

Pink Letter

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Who is at Risk for Developing

Lymphedema? by Barbara Feltman, DHS, PT, CLT with Advanced Physical Therapy, A Division of ATI Physical Therapy 317-843-1270

There are 2 basic types of lymphedema that are recognized. *Primary Lymphedema* is a type of swelling that occurs for no obvious reason, although there are a number of congenital or hereditary syndromes that are associated with a diagnosis of *Primary Lymphedema*. *Secondary Lymphedema* is swelling in a body part that occurs as a result of a known injury to the lymphatic system. Treatment for breast cancer is one of the recognized causes of lymphedema, and whether it follows a lumpectomy or a mastectomy is called *Post mastectomy Lymphedema*. There is a lot of research on why some women get lymphedema after breast cancer treatment and others don't. There is a wide variation in the reported risk, what percentage of women get lymphedema after breast cancer. In recent published research the risk is anywhere from 7% to more than 40%. It has been shown that the greatest predictors of who is at more risk are 3 things: how many lymph nodes were removed, where the radiation field was, and if the woman is obese, that is a BMI greater than 30. ***You can develop lymphedema at any time in your life, no matter how many years it has been since breast cancer, if you had lymph nodes removed or radiation***

Jiffy Lube Promotion

Time for an oil change? Jiffy Lube is teaming up with Pink Ribbon Connection to raise money for Breast Cancer Awareness Month in October. All of the 26 Indianapolis area Jiffy Lubes will be accepting your donations, then putting a pink ribbon in their window with your name on it. You even get a Pink Ribbon Connection air freshener as a gift! Let's see how fast we can fill the windows with pink ribbons. Please go to our website at www.pinkribbonconnection.org and print off a coupon beginning October 4 and take it in to Jiffy Lube to have your services done, and a portion of the proceeds will be donated to Pink Ribbon Connection. We thank Jiffy Lube for this outstanding show of support. We also thank Jim Faulkenberg of [Faulkenberg Printing](#) for creating the pink ribbons used for this promotion. [Click here](#) to find a location near you!

Power of Pink by Brighton



Pink Pink Ribbon Connection is thrilled to partner again with Brighton Collectibles this October. We will receive \$10.00 from each 2011 Power of Pink Limited Edition Bracelet being sold at Brighton Collectibles this month. This year the bracelet is stunning, as you can see from this photo. It is even more lovely when you see it in person. Do not hesitate, since the bracelet is only available in October and in limited supply!

The Artist Revealed

The Artist Revealed is a body of work, in calendar form, that came into being as a result of 12 women artists talking together about how they feel about themselves as they age, how they feel about their bodies as they are affected by age, child-bearing and/or illness. They came together, "in their skin", yet clothed in their art, and in the process learned that however they feel about "the skin they're in" their bodies are just that... vessels that hold all that they are, but are not who they are.



Purchase now for \$20 and 40% of net proceeds benefits the Pink Ribbon Connection. Come to their Calendar Signing Reception, October 6th from 6-8pm and also visit their companion exhibition: In The Skin We're In.

[The Artist Revealed, 2012 Calendar - The Stutz Artists Association](#) www.stutzartists.com

MARK YOUR CALENDARS - Upcoming Events**Puttin' on the Pink**

The are just two days left to to reserve your seats for **Puttin' on the Pink**, the

Pink Ribbon Connection annual breast cancer survivor fashion show. We want to have 1,000 guests to fill the ballroom at the Marriott Downtown. Please go to www.pinkribbonconnection.org to reserve your seats, at a cost of \$75.00 per guest. This event will be held on Saturday, October 8, from 10:30-1:30 at 350 West Maryland Street, at the Marriott Downtown. Please gather your family and friends and join us for a time of beauty, inspiration and celebration. Come see 35 fabulous models on the runway, all wearing fashions by Nordstrom. This is a show not to be missed. We cannot think of a better way to usher in October as Breast Cancer Awareness Month. Help us reach our goal of 1,000 guests for **Puttin' on the Pink**.

Volunteer Orientation

Becoming a volunteer can be rewarding, satisfying, fun and a great way to make new friends. If you have ever thought about volunteering for Pink Ribbon Connection, please attend our next Volunteer Orientation Program. It will be held on Thursday, October 20 from 5:30-7pm at the PRC office, 1139 Shelby Street, Indianapolis. Our Orientation Program was developed to better acquaint you with our organization and the work we do. Our volunteers and the time they invest provide an invaluable service - without them, our programs and events would not succeed! RSVP by replying to this message or by calling 317-255-7465.

Cancer Prevention Study

The American Cancer Society's Epidemiology Research Program is inviting men and women between the ages of 30 and 65 years who have no personal history of cancer to join a historic research study, Cancer Prevention Study-3 (CPS-3). The ultimate goal is to enroll at least 300,000 adults from various racial /

Party at the Cadillac Ranch-Oct. 21

Come to [Cadillac Ranch](#) on Friday, October 21, from 5pm - midnight! Cadillac Ranch and Groove Assembly are joining forces to raise funds for Pink Ribbon Connection's breast cancer patient services. Cadillac Ranch is donating all money collected from the cover charge and a percentage of all food sales to Pink Ribbon Connection. Cadillac Ranch, at Union Station in Indy, is a full-service American bar and grill with great food, a well stocked bar and the only mechanical bull in town. A great place to have a great time! Entertainment will be provided by Groove Assembly, a local classic rock band, who is donating their time from 8-12pm. After midnight, continue to dance the night away with the Cadillac Ranch DJ. Come on out to Cadillac Ranch, have a great time and help Pink Ribbon Connection raise funds for breast cancer support.

*[Cadillac Ranch](#) is located at 39 W Jackson Pl (Union Station, corner of Louisiana and S Meridian); parking garage across street on north side

Pearls of Wisdom-Oct. 25

Please join us on Tuesday, October 25, at 5:30pm at 900 E. 96th Street, Second Floor Conference Center, Indianapolis for Pearls of Wisdom. The women of WestPoint Financial Group will lead a lively discussion around the unique financial issues that women face and the possible strategies available to help create financial security for today and the future! MassMutual will donate \$2000 to Pink Ribbon Connection if we can get just 50 people to attend this informational seminar. Bring your mom, daughter, sister or friend and help us meet our goal!

Please RSVP by emailing WPFGRSVP@financialguide.com or calling 317-469-9999. Hope to see you there.

Eat Bread to Raise Dough-Oct. 20

Have a fabulous dinner at Panera Bread at 82nd and Allisonville Road on Thursday, October 20, between 5:00 and 8:30pm to raise money for Pink Ribbon Connection. Doesn't a bowl of nice, hot soup and a beautiful sandwich and salad sound delicious? Go to www.Pinkribbonconnection.org and print the Panera Bread flyer and take it with you when you go to dinner. Panera Bread will donate 20% of sales attributed to the flyer to Pink Ribbon Connection. Grab some friends and have a fun dinner out on Thursday, October 20.

Free Meetings and Teleconferences

- Oct. 11, 6-7:15pm [Cooking for Health - I.U. Health North](#)
- Oct. 11, 6-8pm [Cancer Connection - I.U. Health West](#)
- Oct. 11, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)
- Oct. 13, 12:30-1:30pm [QiGong - Cancer Support Community](#)
- Oct. 13, 6-8pm [Breast Cancer Support Group-Community South](#)
- Oct. 14, 9:30-11am [Breast Cancer Coffee Club](#)
- Oct. 13, 4-7pm [Euphoria Spa Dessert Open House](#)
- Oct. 13, 6-8pm [Stage IV Breast Cancer Networking Group](#)
- Oct. 18, 1-2:30pm [Cancer Support Group - Hendricks Regional Health](#)
- Oct. 18, 6-7:15pm [Healing Touch & Reiki - I.U. Health North](#)
- Oct. 18, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)
- Oct. 20, 12:30-1:30pm [QiGong - Cancer Support Community](#)
- Oct. 20, 6-8pm [Breast Cancer Survivor Celebration-Riverview Hospital](#)
- Oct. 24, 1-3pm [Look Good, Feel Better](#)
- Oct. 25, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)
- Oct. 25, 6-7:15pm [Improving Strength and Flexibility-IU Health North](#)
- Oct. 27, 12:30-1:30pm [QiGong - Cancer Support Community](#)
- Oct. 27, 6:30pm [North Harbour Pink Ladies Support Group](#)

ethnic backgrounds from across the U.S. The purpose of CPS-3 is to better understand the lifestyle, behavioral, environmental and genetic factors that cause or prevent cancer and to ultimately eliminate cancer as a major health problem for this and future generations. CPS-3 is a grassroots effort across the country through which you can advance cancer research by participating actively in a historic research study.

Enrollment will take place October 4 - 8.

To see more detail about date and location and to schedule your appointment, visit <http://www.cps3indy.com> For more information about CPS-3, please visit www.cancer.org/cps3 or email cps3@cancer.org or call toll-free 1.888-604-5888.

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Clinical Trials Awareness

Clinical trials are research studies that evaluate new treatments, combinations, and doses; better methods for diagnosing or preventing the disease; and new ways to improve quality of life for cancer patients.

[Click here for A PATIENT'S GUIDE TO CLINICAL TRIALS](#)

Click below to learn about local clinical trials.

[Breast Cancer Trials.org](#)

[Central Indiana Cancer Centers](#)

[I.U.P.U.I. Indianapolis](#)

[I.U. Simon Cancer Center](#)

[National Cancer Institute Listing of Clinical Trials in Indiana](#)

[St. Francis Hospital and Health Centers](#)

[St. Vincent Hospitals](#)