

An Environmental Breast Cancer Research Center Comes to the Bay Area

The efforts of breast cancer activists, community members, government officials and researchers have succeeded in bringing national action to the issue of the high breast cancer rates in the Bay Area. On October 14, 2003, the National Institute of Environmental Health Sciences (NIEHS) announced the formation of the Bay Area Breast Cancer and Environmental Research Center, designed to research the environmental links to breast cancer. The Center will be one of four established across the country as part of a seven year, \$35 million grant from the NIEHS and the National Cancer Institute (NCI), both agencies of the National Institutes of Health (NIH). Marin Breast Cancer Watch will be a collaborating partner in the Center, along with the University of California at San Francisco (UCSF), Kaiser Permanente of Northern California, Lawrence Berkeley National Laboratory, the California Department of Health Services, the San Francisco Department of Public Health, and the Marin County Department of Health and Human Services.

Each of the four centers will work together as a single program in a national network, with specialization at each center. The University of Cincinnati, Fox Chase Cancer Center in Philadelphia, and Michigan State University in East Lansing join the Bay Area as research centers in this project.

The establishment of the Bay Area Breast Cancer and Environmental Research Center is the result of the hard work that many people, including community members, activists, researchers and government officials, have put into raising the awareness about Marin County and the surrounding Bay Area's high incidence of breast cancer. Almost two years ago, Marin Breast Cancer Watch and the NIEHS Berkeley Center sponsored a forum

to discuss community concerns about breast cancer. It was at this forum that NIEHS Director Dr. Kenneth Olden informed the attendees that the agency would be allocating funds for breast cancer research centers in the coming year. Immediate action followed as a Bay Area group assembled to draft a proposal to include the Bay Area as a site for one of the research centers. Representative Lynn Woolsey also worked on behalf of the Bay Area to secure commitments from four federal health agencies to study Marin County's breast cancer rate and allocate resources for the effort.

The Bay Area Research Center, as well as the other centers in the NIH-supported network, will focus research on breast development during adolescence. The research will be divided into two main areas. The first project will study the developmental steps of the mammary gland and use mice as models to test the effects of exposure to potential environmental stressors. The second project will be an epidemiological study designed to identify the determinants of puberty in girls.

As a collaborating member of the Bay Area Breast Cancer and Environmental Research Center, Marin Breast Cancer Watch will be responsible for facilitating two-way communication between scientists and the community. The Community Outreach and Translational Core (COTC) will be led by Marin Breast Cancer Watch, and charged with the dissemination of research findings to the community. It is MBCW's mission to ensure that research is clearly translated in a way that will be understandable to the non-academic community. The ultimate goal is to promote knowledge of the research process to concerned community members;

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Antibiotics and Breast Cancer

Janice Barlow

In February 2004, an article published in the Journal of the American Medical Association (JAMA) found that the use of antibiotics is associated with an increased risk of both incidence and mortality from invasive breast cancer. While the study uncovered a relationship between greater use of antibiotics and a heightened risk of breast cancer, the researchers sought to temper their findings by cautioning that they had only highlighted an association, not a causal link (1).

This is the second study to draw a connection between antibiotics and breast cancer, and is the first to find increased risk across all antibiotic types tested in both pre- and post-menopausal women that were treated for a variety of conditions. In 2000, scientists in Finland found that women younger than 50 who had taken antibiotics for urinary tract infections had an elevated risk for breast cancer (2).

The most recent study was a population-based case control study that compared 2,266 women, newly diagnosed with breast cancer, with 7,950 controls, all of who were enrolled in a large non-profit health maintenance plan. The authors of the study found that breast cancer risk increased with both the

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Message from the Executive



Janice Barlow

I was incredibly proud to be part of the community who attended this year's Honor Thy Healer Celebration—a community of supporters, a community of survivors, a community of scientists and a community of healers. A broad range of friends and supporters from hospitals, businesses, academic institutions, the media, and other breast cancer organizations joined us for the evening. Health professionals, researchers, public leaders, healers, community members, families and our own daughters gathered together to celebrate the indomitable human spirit. Although very diverse, we had many things in common: a spirit of humanity, a concern for the well being of others and a belief in the importance of healing.

Healing begins with caring and this year's attendees are the ones who have continually been there for those in need: to listen, to share and to keep hope alive.

I think a true healer is someone who pays attention to the uniqueness of each individual and somehow knows how to help us find what is most important in life. Healing ultimately is more than giving good medicine – it's about revitalizing our essential values and reminding us who we are as human beings.

This year we had the pleasure of recognizing honorees and their families who've received awards in the past. Each of them use their unique talents and personalities, their beliefs and experiences to help others through very difficult times. The simple fact is they continue to change lives.

This year's honorees were selected because they have demonstrated a capacity for personal initiative and have made remarkable contributions toward our understanding the causes of breast cancer and toward the process of healing those affected. Their work, their story, their vision is not about limits; they are about possibilities, about opportunities, about hopes for the future.

It is exciting to know that we are making progress in understanding breast cancer. There is still so much work to be done, but we do know much more than we did only five years ago and Marin Breast Cancer Watch is playing a crucial role in advancing research and discovery.

What continues to distinguish MBCW is that we are the only organization conducting community-based research into the causes of breast cancer. What does that mean? It means that we listen to the community, we partner with researchers, with organizations, with grantees to capitalize on existing knowledge and to do research that has meaning to the community. We bring the concerns of real people to the research process.

I am particularly impassioned about three new initiatives we are involved in this year:

- An Adolescent Education, Risk Reduction and Prevention project
- A community forum on Biomonitoring
- The Bay Area Breast Cancer and Environmental Research Center

We appreciate the help of all those who have supported us in so many different ways:

- By recognizing the important work we are doing
- By giving us ongoing encouragement
- By sustaining us during difficult times
- By celebrating our successes

Every community needs their originators, their innovators and their risk takers to find creative solutions to complex problems, such as breast cancer. Since 1995, Marin Breast Cancer Watch has pioneered our community's efforts to find the causes for the high rates of breast cancer in Marin and we have made a difference.

I'd also like to take this opportunity to welcome Suzan Dexter to our office staff. She brings a professional style, a strong work ethic and a great sense of humor to the position. She worked in management with Pacific Bell for more than twenty years and we were lucky enough to recruit her out of her short retirement. Danielle Fogel, our new event coordinator, comes with extensive experience in event management, including the SF Maritime Museum. She was responsible for the success of this year's Honor Thy Healer and is actively planning our annual gala. Please join us in welcoming Suzan and Danielle to our staff.

Mission Statement

Our mission is to find the causes of breast cancer through community participation in the research process.

Founder:
Francine Levien

Board Members:
Officers: Sandra Cross, President; Erica Heath, Vice President;
Bill Stephens, Secretary
Members at large: Katie Beacock, Flavia Belli, Ann Eichhorn,
Fern Orenstein, Gail Paradise, Linda Spence.

MBCW Staff:
Janice Barlow: Executive Director
Adrienne York: Executive Assistant
Susan Schwartz: Education Director
Danielle Fogel : Events Planner
Suzan Dexter: Communications Director

info@breastcancerwatch.org;
www.breastcancerwatch.org

Biomonitoring Conference

Janice Barlow

Marin Breast Cancer Watch is pleased to announce the receipt of funds to sponsor a community forum on Biomonitoring this October 2004.

Biomonitoring is the assessment of exposure to toxic chemicals in humans by laboratory measurements of these substances, their metabolites or what may be referred to as "markers" in blood, urine, saliva, breast milk, fat, hair or other tissue. Historically, estimates of human exposure to toxic chemicals have been based on the concentration of these chemicals in our environment, as in the air, dust, food, soil or water. These methods, while helpful in understanding the overall exposure picture, provide only rough estimates. According to public health experts measurements of the actual levels of chemicals in human tissues may be a more useful measure of exposure.

Although biomonitoring is considered a powerful tool for closing the gaps in current environmental exposure data, it is still an emerging science. The Center for Disease Control's recent effort at biomonitoring has produced reference ranges for a number of chemicals, but there is still little known about how to interpret the meaning of these statistics when applied to research or public health. The uncertainties associated with biomonitoring, combined with a growing public interest in its use, highlight the need to develop early and effective ways to facilitate an interactive exchange of information and concerns among community members, breast cancer advocates, laboratory technologists, researchers, medical ethicists, public health professionals, and health care providers.

Invited speakers will include a public health laboratory technologist, a medical ethicist, a community member who has volunteered for biological testing, a researcher currently conducting studies on breast cancer which include a biomonitoring component and a risk communication specialist. Biomonitoring will be discussed at length, with sufficient opportunities for community participation through an interactive process including small workgroups.

The community forum will take place at

www.breastcancerwatch.org

the Mission Bay Campus of the University of San Francisco (UCSF) on October 9, 2004. The forum is made possible by funds received through Marin County Department of Health and Human Services from the Centers of Disease Control and Prevention, Grant Award #H57/CCH023112-01 and the National Institute of Environmental Health Sciences, Grant Award #u01-ES 012 801.

We know there is growing public interest in this science and we invite you to keep an eye on our website www.breastcancerwatch.org for up-dated information of the forum and registration.

MBCW Expands to Marin's Diverse Communities

Fall of 2003 marked several new projects and initiatives for Marin Breast Cancer Watch. In addition to the announcement of our organization's role as national leader of the Community Outreach Translation Core for the NIEHS Bay Area Breast Cancer and the Environment Research Centers Program, MBCW launched a local "Diverse Communities Outreach Program" with several individuals, groups and agencies in Marin County.

According to Susan Schwartz, Education Director, "the goal of this program has been to better understand the perspectives of diverse individuals and groups within our community who are uniquely affected by breast cancer. This includes the many ethnic and racial groups, lesbians, older women, men, persons affected by socioeconomic and health access challenges, and those from different geographic areas in Marin." Executive Director, Janice Barlow, and the MBCW Board, approached the San Francisco Foundation for grant funding and planted the seeds of this project in 2002. "With support from the San Francisco Foundation, we have been able to develop

new relationships throughout Marin, create a training program for our Board and staff, and form new alliances with community leaders who will join efforts with MBCW," reports Executive Director Janice Barlow. The MBCW Community Advisory Board includes representatives from the ISOJI health council of Marin City, the Tina Action (breast cancer) Program in Woodacre, the Marin Breast Health Connection, Marin Friends of Women, the Canal Community Alliance, the Novato Youth Center, the Marguerita Johnson Senior Center, and a growing number of community affiliates. This advisory group is enabling MBCW to include the interests of specific constituencies



L-R: Carol Patterson, Sandra Cross, Gail Paradise



L-R: Danielle Fogel, Linda Spence, Ann Eichorn, Erica Heath, Janice Barlow.
Background: Sue Schwartz, Marlene Jones, PhD.

in ongoing community-based participatory research into the causes of breast cancer, the planning of future educational forums, and public policy initiatives which reflect diverse needs and views on the causes and prevention of breast cancer in Marin.

In April, the MBCW Board and staff met with two respected leaders in the areas of cultural competency and breast cancer incidence in diverse communities. Marlene Jones, EdD, who teaches at Dominican University in San Rafael, facilitated a dialogue to increase awareness of "world view perspectives" and outreach issues for MBCW with respect to communities of color, the lesbian and gay community, and the effects of racism

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MBCW Examines Potential for Adolescent Breast Cancer Education in Marin

Marin Breast Cancer Watch headed back to school this fall to gather information regarding current adolescent health education, and to learn firsthand how Marin county schools and youth group leaders communicate about health risks and healthy choices to adolescent girls. Education Director Susan Schwartz conducted interviews and site visits with local and national health education programs, and has met with administrators, school nurses, educators and community health professionals to develop tools and information for this project. The purpose of this outreach has been to understand the current priorities and strategies for health education of middle school and high school students, and to include the community in MBCW's commitment to the prevention of breast cancer through education of the younger generation. In a recent survey, Marin teachers have been asked about their students' level of breast cancer awareness, and to offer suggestions on how to effectively address this topic in their classrooms. The Breast Cancer Awareness Club at Redwood High School in Larkspur and many students and parents are being consulted in this community assessment.

"Many educators have been responsive to the Adolescent Breast Cancer Prevention, Risk Reduction and Education Project," said Schwartz, "and they have shared their perspective on how breast cancer has affected students and the community overall." The goal of this project is to develop a teen-centered breast cancer awareness program that teachers and health professionals can include in their existing courses. Educational "messages" will be constructed using information learned from MBCW's community-based participatory research studies, along with findings from other studies on breast cancer risk reduction and protective healthy behaviors during adolescence and early adulthood. The Marin Breast Cancer Council, SBC and AVON have provided funding for this program.

"We are reviewing specific model adolescent breast cancer education programs that have been developed in other areas of the country, and plan to utilize some of these approaches in our recommendations for Marin county" Schwartz reported. "Once we have the

Eye on Research

Sandra L. Cross

The following update and discussion of selected studies and their findings published in peer reviewed scientific journals, magazines and other sources, is not intended to constitute, in any way, a statement of final scientific truth. It generally takes several peer reviewed studies reaching the same conclusions before a theory is accepted as scientific fact. These particular studies were chosen because they explore potential causes of breast and other cancers, potential preventative measures, or other controversial or interesting issues. Because experts often disagree and there are often conflicting findings from different studies, neither Marin Breast Cancer Watch, nor the author, is recommending nor endorsing any of the findings nor suggesting that readers make changes in their lifestyle or eating, drinking or vitamin habits. Any such changes should only be undertaken with the advice of a qualified health professional.

Danger on Deck?

An article of the same name authored by Janet Raloff appeared in the January 31, 2004 edition, vol 165, no. 5 of *Science News*. She wrote that lumber widely used for decking and children's play structures is treated with a "toxic cocktail" of chromated copper arsenic (CCA) and other pesticides.

"Both arsenic and that form of chromium at relatively low concentrations are carcinogens, but arsenic is of greater concern because it leaches from the wood more readily. Because youngsters not only tend to spend much more time outdoors, but also frequently put unwashed hands in their mouths, they will usually have higher exposures to deck lumber and the preservative treatments than adults will. The EPA has projected a 1.4 in 10,000 cancer risk for the top 5 percent of CCA exposed children. Fortunately, some water repellent treatments and coatings may keep the CCA from leaching out of the wood. Although preliminary data from independent investigations of the EPA and the U.S. Forest Service show that such treatments keep the arsenic and chromium in place, neither agency knows how often the wood has to be resealed.

Dr. Pauling Revisited

In an investigation of a possible relationship between breast cancer incidence and the intake of vitamins A, C, and E from dietary sources and supplements, a large group of Danish researchers found no evidence of an association between breast cancer and intake of vitamin A or E for postmenopausal women. For vitamin C they found an increase in breast cancer rate with increasing intake. Stine B. Nissen; Anne Tjonneland; Connie Stripp; Anja Olsen; Jane Christensen; Kim Overvad; Lars O. Dragsted; Birthe Thomsen; "Intake of vitamins A, C, and E from diet and supplements and breast cancer in postmenopausal women", *Cancer Causes and Control* 14(8) 695-704, October, 2003

opportunity to test out some of our ideas with focus groups of Marin teen girls and their mothers, we will form a better picture of what girls think about breast cancer, what they would like to know, and how they would like to be approached with this information."

There are many teaching tools and creative approaches to encourage young girls to be aware of their breast health and to learn about modifiable risk factors for breast cancer. "The key is to work with local young people to

better understand their concerns and ideas," said Executive Director Janice Barlow. "Also, MBCW has formed a network of breast cancer advocates, health professionals, educators and students who will help us create a program that will be practical and appropriate for adolescent girls in our area."

Members of the community who would like to know more about this project may call Susan Schwartz, Education Director, at (415) 256-9011 x104 for further information.

MBCW Commitment to Fiscal Accountability and Responsibility

Janice Barlow

At a time when scandals in the corporate and non-profit sectors have shaken the confidence of donors, Marin Breast Cancer Watch staff and board of directors last year made an ongoing commitment to fiscal accountability and responsibility. The Marin Community Foundation aided us in our efforts with a technical assistance grant to install Fund EZ, a customized non-profit accounting system. The following activities were accomplished during the grant period:

- Donna Cohen, Certified Public Accountant, who has extensive experience in non-profit management was hired in January 2003 to set up the customized FundEZ Accounting System for MBCW.
- Donor databases, the general ledger of accounts and the revenues and expenses of MBCW's three main program services (community-based research on breast cancer, community educational forums and public policy advocacy) were integrated into one set of accounting records.
- Revenues and expenses of MBCW are directly allocated to appropriate programs and research grants. Yearly budget and monthly financial reports are formatted by function (i.e., individual programs, administration and fundraising).

This grant was a one-time, time limited grant

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Community concerns about the environment

NIEHS Community Meeting

Marin Breast Cancer Watch and the University of California San Francisco (UCSF) Bay Area Breast Cancer and Environmental Research Center held its first community meeting in the Bay Area on February 17th, 2004 at the new Mission Bay Campus, in San Francisco. It proved a great opportunity for scientists, public health professionals, advocates, community leaders and residents to share their concerns and insights while learning about the research and activities to be conducted by the Breast Cancer and Environmental Research Centers Program. (MBCW Part of Effort to Secure Research Center in Bay Area, Keeping Abreast, Winter 2003 and Spring 2004)

Recently funded by the National Institute of Environmental Health Sciences and the National Cancer Institute, the group involved in the Center includes MBCW, UCSF Comprehensive Cancer Center, UC Berkeley NIEHS Center, the Division of Etiology and Prevention Research, Kaiser Permanente of Northern California, Marin County Department of Health and Human Services, SF Public Health Department and advocates from the Breast Cancer Fund and the Bay View Hunters Point Health and Environmental Assessment Task force.

Dr. Bob Hiatt, M.D., PhD. Director of Population Sciences and Deputy Director, UCSF Comprehensive Cancer Center explained that the purpose of the Center Program is to develop a better understanding of environmental factors that may lead to breast cancer. One of four such research centers nationwide with teams of scientists, clinicians, and breast cancer advocates, the Center will focus on how chemical, physical, biological and social factors in the environment work together with heredity factors to cause breast cancer.

The evening was very well attended with residents from San Francisco, Bay View Hunters Point

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Identifying our community's strengths and assets for building



Successful ways of working with Preteens



Overcoming barriers to participation in the center

Antibiotics and Cancer

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total numbers of days women took antibiotics and the total number of prescriptions. The risk was doubled among women who took the drugs more than 500 days or filled more than 25 prescriptions over an average of 17 years. Taking them for fewer days or having less number of prescriptions lowered the risk, but these women still faced higher rates than women who did not take any. Additionally, breast cancer deaths were associated with increasing numbers of days of antibiotic use. The authors found the increase in risk across all classes of antibiotics they studied (tetracycline, erythromycin, penicillin VK, cephalexin, trimethoprim-sulfamethoxazole and nitrofurantoin).

A big mystery is how, if causal, antibiotic use might affect breast cancer? Although the role is still open to debate, several mechanisms have been hypothesized:

- Antibiotics might influence breast cancer by reducing intestinal microbes' ability to alter phytochemicals, estrogen and enzymes that might protect against cancer by acting as a marker for infection or inflammation.
- Antibiotics can affect the body's immune response and response to inflammation, both of which could be related to the development of cancer.
- Women who use antibiotics more often are naturally predisposed to breast cancer because they have weaker immune systems or hormonal imbalances. A dose-response relationship was demonstrated meaning the higher the usage (number of days antibiotics were used), the higher the number of breast cancers diagnosed and the higher the mortality from breast cancer. The study did control for risk factors commonly associated with breast cancer such as age, reproductive and menstrual history, lifestyle factors, use of hormone therapy, and family history of breast cancer, contraceptive use and high breast density.

A major limitation of the study is the suggestion that the antibiotics prescribed for an infection caused cancer when it is possible that other factors such as the underlying infection itself or deficient immune function of the patient may have caused the cancer. The authors acknowledge this possibility and caution that more studies are needed to determine if the antibiotics, the underlying illness, weakened immune systems or some other factors are responsible for the increased risk. This study does not explain the mechanism by which antibiotics cause cancer. All antibiotics in this study were associated with an increase in breast cancer risk, although different classes of antibiotics are thought to work in different ways.

The results from this study add yet another potential risk factor for breast cancer. It also fuels the ongoing global debate about the overuse and misuse of antibiotics that contribute to resistant bacteria and increased disease. Additional studies are needed to determine if the risk of breast cancer is higher for women who used antibiotics at certain periods of time, such as adolescence or during pregnancy, or if women who used antibiotics for specific conditions have a higher risk than women who used the drugs to treat other conditions. To access the full text of this article, we invite you to visit MBCW's website.

Until further research is done, the precautionary message for women and their daughters is to avoid taking antibiotics unless absolutely necessary.

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1. Velicer, C.M, Heckbert, S.R., Lampe, J.W., Potter, J.D., Robertson, C.A., Taplin, S.H. Antibiotic Use in Relation to the Risk of Breast Cancer. JAMA, 2004; 291 (7): 827-835.
2. Knekt, P., Adlercruetz, H., Rissan, H., Aromaa, A., Teppo, I., Heliövaara, M.. Does Antibacterial Treatment for Urinary Tract Treatment Contribute to Risk of Breast Cancer? British Journal of Cancer, 2000; 82:1107-1110.

MBCW Expands...

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and poverty on health information and preventive health access in Marin and the

Bay Area. Teresa Juarbe, RN, PhD, from the University of California, San Francisco, Department of Family Health Care Nursing, lectured on breast cancer incidence in diverse ethnic and racial groups, and reported on her studies and programs designed to improve the overall health and breast cancer prevention within the Latino community.

MBCW welcomes the opportunity to join efforts with the many groups and individuals who are working to improve the environment and health of our entire Marin community. For further questions on this program, please contact Susan Schwartz.

NIEHS Community Meeting

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and Marin coming to participate in one of the many group discussions:

- Community Concerns About the Environment
- Identifying Our Community's Strengths and Assets for Building Partnerships
- Suggestions for Keeping the Community Informed
- Overcoming Barriers to Participation in the Center
- Successful Ways of Working with Preteens.

In addition to learning about the Center, attendees were asked how they want to stay involved, what aspects of the program they are interested in and how they can contribute to the research.

Two similar community meetings will be held in Bay View Hunters Point and at Marin Breast Cancer Watch during the months of May and June. Please check our website for updated information on upcoming community meetings at www.breastcancerwatch.org.

MBCW is serving as the Director of the Community Outreach and Translation Core (COTC). The ultimate goal of the Center is to integrate a better understanding of the environmental factors that may lead to breast cancer with public health education that focuses on prevention.

Honor Thy Healer

The Fifth Anniversary Awards Celebration

Suzan Dexter

Over 300 people filled the Embassy Suites banquet room in San Rafael to celebrate the fifth annual Honor Thy Healer Awards ceremony on March 18 2004. Seven individuals were honored for their crucial roles as supporters and healers to those affected with breast cancer. All previous year's honorees were invited as guests to take part in this year's celebration.



L-R: Sandra Hoegger, Jim Gerber, Jeremy Howell, Jim Gerber Jr.

Honorees, board members, staff and volunteers

of Marin Breast Cancer Watch were joined by an enthusiastic, supportive group of individuals from the Bay Area Community, ready to celebrate the evening. Paul Geller, Classical Guitarist, provided background accompaniment while guests sipped complimentary sparkling wine, mingled with friends, and congratulated the honorees.

Many business establishments from Marin contributed to the event. It is their generosity and continued sponsorship that make Honor Thy Healer a success each year.

Floral arrangements that brought the early spring weather inside were donated by The Gardener's Guild and arranged by local artist and MBCW board member Gail Paradise.



L-R: Dr. Francine Halberg, Roni PeskinMentzer, Dr. Laura Esserman

The evening included a heartfelt welcome from Honorary Chair, Jim Gerber, CEO of the Western Athletic Club. Jim knows how psychologically important physical activity can be to a woman undergoing treatment for

breast cancer. Jim explained that, "The Impact Program is available to women with breast cancer, so they can work with an oncologist and a personal trainer

to develop an exercise program that meets their individual needs." Jim feels a very personal interest in this program and in his community.

Janice Barlow, Executive Director of Marin Breast Cancer Watch, alternated with MBCW board members in introducing honorees, first through short video vignettes, then in person. The video pieces captured the spirit of each award recipient's commitment to helping those with breast cancer. Their stories of innovation, activism, dedication and joy, experienced through connecting with others, lifted the spirits of everyone in the room.

As a grand wrap-up for the evening, Singers Marin, an all-woman choir led by Director, Jan Pedersen-Schiff, encouraged the audience to lift their voices in a celebration of life.

The 2004 Honor Thy Healer award recipients are:

HEALING PROFESSIONAL

Laura Esserman, M.D., M.B.A.

Director, The Carol Franc Buck Breast Care Center, University of California, San Francisco

Dr. Laura Esserman works diligently to make breast cancer surgery as non-invasive as possible. Her skill as a surgeon is just one of her many attributes. Her focus on breast

cancer spans public policy issues and basic science, culminating in the development of state of the art ways to care for and empower her patients during their treatment.

HEALING PROFESSIONAL

Mary Beth Faustine, M.S.

Breast Care Coordinator, Kaiser Permanente, San Rafael

Mary Beth provides information, counseling and support throughout a patient's treatment and care. Recognized by her patients and peers, she is praised for her ability to instill confidence in women and help them with the



Mary Beth Faustine and family

complex challenges they face when diagnosed with breast cancer.

HEALING PARTNER

Cathy Tobin

Twin Cities Police Department, breast cancer advocate and volunteer



L-R: Kathy Tobin, Katie Beacock

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As an eight-year survivor of breast cancer, Cathy advocates for women with breast cancer, volunteers for many national and local breast cancer organizations. She is also a regular co-facilitator for the Breast Cancer Support Group at Kaiser Hospital in San Rafael.

COMMUNITY RESEARCHER

Peggy Reynolds, PhD.

Chief, Environmental Investigations Branch, California Department of Health Services

As a cancer epidemiologist in the California Department of Health Services Environmental Health Investigations Branch, Dr. Reynolds is on the quest for answers to high incidence of breast cancer in Marin. She has contributed to setting the research agenda for both the County of Marin and Marin Breast Cancer Watch.

SHINING STAR AWARD:

Rosamaria Hayden

Community Activist, Marin Friends of Women



L-R: Curtis Hayden, Nancy Diana Hayden, Rosamaria Hayden, Leslie Hayden

Rosamaria's activism has led her to champion the rights of Spanish-speaking women to access breast health information, early detection and breast cancer services. Through her uniquely designed "patient navigation" programs, Rosamaria volunteer's translation, scheduling and transportation services to increase women's access to breast cancer screening and treatment.

Colleen Kleier

Founder, Redwood High School Breast Cancer Awareness Club



To raise awareness about breast cancer research and prevention, Colleen formed The Breast Cancer Awareness Club at Redwood High School. The club organizes fundraisers, helps with projects at the Breast Health Center and volunteers for Marin Breast Cancer Watch's community events.

FRANCINE LEVIEN ACTIVIST



L to R Betty Andrews, Amy Shaw, Janice Barlow, Nancy Bellen

AWARD:

Dr. Amy Shaw, M.D.

Sutter Medical Center of Santa Rosa, Breast Care Center

Dr. Shaw is best characterized by her passion for social consciousness, her patient centered kindness, advocacy and her ethical use of power. She was instrumental in forming the Breast Care Center in Sonoma County in response to her patients needs.

A video of the Fifth Anniversary Honor Thy Healer awards is available for viewing. Call the MBCW office (415) 256-9011.



Colleen Kleier and friends

Honor Thy Healer Contributors and Committee Members

SPECIAL THANKS TO:

MBCW Community Committee:

Steve Barlow
Katie Beacock
Flavia Belli
Maya Raheem
Michael McCormac
William Perrino
Bob Woldmoe

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American Conservatory Theater
Bay Club Marin
Franck Battelli, Videographer
Paul Felder, P.S. Photographic Services
Four Seasons Hotel
Gardener's Guild
Paul Geller, Musician
Korbel Vineyards
Magnetic Video Imaging (Cael Hazard and Lindy Brown)
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Marin General and Novato Community Hospitals
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BRONZE GALAXY:

Bank Of Marin
Susan. G Komen Breast Cancer Foundation, San Francisco Bay Area Affiliate
Jane and Robert Kahan (in honor of Laura Esserman)
Marin Community Foundation
Marin Radiation Oncology: Drs. Halberg, Miyawaki, Poen & Torigoe
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SPECIAL THANKS:

We would like to extend our special thanks to all who participated in or contributed to the Marin Breast Cancer Watch 2003 Fundraisers:

Dipsea Hike/Run

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Celebrate Summer with Valhalla Restaurant

Thank you to the organizations that put together fundraisers to benefit Marin Breast Cancer Watch:

Pedro Ordenes, Pacific Bay Marketing

– The Alcatraz 100 Swim

The Bay Club Marin – “From the Inside Out, a Mind-Body Evolution”

Susan Z, Wine, Women and Song – “To Life, Women & Song: A Benefit Concert”

ALSO A SPECIAL THANKS TO:

Marydale DeBor and The Avon

Foundation for their generous gift in recognition of the research Marin Breast Cancer Watch is doing as a national model for other communities concerned about breast cancer.

Marin Breast Cancer Council for funding our pilot Adolescent Prevention, Risk Reduction and Education Program.

The San Francisco Foundation for funding our Diverse Communities Outreach Program.

Connie Williams and SBC Pacific Bell for their generous contribution to our Adolescent Education Program.

Marin Community Foundation for a technical assistance grant to install a customized Fund EZ non-profit accounting system.

An Environmental Breast Cancer Research Center

Continued from page 1

thereby giving them the tools to make their voices heard and influencing the course of future research.

As breast cancer remains the most common cancer for women in the US, and Marin County is affected at a higher rate than the rest of the country, this research center is crucial to understanding the interactions between the environment and the development of breast cancer. Marin Breast Cancer Watch is proud to be a partner in this collaboration and act as the community voice to bring environmental concerns into the research process. For more information, please visit our website and click on the “News” link for updates at <http://www.breastcancerwatch.org>.

MBCW Commitment to Fiscal Accountability...

Continued from page 5

funded for FY 2003. The staff and the Board of Director's have committed to sustaining the financial infrastructure developed under the grant. We have made provisions in our upcoming FY 2004 budget to fund the following activities needed to remain fiscally responsible and accountable to grantors and donors:

- Julie Wilton, CPA, was hired as an independent financial consultant to provide a minimum of 8 hours a month consultation to MBCW. Her responsibilities include reviewing and approving monthly financial transactions and bank reconciliations, reviewing grant expenditures to make sure funds are properly accounted for, adjusting journal entries as necessary, assisting in the budget process and preparing for MBCW annual financial reviews.

- Financial Statement and Account Review for the year ended December 31, 2004 will be completed April 2004.

This project demonstrated MBCW's capacity to successfully initiate and achieve a major systems change within the organization over the period of one year. The new accounting system ensures our ability as a non-profit organization to provide current, accurate and understandable financial information for management, board members, IRS, grantors, donors and community members.

This grant helped meet an organizational need for a more integrated accounting structure; however, long term, this new financial infrastructure will enhance our future fundraising, grant writing and research opportunities and capabilities. All of which will result in our continued ability to bring the intellectual and financial resources necessary to address the on-going concerns of the community about Marin's historically high incidence and mortality rates of invasive breast cancer.

Dipsea Hike/Run Set for Saturday July 17th



The Dipsea Hike/Run embodies the spirit of Andrea Fox.

It is an event that promotes community togetherness and emphasizes the importance of joining physical fitness and well-being while raising the awareness of breast cancer. Please join MBCW for the Third Annual Dipsea Hike/Run in honor of Andrea. Your body and mind will thank you!

For more details and to register go to the MBCW website at www.breastcancerwatch.org or www.active.com/event_detail.cfm?event_id=1131280

Upcoming MBCW and Community Events

MAY 14

Avon Symposium
Second Annual Delivering the Continuum of Breast Cancer Care
to the Underserved
8 AM-5 PM
Golden Gate Club, Presidio of San Francisco
To register go to <http://cc.ucsf.edu/avon2004>

JUNE 2

TAPS (Tina Action Programs) Community Meeting
7:30 PM
San Geronimo Valley Cultural Center
The purpose of this meeting is to give residents of Marin County
answers on research that's been done in the county over the last 4
years. Representatives from Marin Breast Cancer Watch, The Tina
Caring Program, an oncologist, and a panel of local survivors of
various cancers, including breast cancer, will be present.

JUNE 10

UCSF Carol Franc Buck Breast Care Center
Breast Cancer Prevention Symposium: What's New in Prevention
6 PM-8 PM
UCSF Mt Zion, Herbst Hall, 1600 Divisadero Street, 2nd floor
UCSF Breast Care Center Director Laura Esserman, MD, MBA
will moderate a discussion in breast cancer prevention. A panel of
physicians, nurse practitioners, and researchers who are involved in
clinical and research efforts to prevent breast cancer will join Dr.
Esserman. The event is free and hors d'ouerves will be provided.
Please RSVP to Caroline Annis, 415-353-7029 or visit the website
at breastcare.prevention@ucsfmedctr.org.

*We'd like to hear your suggestions for
our next newsletter! Email your ideas
to: info@breastcancerwatch.org*

JULY 17

MBCW Third Annual Dipsea Hike/Run
8:30 AM
The Dipsea Trail, Mt. Tamalpais & Muir Woods
Register on line or call for more information (415) 256-9011
www.breastcancerwatch.org

OCTOBER 7, 12 & 21

Women in Wellness - Kaiser Permanente
7 PM-9 PM
Angelico Hall, Dominican University, San Rafael
All programs are free and open to the public
For more information contact Nan Moon at nan.moon@kp.org

OCTOBER 9

Biomonitoring Conference
UCSF Mission Bay Campus
Genetech Hall
8:30 AM-4:30 PM
www.breastcancerwatch.org

TBA

MBCW -A Night with the Queen of Hearts
Gaming & Silent Auction
Look for more information coming soon!
Call (415) 256-9011 or www.breastcancerwatch.org

Calling All Volunteers

Volunteers are needed for various functions at Marin Breast
Cancer Watch. If you would like to volunteer your time to
help MBCW in our office, or at the many upcoming events,
please let us know your availability by visiting our website and
submitting a volunteer form at www.breastcancerwatch.org



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