

DONATE

zero breast  
cancer

Proud to Partner With

*Every Body*  
**WALK!**

## Are your post breast cancer treatment needs being met?

Many of you who have experienced a breast cancer diagnosis and breast cancer treatment become vocal on a number of related topics - you write books about your personal experiences, you blog or create whole websites offering advice and resources. Others of you become advocates and activists. The same could be said of your family members, friends, colleagues and members of your faith or other communities in order to support you. We recognize you all for your leadership!

ZBC is listening. Actively. We are doing this in a variety of ways. One of the most productive is convening service provider representatives who share experiences and learn from each other. In addition we regularly participate in conferences and events at which we meet people who are either former breast cancer patients, currently in treatment, under surveillance or living with advanced disease. Everyone we meet is unique but over time we are learning more and more about common unmet needs that arise short, medium and long term after the initial course of treatment has been completed. Sometimes the biggest need is just more, better, clearer, appropriate information.

In particular we are concerned about those of you who struggle to get by day to day post treatment because you are members of under served communities. We worry that your voices aren't necessarily being adequately amplified.

We believe health and wellness is very important. Its not a contradictory goal even for

people living with breast cancer. It has a big impact on overall quality of life. This is another area we are focusing on.

Please reach out to us [here](#) and let us know your thoughts and ideas. We look forward to hearing from you. Thank you.

Best wishes,

**Rose Barlow**

Rose Barlow  
Executive Director

**Please join us and support us!**

Girls' New Puberty

JOIN US ON APRIL 20<sup>TH</sup> IN BERKELEY, CA  
FOR THE LAUNCH OF AN INNOVATIVE HEALTH & WELLNESS  
CAMPAIGN TO SUPPORT LIFELONG BREAST CANCER PREVENTION

BUY YOUR TICKETS HERE →

WHEN 8 YEAR OLD  
GIRLS HAVE 13  
YEAR OLD BODIES

**Click [here](#) to register for our Community Reception and Fundraiser in April!**

**Read More**

**Also in this edition:**

- [Teen Info](#)
- [Book Review](#)
- [Volunteer Spotlight - Deborah Berenboim and Marie Holman](#)

**Breast cancer risk reduction messages now in 27 Bay Area high**

# schools!

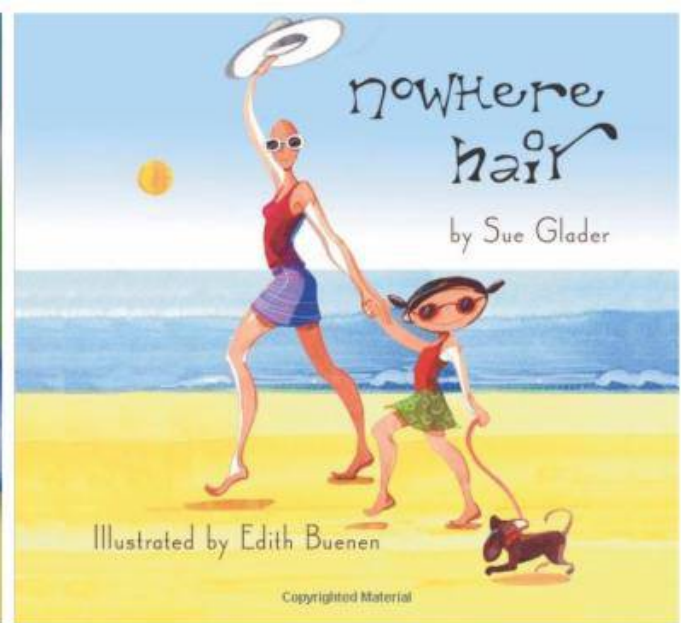
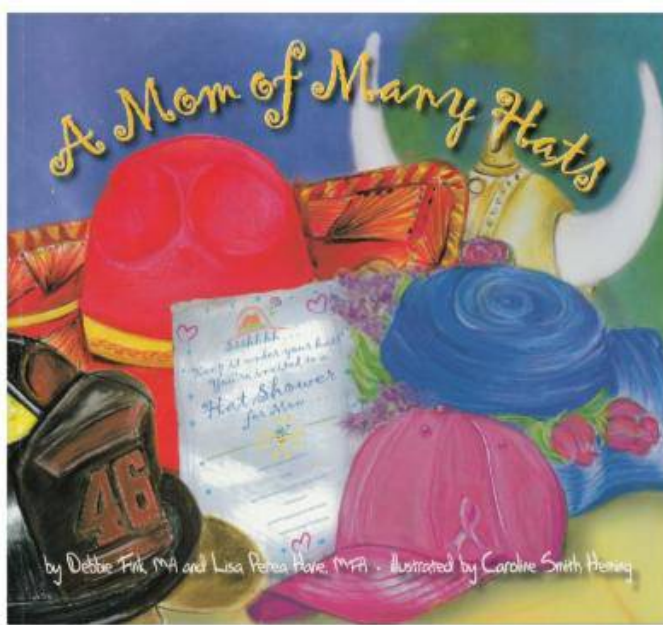
This month ZBC met with San Francisco Unified School District nurses representing 18 high schools and gained their enthusiastic support for our high school breast cancer risk reduction posters, brochures and supporting materials.



This was an important opportunity for Cailen Wright, ZBC Program Manager - Teen Initiative, and Rose Barlow, ZBC ED, to present evidence based information on breast cancer risk reduction health and wellness strategies. We shared our history and experience working with teens. We have already been invited back to participate in an upcoming school health fair in the district in April. We are always excited to engage directly with the students so we can encourage them to think about how they can change not only their personal behaviors but influence the level of awareness among their peers and in their communities too.

## ZBC Blogs about Books - # 7

**New book review on two children's books about maternal cancer - Nowhere Hair by Sue Glader and A Mom of Many Hats by Debbie Fink and Lisa Perea Hane**



Many breast cancer survivors and former breast cancer patients say that dealing with kids may have been the the most stressful aspect of their cancer experience. A key issue pertaining to a mother's diagnosis of cancer is how to appropriately communicate the diagnosis and related matters to kids - especially younger ones.

It is a real challenge to find the balance between informing the children truthfully, while at the same time minimizing harm and fear. In comparison to older children who might have learned about cancer previously, young children often have no or limited experience of cancer and might need more help in understanding the situation. Children's books can be a great resource to help parents, teachers, and healthcare providers with this communication; illustrated books can be especially useful for young children (aged 3-12). Two such books are "Nowhere Hair" and "A mom of many hats." Both illustrated books portray a heart-warming story of a child/children facing the situation of maternal cancer. The main content considers cancer-related knowledge, the impact of maternal breast cancer on the whole family, and coping strategies for children. These books can help children talk about their feelings along with exploring ways to cope and both give and receive support.

Check out the full review [here!](#)

## Spotlight on ZBC Volunteers Deborah Berenboim and Marie Holman

**Volunteering is always more fun when its social! Over the course of two days we stuffed, labelled, and stamped 1000 invitations with the help of half a dozen volunteers. Thank you all!**



Marie Holman is a professional trainer at Fitness SF in Corte Madera. She is always quick to answer the call for help. Over the years she has checked in guests at Zero Breast Cancer special events, helped set up for the Dipsea Hike for Zero Breast Cancer, volunteered at aid stations along the hike trail and handled an array of office tasks. We love that we can count on you! Deborah Barenboim counts as our most recent volunteer. We met Deborah at a volunteer recruitment fair at her synagogue and she signed up to do 'whatever'. We reached out to her to help with this task and she immediately said yes! Thank you both.

**Zero Breast Cancer promotes breast cancer risk-reduction through translation of scientific research and evidence-based recommendations that support health and wellness at key stages of life.**

**We envision a world with zero breast cancer!**

[Visit Our Website](#)

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