whether she thought a parallel breast cancer surge could have resulted from the addition of progestin to HRT, epidemiologist Ernster says she believes a case-control study examining the subject would be worthwhile.

The NCCC’s Clarke said Dee West, her group’s executive director, “has long thought that Marin may also be acting as a ‘bell-weather’ for breast cancer with respect to a similar dissemination of some new medical intervention that might be related to breast cancer. So we agree that it is a very provocative subject and would certainly be worthy of a case-control study.”

Why wait? Millions of women are facing the decision of whether to take hormone-replacement therapy. When will our public health community examine the facts about breast cancer and HRT and begin to study Marin County women to see if hormone replacement therapy is a prescription for developing breast cancer?

Ronnie Cohen was the founding editor of Keeping Abreast and is a San Anselmo journalist who writes frequently about health and the environment.

HEALERS HONORED AT 3RD ANNUAL HONOR THY HEALER

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and spoke of the organization's accomplishments and her hopes for the future. MBCW Board President Roni Peskin Mentzer then took over the podium and introduced the awards segment of the evening. A video montage told the stories of this year's honorees, who then took the stage to express their thanks.

The evening concluded with veteran auctioneer Patrick Walsh calling the live auction. Donated items included a signed Monsters, Inc. print from Pixar, a weeklong stay in Maui, tennis racquets from Andre Agassi & Steffi Graf, a rug from Alexander's Decorative Rugs, a water color by Douglas Andelin, a condo at Steamboat Springs and a party and tennis lessons for 12 at the home of Brad and Kim Gilbert. Active bidding ensued on all of the items, but the fiercest competition was over the Harley Davidson XLH Sportster 883 that eventually went for \$10,000.

The third Honor Thy Healer served to recognize a truly amazing group of breast cancer healers and advocates. It once again showed how important a strong support group is in the healing process. As the organization's largest fundraiser of the year, it raised MBCW almost \$75,000 through ticket sales, sponsorships, and the live and silent auctions. The fourth annual Honor Thy Healer will be held in May of 2003. Following is a detailed description of this year's honorees.

Healing Professional Award

KAISER PERMANENTE PLASTIC SURGERY TEAM

Dr. Anne DeLaney, M.D.

Chief of Plastic and Reconstructive Surgery



Anne DeLaney, MD, Chief of Plastic and Reconstructive Surgery at Kaiser, accepts her Healing Professional Award.



Honor Thy Healer attendees Karen Doherty, Cheryl Lingvall and Ann Hare came out to support MBCW.

In 1990, Dr. DeLaney started the Kaiser Plastic and Reconstructive Surgery program in San Rafael, where she was given the freedom and flexibility to set up a clinic that reflected her own philosophy in providing care.

"I treat women as I'd like to be treated myself," she says. Since every woman has a different set of circumstances and a unique set of needs, Dr. DeLaney has gained a reputation as someone who provides a high level of comfort and understanding for her patients.

Her care and dedication also extend beyond the Bay Area, as Dr. DeLaney regularly volunteers her services in underserved areas around the world. Dr. DeLaney has created a team where everyone is enthusiastic and committed to providing the best possible care.

KARIN SZARVAS-KIDD, RN, BSN

Staff Nurse III, Plastic and Reconstructive Surgery

As a 20-year breast cancer survivor and advocate for women's health, Karin brings a personal perspective to her care that helps her be a compassionate and effective advocate for her patients.

Karin began nursing in 1971 and joined Dr. DeLaney in 1990 at Kaiser. In 1984 she started a support group for women with breast cancer and continues to facilitate sessions for survivors once a week.

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Marcy Andrews (left) with her friend and Healing Partner award recipient, Connie Dean.

"I want our patients to know that we're working for them," Karin says. "I want to empower them to create their own circle of healers while at the same time giving them the tools and support they need in their journey."

KATHY GIVENS

Family Nurse Practitioner

Kathy joined the plastic surgery team at Kaiser-San Rafael three years ago. As a nurse practitioner, she says her biggest asset is the amount of time she gets to spend with her patients. From pre-operative informational sessions to post-operative care, Kathy is there to help provide an environment for healing.

"I love what I do because I know it makes a difference in people's lives," says Kathy.

Healing Partner Awards

CONNIE DEAN

When one of Connie's dear friends, Marcy Andrews, a colleague and walking partner of nine years, phoned to tell her she'd been diagnosed with breast cancer, Connie was on her doorstep in minutes.

As a breast cancer survivor, Connie knew just what to bring: her compassion and understanding as well as a copy of Dr. Susan Love's *Breast Book*.

Connie became a "one woman support group" who was there to help ask the questions that Marcy didn't know to ask, to fix dinners, bring books and, on one occasion, hand carry fresh flowers back from Hawaii.

ALVY GREENFIELD (1925-2002)

You always knew when Alvy entered the room. She was a tornado in a small package, a person whose will and spirit were impossible to suppress.

After two radical mastectomies in the early 1970s, the American Cancer Society's "Reach to Recovery" program proved an invaluable asset in her healing process. Soon thereafter, Alvy herself became a dedicated ACS volunteer for the same program, providing guidance, support, hope and laughter for so many others in the community for more than twenty years! She was very proud to be a breast cancer survivor.

LINDA TRENHOLM

After participating in a "women in the trades" class in 1982, Linda worked in the Electric Department at PG&E. She found herself in the field with 100 men and one woman—Susan Detjens. Their friendship blossomed into a 19-year loving partnership.

When Susan was diagnosed with breast cancer in 1997, Linda provided her with emotional, physical and spiritual support. During Susan's illness, Linda never took "no" for an answer, always questioning and searching for new options. She was an informed, compassionate advocate.

In the later stages of Susan's illness, Linda created an amazing healing environment for everyone who came into contact with them in their home. Linda was the 24/7 support person. Susan joined the angels on January 3.

Shining Star Award

ROGER GROSSMAN

Publisher of Marin Independent Journal



*Shining Star recipient
Roger Grossman.*

When Roger came to Marin County to take over as publisher of the Marin Independent Journal, he not only brought more than 35 years of publishing experience, but a desire and commitment to be a real part of this community.

Having heard about the high breast cancer incidence rates in Marin County, Roger welcomed discussions with Marin Breast Cancer Watch. He wanted to learn more, to understand. And like a good publisher, he asked the question so many of us ask: "Why is this happening?"

And then he asked another question: "How can I be helpful?" With an openness and a willingness that defines his personality, Roger quickly became an ardent supporter and friend...always looking for ways to provide assistance.

Whether attending a forum or providing a voice for the community to speak out, Roger is part of the fabric of Marin.

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HERBICIDE CAUSES ABNORMAL SEXUAL DEVELOPMENT IN FROGS

Ginger Souders-Mason

On April 16 major news services reported that UC Berkeley researcher Tyrone Hayes had discovered that atrazine, the top-selling weed killer in the U.S., was linked to abnormal sexual development in frogs.

"Atrazine-exposed frogs don't have normal reproductive systems," Hayes said, "The males have ovaries in their testes and much smaller vocal organs," which are essential in calling potential mates. Amazingly, the herbicide was detected in the mutated frogs at concentrations 30 times *lower* than levels allowed by the U. S. Environmental Protection Agency.(EPA)

This discovery of such a dramatic hormonal affect at such extremely low concentrations is in keeping with the findings of Drs. Ana Soto and Frederick van Saal as reported in the book *Our Stolen Future* (March 1996, Dutton). Drs. Soto and van Saal found that wildlife contaminated with endocrine disrupting chemicals could not reproduce and thus the species suffered and numbers declined.

"The effective doses in the current study," Hayes and his colleagues write, "demonstrates the sensitivity of amphibians relative to other taxa, validates the use of amphibians as sensitive environmental monitors/sentinels, and raises real concern for amphibians in the wild."

Atrazine, like Round-up, is used to kill weeds in farm fields across the country. It has been in use for 40 years in some 80 countries around the globe. Atrazine manufacturer Syngenta approached Hayes as an expert on amphibian hormones, to find out if atrazine disrupts sex hormones in amphibians. Hayes has developed several very sensitive assays to detect chemicals that affect hormones, including a test for estrogen-like chemicals that might induce human breast cancer. Though Hayes initially received funds from Syngenta for the studies, all the current published studies were conducted independent of the company.

If you're like me, you can't help but wonder what affect this chemical has on higher animals. In an overview of the *Evidence Linking Environmental Agents or Risk Factors to Breast Cancer*, given at the International Breast Cancer Summit in Santa Cruz (May 22-25), Dr. Shelia Zahm from the National Cancer Institute, stated that increases of mammary and uterine tumors, as well as leukemia and lymphoma were found in animal studies with atrazine exposure. Atrazine has been shown to cause "chromosomal damage to Chinese hamster ovary cells exposed to drinking water with EPA maximum (allowable) levels and levels found (normally) in Illinois."

Recent findings by the U.S. Geological Survey document that atrazine is found in U.S. surface waters, fog and rainwater. Many communities in the Midwest are consuming tap water laced with atrazine leading some environmental groups to voice concern about its effect on children, infants and the developing fetus. Seven European countries have banned

the use of atrazine. Ironically the corn farmers, who are among the heavier users of the chemical, need only change their planting and cultivation practices to avoid its use.

ORGANIC PRODUCE CONTAMINATION

This brings to mind another news article from mid May regarding pesticide contamination of organic produce. The Consumers Union found in government reports that pesticide residues were discovered on 23 percent of organically grown foods sampled. Most residues in the organic foods could readily be explained as unavoidable results of environmental contamination of past pesticide use (the persistent chemicals that don't go away for years), by drift—spray blown in from adjacent non-organic farms—or through possible mislabeling.

To me a more shocking fact in this news report was that 75 percent of conventionally grown produce was contaminated with pesticide residue. "More than 90 percent of the USDA's samples of conventionally-grown apples, peaches, pears, strawberries and celery had residues, and conventionally-grown crops were six times as likely as organic to contain multiple pesticide residues." Conventionally grown produce is what most people are eating. Given the information that low-level contamination studies are now revealing, I would rather take my chances at reducing potential pesticide exposure by purchasing organic produce.

As the history of DES demonstrates, laboratory experiments with rats and mice accurately forecasted damage that was later found in human beings. The tragedy was that we ignored those warnings. Are we going to do it again?

The original article can be found at <http://ens-news.com/ens/apr2002/2002L-04-16-06.html>

Our Stolen Future, Theo Colburn, Dianne Dumanoski and John Peterson Myers, Dutton 1996.



AN OUNCE OF PREVENTION: MBCW & TAMALPA RUNNERS HOST HISTORIC DIPSEA HIKE/RUN JULY 20

Heather Deane

Marin County residents know that they are blessed with a stretch of some of the most scenic geography in America, including the famous Dipsea course – the 7.1-mile trek from Mill

Valley to Stinson Beach that is home to the second-oldest annual footrace in the nation.

It is precisely because the Dipsea provides equal parts physical rigor and natural splendor that Marin Breast Cancer Watch has teamed up with the Tamalpa Runners to host the first MBCW Dipsea Hike/Run on July 20th. Noting studies that indicate a reduced risk of breast cancer in women who exercise regularly, MBCW decided to sponsor an event that will both increase awareness about the high incidence rate of breast cancer in Marin and make people aware of the correlation between overall physical fitness and breast cancer risk.



This beautiful poster was designed for MBCW by local artist Douglas Andelin to help raise awareness about the breast cancer epidemic.

MBCW has set an affordable, community-friendly registration fee of \$25, in sharp contrast to other fund-raising events that typically require hundreds or even thousands of dollars to be raised in order to participate. The organization hopes that enough people and supporters will be attracted to this event to raise their goal of \$50,000. One hundred percent of the event's proceeds will stay in Marin to fund community-based research, education, and public policy advocacy geared toward exploring environmental links to breast cancer in Marin County.

Hikers and runners will begin at the Mill Valley Old Mill Park and proceed west through Muir Woods and up the imposingly named Cardiac Hill to the Old Mine Trail and finish at the Mountain Play Theater on Mount Tam. The hilly course is

daunting, but effort expended on the trail will be well rewarded with spectacular scenery at every turn.

Thirty-four-year-old triathlete, breast cancer survivor, and MBCW board member Andrea Fox is spearheading the effort, which MBCW hopes to make an annual event.

A lifelong runner, Fox has always turned to the sport when facing difficult times. She trained for her first marathon while going through a divorce. "I was determined," she said, "to make something good come out of a negative experience." When injuries began to impede her running, she diversified her training and became a triathlete, competing in the Danskin Women's Triathlon and other Bay Area events. She "absolutely thrived" on the Dipsea course, competing several years in a row and placing 290th out of 1500 participants in 1998.

When she was diagnosed with breast cancer later that year, at age 31, she took on the illness in much the same spirit. When a doctor told her to try exercising after chemotherapy treatments to reduce the side effects, Fox and her mother drove to the beach after each treatment where Fox would run for half an hour. She continued to work full time and kept as many of her daily routines intact as possible. Tests showed in late 1998 that the cancer was gone.

It was a shock, a year and a half later, to learn that the cancer had returned and metastasized. Since then, she has continued treatment, both traditional and experimental, and continues to run and swim when possible. She joined the board of Marin Breast Cancer Watch, and appeared before legislators in Sacramento to ask for funding for research into the causes of breast cancer in Marin. She believes strongly that her physical fitness has helped her fight the cancer, and wants to bring that message to the women of Marin and to other women battling breast cancer. She is optimistic that a cure is near.

"I often think, if I could beat that hill [in the Dipsea], then I can beat this disease," she says.

Fox and MBCW believe, more than anything, in providing a way for the women of this community to get involved and take action on an issue that affects their lives. Says Fox, "The Dipsea Hike/Run is a fun, healthy, and challenging way to increase awareness of breast cancer and show how committed we are to working together as a community to prevent breast cancer." When asked about the rigor of the course—much of the Dipsea is vertical – Fox stresses that only people who are fairly fit should attempt to run it. Pacing is important and everyone should take the course at a speed and intensity that matches their ability. However, she says, "there's really no other way to see the beautiful scenery on that trail without getting out there, getting into it and walking or running. It's just gorgeous."

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RESEARCH DEVELOPMENTS: EXERCISE DECREASES RISK OF BREAST CANCER

Sahar Kianfar

While science has yet to determine definitive, causal factors of breast cancer, research shows an association between physical activity and breast cancer risk. More than a dozen studies on humans and animals have produced convincing evidence that exercise reduces risk of breast cancer. To date, eight studies report that pre- and post- menopausal women with high levels of physical activity have a significantly lower rate of breast cancer in comparison to women with low levels of activity.

Physical activity works directly to lower the risk and provides an added indirect benefit if the exercise also keeps a person's weight down (some studies have identified obesity as a risk factor in breast cancer). Exercise reduces circulating levels of estrogen, which have been linked to higher breast cancer risk in postmenopausal women. Regular exercise at an early age may delay the age of menarche and reduce ovulatory cycles overall. Physical activity reduces risks of obesity, which in turn reduces fat stores (which are linked to estrogen levels). Exercise, and endurance training specifically, increase the immune system's production of cancer killer cells (macrophages), consequently reducing risk. Some inconsistencies between research projects indicate that physical activity may have a different impact on pre- and post- menopausal women. However, it is agreed that developing exercise habits early is important to maintaining a healthy lifestyle and reducing health risks overall.

Physical activity, or exercise, has been defined as any activity that causes you to sweat while increasing your breathing and heart rate. This includes but is not limited to walking, jogging, hiking, swimming and other sports. At least 45 minutes of moderate (such as a brisk walk) to vigorous (such as jogging or hiking) activity five days a week is recommended to reduce the risk of breast cancer risks by up to a third. In a report released earlier this year by the American Cancer Society, it is estimated that if everyone exercised and controlled weight, the number of Americans who die of cancer would drop by about one third and an equal number of new cases could be prevented.

Researchers are continuing to design studies where stronger conclusions on the relationship between exercise and breast cancer risk can be made. While scientists are still searching for conclusive evidence, exercise has a great deal of benefits beyond breast cancer risk reduction, including decreasing chances of heart disease, diabetes and osteoporosis while reducing overall mortality.

Resources

Gammon MD, John EM, Briton JA. *Recreational and occupational physical activities and risk of breast cancer.* Journal of the National

Cancer Institute. 1998 90(2): 100-17.

McTiernan A, Stanford JL, Weiss NW, Daling JR, Voigt LF. *Occurrence of breast cancer in relation to recreational exercise in women age 50-64 years.* Epidemiology. 1996. 7: 598-604.

Byers T, Nestle M, McTiernan A, et al. *American Cancer Society guidelines on nutrition and physical activity for cancer prevention.* CA – A Cancer Journal for Clinicians. 2002. 52(2): 92-119.

Rockhill B, Willett WC, Hunter DJ, et al. *Physical activity and breast cancer risk in a cohort of young women.* Journal of the National Cancer Institute. 1998 90(15): 1155-60.

Thune I, Brenn T, Lund E, Gaard M. *Physical activity and the Risk of Breast Cancer.* The New England Journal of Medicine. 1997 336(18): 1269-75.

Online Resources

Cornell BCERF Fact Sheet: "19: Exercise and the Risk of Breast Cancer"

<http://www.cfe.cornell.edu/bcerf/>

NBCC Fact Sheet: "Breast Cancer and the Environment"

<http://www.stopbreastcancer.org/>

MBCW Participates in the Human Race



Pictured above is the Marin Breast Cancer Watch Team at the Human Race on May 11th at the Civic Center park. Team members include: Charlene Travaglini, Kim Travaglini-Lawrence, Lucy Mackey, Toni Stewart, Sandy Batanides, Lloyd Withers and Sandra Compagno Withers.

MBCW's Wish List:

Digital camera,

Projector for Power Point presentations

BREAST CANCER AND THE ENVIRONMENT SUMMIT

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- There is much more heterogeneity in breast cancer disease that we are just beginning to research. For example, there are very important differences in the patterns of risk for ER/PR plus and minus tumors
- We should not address research on environmental exposures on a chemical by chemical basis but should look at the pathways and/or mechanisms that put the chemicals into the environment and into our bodies.
- Very strong evidence was presented for relationships between exposure to passive smoke and breast cancer risk and obesity and breast cancer risk.
- In light of the uncertainties and limitations of current research findings, members of the community were advised to implement easy-to-do precautionary actions such as reducing personal exposure to pesticides in and around homes and work places, eating organic foods and darkening bedrooms to avoid light at night.

The shared learning and open dialogue among those with different perspectives led to the creation of a list of research, public policy and community recommendations. The list will be summarized in a final report and sent to the USPHS Center of Disease Control and Prevention as well as being shared with members of the public.

SUMMIT DEFINITION OF TERMS

The *environment* was defined as including the totality of living and working conditions as well as the physical, biological, social and cultural responses to those conditions. For the purposes of this conference, we were concerned with environmental exposures involving activities that subject people to agents that they, as individuals, cannot control, such as pesticides, dioxin, second-hand tobacco smoke and chemicals and ionizing and non-ionizing radiation. Some of these agents may be present in air, food, water and soil.

Environmental exposures occur at home, at school, in the workplace, in health care facilities and other settings of daily life. Exposures may be either chronic (related to occupation or residence) or acute (related to industrial accidents or releases of radioactive or hazardous substances). The definition of *breast cancer* included insitu as well as invasive carcinomas.

MARIN COUNTY PUTS BREAST CANCER ON THE MAP

Cynthia Clarkson

More than one hundred community members shared their thoughts and ideas about possible environmental links to breast cancer at three workshops held in Point Reyes, San Rafael and Corte Madera. As part of a community-based research project, participants completed surveys and drew maps to illustrate their environmental concerns. The information gathered in this innovative way, and the questions raised at the workshops, are being used in designing future research projects and community programs.

MBCW board member Fern Orenstein, and Cynthia Clarkson, organized and facilitated the workshops as part of the MBCW Personal Environmental Risk Factor Study. A special thanks to all those who participated and shared their concerns. It's the involvement and active participation of community members that is so important to these research projects. We know that listening to the voices of those in our community can help determine where future research projects should focus attention.

DIPSEA HIKE/RUN JULY 20

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Fox says that she is unfortunately not fit enough to take on the Dipsea this year, but will be there at the start and finish lines to cheer on participants.

Tamalpa Runners will provide technical assistance and on-course volunteers to aid the participants on the event day. The organization's expertise, advice, and knowledge of the trail have been invaluable to MBCW in making the Dipsea Hike/Run a reality.

"There is no better way to promote a healthy lifestyle than by hiking/running the Dipsea for a cause that affects so many women right here at home," says Jerry Leith, the event's committee member from Tamalpa Runners. "MBCW's theme for the event is right on target, prevention is the cure."

If an ounce of prevention is worth a pound of cure, then don't miss this opportunity to help in the local fight against breast cancer while getting fit and having fun. Be sure to bring your running or hiking shoes, sunscreen, water and plenty of energy and good humor. Race you to the top of Cardiac Hill?

Register by calling 415/256-9011 or by emailing Adrienne Kolb at info@breastcancerwatch.org. For further information on volunteering for the Dipsea Hike/Run, please call Jerry Leith at Tamalpa Runners at 415/924-5037.

DONATIONS TO MARIN BREAST CANCER WATCH

The following donations were received between March 19, 2001 and May 14, 2002.

DONATIONS BY INDIVIDUALS:

Kimberly Baltzell and John Maine
Hathaway Barry
Susan Bartholomew
Katie Beacock
Rebecca and Steven Braun
Patricia Bravo
Diana Chiarabano
Robert K. and Judy Davidson Creasy
Vanda and Joseph Cuciniello
William and Sandra Daniels
Mrs. Caroline L. Everts
Marilyn Gaynes & Alexander Binik
Alelia and John Gillin
Iris Gold
Lorraine Grace
Janice Gram
Flavia Hall
Gloria and Vincent Kuhnhausen
Cara Peck
Eda & Joseph Pell
Carolyn Potter
Sheila Raviv
Constance and Richard Rider
Stanley and Elvie Schriebman
Fred and Helen Schwartz
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from Marjorie Bonner
from Toni and Earl Stewart
**All those involved in Marin Breast
Cancer Watch**
from Brenda Bercun MSN
Her Dad
from Gudrun Hommer
Bernie Judell's 80th Birthday
from Judy and Daniel Katsin
from Jeffrey and Sharon Paster
The Birth of Lindsay Hope Dubin
from Gilbert and Charlotte Katz
Andrea Martin
from Elaine McCarthy
from Barbara Meislin

MBCW volunteers
from Donna Motluck and
Stuart Bewley
Pegi Knopp Sobey
from Elizabeth and
James Schenfield
Patty Swabel
from Patricia Ann Martin
Jonella Pride
from Tara Trask
Linda Trenholm
from Katie Wine

HONOR THY HEALER VOLUNTEERS:

Jaclyn Anjee Lang
Janice Barlow
Steve Barlow
Katie Beacock
David Belli
Flavia Belli
Sean Boles
Laura Buchanan
Sally Buchanan-Peugh
Caitlyn Carmedelle
Janis Cohen
Joanne D'Ambrosio
David Donenfeld
Liza Dossick
Joyce Evans
Paul Felder
Crystal Garano
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Lori Lerner
Cheryl Lingvall
Olie Mathieson
Diana McCormac
Michael McCormac
Debra McKnight Higgins
Roni Peskin Mentzer
Gerry Morena
Melissa Moser

Volunteers continued from page 10

Marilyn Murphy
Grace Newell
Fern Orenstein
Daisy Patrick
Jim Patrick
Peri Penman
Myrna Peskin
Tom Peugh
Colin Pilling
Debbi Poiani
Sheila Raviv
Amy Roduner
Lynn Sanders
Jennifer Scott
Tom Scott
Pat Slattery
Bianca Slotfeldt
Linda Spence
John Stevenson
Marshall Stevenson
Kim Stoddore
Karen Tabachnick
Juliet Theaker
Mona Tieche
Anne Tillotson
Cathy Tobin
Lynda Beth Unkeless
Rona Weintraub
Marce Wise
Barry Zack

HONOR THY HEALER SILENT AUCTION DONORS:

There were so many donors that we didn't have enough room to name you all individually in this newsletter. Instead, we ran a Thank You ad in the Marin Independent Journal. Thank you all so much for your support! We couldn't have had a successful event without you!

TO ALL THOSE WHO ATTENDED HONOR THY HEALER

Thank you all so much for attending Honor Thy Healer 2002. Your continued support means so much to us!

SPECIAL THANKS TO THE MARIN INDEPENDENT JOURNAL AND THE MARIN SCOPE FOR THEIR EXCELLENT COVERAGE OF THIS YEAR'S EVENT.

HONOR THY HEALER SPONSORS:

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Susan Millman
Todd and Patrice Kinion
Visions in Focus

Special thanks to Strawberry Village and Via Diva Home Furnishings for hosting events to benefit Marin Breast Cancer Watch, and to increase breast cancer awareness in Marin County. We will use the money to continue the important work we are doing in breast cancer research, education and public advocacy. We cannot accomplish our mission without the help and support of wonderful people such as you.

Upcoming MBCW and Community Events

July 20

MBCW's First Annual Dipsea Hike/Run

8:00 a.m.

Begins at Old Mill Park in Mill Valley and ends at the Mountain Theater

Entertainment and food will follow the hike.

\$25 Registration fee

Call 415/256-9011 to sign up today or email:

info@breastcancerwatch.org.

September 22

Shakespeare at Stinson

Fundraiser for Marin Breast Cancer Watch

The "Twelfth Night" by Shakespeare

Stinson Theater Company

Tickets: \$40 (includes drinks and appetizers)

Silent Auction

Call 415/256-9011 or email

info@breastcancerwatch.org.

Do you like this newsletter? Do you want to continue to receive it? Please make sure your annual subscription is up to date (\$35). If you no longer wish to receive "Keeping Abreast" let us know and we will remove you from our mailing list.

We want to make sure that all donations to Marin Breast Cancer Watch go toward our educational & research programs, not to unnecessary printing or postage. Email info@breastcancerwatch.org to be removed from the newsletter mailing list.

Healers Honored at Honor Thy Healer

Continued from page 5



Francine Levien Activist Award

ANDREA MARTIN

Founder of The Breast Cancer Fund

The Francine Levien Activist Award was created to honor an individual who embodies the spirit, commitment, vision, intelligence, determination and strength of

Francine, the late founder and visionary of Marin Breast Cancer Watch.

The first award went to Andrea Martin, a true hero who has dedicated her life to helping women with breast cancer. In January 1989, Andrea was diagnosed with an advanced tumor in her right breast and nodes. She was 42.

After undergoing a mastectomy, Andrea soon began raising money to fight breast cancer. She conceived of and produced WoMen Helping Women in October, 1991, the first public event on breast cancer in the San Francisco Bay Area.

She repeated the event in 1992, this time under the auspices of The Breast Cancer Fund, a national public trust nonprofit that she established to innovate and accelerate the country's response to breast cancer.

In May 2001, Andrea was diagnosed with a malignant brain tumor. This shocking news led her to announce in September that she was stepping down from her role as executive director after almost ten years at the organization's helm. She continues to work with The Fund as a member of the Board of Directors.



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