

Pink Letter

In This Issue

[Thank You](#)

[2011 Board of Directors](#)

[The Positive Power of Pets](#)

[Garage Sale](#)

[Women's Big Ten Basketball](#)

[Working After Cancer](#)

[IWIN Pajama Party](#)

[Do I Need a Compression Sleeve When I Fly?](#)

[Upcoming EVENTS](#)

[Clinical Trials Awareness](#)

Thank You

Thank you so much to all the people who collected and donated coats for our coat drive. We appreciate it very, very much.

Recent Donors

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36th Annual Greater Indianapolis GARAGE SALE

Pink Ribbon Connection will again have a booth at the Greater Indianapolis Garage Sale, on January 14 and 15 of 2012. This year we want our booth to really stand out, so we want to have mainly pink items, in hopes of attracting the attendees who care about our cause and will buy our merchandise to help support the Pink Ribbon Connection mission. We will also be selling other items, and we do need more items to sell. Please seek out and gather items to donate to Pink Ribbon Connection for our booth. You may drop them off at the PRC office or we can make arrangements to pick up. [Click here](#) for a flyer.

Big Ten Conference and Pink Ribbon Connection Join Forces for the 4th Annual "Big Ten Thinks Pink"

Help the Pink Ribbon Connection raise money and awareness for breast cancer on Saturday, March 3rd at Bankers Life Fieldhouse as part of "Big Ten Thinks Pink" at the 2012 Big Ten Women's Basketball Tournament. The Big Ten Conference will donate a portion of every semifinals ticket purchased to the Pink Ribbon Connection.

Tickets are \$10 with \$5 from every ticket going to the Pink Ribbon Connection. If you want to donate even more to the Pink Ribbon Connection, collection buckets will be located inside the Indiana University Health Entry Pavilion at Bankers Life Fieldhouse Entry Pavilion on game day. Fans are encouraged to wear their favorite pink shirt to the game in an effort to raise breast cancer awareness. Please visit www.pinkribbonconnection.org or ask a Pink Ribbon Connection representative on how to purchase tickets.



BIG
 BASKETBALL
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Awareness activities throughout the day include an Honorary Banner in the Bankers Life Fieldhouse Entry Pavilion where spectators can remember loved ones who were taken by breast cancer, write encouraging notes of hope to those currently battling the disease, or post photos and names of those affected by breast cancer. The Big Ten Conference will also encourage coaches to wear pink clothing and officials to use pink whistles to promote awareness.

The Big Ten Women's Basketball Tournament is a single-elimination tournament among the 12 Conference teams. The tournament winner will be rewarded with the Big Ten's automatic NCAA Championship berth. The tournament is a Big Ten Conference event, hosted by Indiana Sports Corporation. The event begins Thursday, March 1 and the championship game is Sunday, March 4. To purchase all-session tickets or tickets to other sessions, please visit www.ticketmaster.com, call toll-free (800)745-3000 or visit the Bankers Life Fieldhouse Box Office.

For more information, visit www.indianasportscorp.com or www.bigten.org.

It's Back To Work You Go - Working your way back into the world of 9 to 5 from Amoena Life magazine

It's the day you've been waiting for... well, you may have been waiting for Publisher's Clearing House to knock, but if that hasn't happened, you are ready to go back to work. It's an affirmation that your life is returning to some sense of normalcy. You've paid your dues, done your surgery or chemo or radiation, or some combination thereof, and it's time to re-enter the workforce.

Julianna Morales
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The Positive Power of Pets - by Charlotte Huff from Cure Magazine

Pets provide comfort, relieve stress from cancer. Karen Peyser freely admits that she felt angry and isolated in the initial months following her 2007 diagnosis of non-small cell lung cancer. She not only lost her right lung but also endured 16 weeks of highly toxic platinum-based chemotherapy.

She was scared and short-tempered, sometimes driving away friends and her sister as they tried their best to support her. At age 52, Peyser had been accustomed to flying through life solo. "I had to accept my sister's help, which was very, very difficult for me. And I made it very hard for her."

But Peyser allowed River, her 4-year-old labradoodle, to snuggle close. They would often lie, nose to nose on the sofa of her

Some of you will have been able to take ample time off to weather the onslaught of treatments and even do a bit of healing, both emotionally and physically. Others may not have that luxury and can only take the necessary time off to get through the worst parts of treatment. Regardless of which scenario speaks to your situation, going back to work will have rewards and challenges and no matter how you approach this new normal, it's safe to say your life has changed in a myriad of ways.

For most of us, work reminds us that we have a life that is separate from our diagnosis. You may be a valued employee, or a great boss, or a co-worker everyone knows they can depend upon. As much as most of us groan when the alarm clock buzzes bright and early, going to work provides both a sense of purpose and a setting where it's possible to forget about cancer for several hours each day.

[Click here](#) to read the rest of the story.

I.W.I.N. Foundation Pink Pajama Party

Grab your friends, sisters, mom, coworkers for the 8th Annual I.W.I.N Foundation Pink Pajama Party. February 24-25 2012 at the Indianapolis Marriott North/Keystone at the Crossing. Wear your favorite pink pj's and enjoy great food, shopping at a silent auction and complimentary spa services. Dance the night away to music of *Living Proof* and wake up to a warm breakfast the morning after. Friday Night: 6pm Vera Bradley Reception, 7pm Pink Pajama Party. Saturday Morning: 9am Breakfast. Go to www.iwinfoundation.org for more details and Registration starting January 30, 2012.

Do I Need to Wear a Compression Sleeve When I Fly? By Barbara Feltman, DHS, PT, CLT with Advanced Physical Therapy, A Division of ATI Physical Therapy 317-843-1270

Women who already have lymphedema should wear some kind of compression when they fly, whether it is a seamless compression sleeve, or bandages or something made with a velcro-style straps. It is still unclear whether or not women who have no symptoms of lymphedema need to wear compression when they fly. In other words, she has no visible swelling, no sense of fullness or heaviness, or pain in the arm.

It has been thought in the past that the lower pressure in the aircraft cabin would contribute to developing lymphedema or making an existing lymphedema worse.

Researchers are still looking at this question. A study was completed and published in 2010 that looked at this question. They included women who had taken a long flight from Canada to Queensland, Australia, and women who took shorter flights within Australia.

Some of the women in this study wore compression when they flew. The length of the flight didn't make any difference in this study. The percentage of women who already had lymphedema was only 7%, which is the low end of the statistics that tell what percentage of women get lymphedema. The authors noted this, but didn't have a reason for it. None of the women who chose not to wear a compression garment had lymphedema. Some of the women (15) wore compression garments when they flew, only 3 of these had swelling by the criteria (rules) used in this study. Wearing compression sleeves did not make a difference in this study.

The bottom line: this research doesn't support wearing a sleeve as a preventative measure. Please note that women who already have lymphedema should follow the advice of their lymphedema specialist.

Related research and case study articles:

Kilbreath, SL, Ward, LC et al. (2010) Effect of air travel on lymphedema risk in women with a history of breast cancer. *Breast Cancer Res Treat* 120:649-654
Graham, PH (2002) Compression prophylaxis may increase the potential for flight-associated lymphoedema after breast cancer treatment. *Breast* 11:66-71
Casley-Smith, JR and Casley-Smith, JR. (1996) Lymphedema initiated by aircraft flights. *Aviat Space Environ Med.* 67:52-56

Brooklyn apartment as she recovered from each chemotherapy treatment. If she drifted off in exhaustion at night, River would stay right by her side.

"Humans can only comfort you to a certain extent," she says. "But when your pet licks your face and snuggles up against you, you accept it with all of your heart."

[Click here](#) to read the rest of the story.

[Join Our Mailing List](#)

MARK YOUR CALENDARS - Upcoming Events

Free Meetings and Teleconferences

- Jan. 12, 6-8pm [Stage IV Breast Cancer Networking Group](#)
- Jan. 12, 6-8pm [Breast Cancer Support Group - Community Breast Care South](#)
- Jan. 13, 9:30-11am [Breast Cancer Coffee Club-Avon](#)
- Jan. 16, 6-8pm [Breast Cancer Support Group - St. Francis](#)
- Jan. 17, 6:30-8pm [Sisters Network Monthly Meeting](#)
- Jan. 23, 6-8pm [Breast Cancer Support Group - St. Francis](#)
- Jan. 24, 6:30-8:30pm [All Ages All Stages Breast Cancer Support Group - Cancer Support Community](#)
- Jan. 25, 6:30-8pm [Cooking for Wellness - Cancer Support Community](#)
- Jan. 26, 6-7:30pm [Breast Cancer Coffee Club-IU Health West](#)
- Jan. 30, 1:30-3:30pm [Look Better, Feel Better](#)
- Jan. 30, 6-8pm [Breast Cancer Support Group - St. Francis](#)
- Feb. 6, 5-7:30pm [First Mondays-IU Simon](#)
- Feb. 6, 6-8pm [Breast Cancer Support Group - St. Francis](#)
- Feb. 6, 7-8pm [Breast Cancer Support Group - St. Francis Mooresville](#)
- Feb. 7, 6-7:30pm [Breast Cancer Support Group - Community North](#)
- Feb. 7, 6:15-7:30pm [Breast Cancer Support Group - Anderson](#)
- Feb. 9, 6-8pm [Stage IV Breast Cancer Networking Group](#)
- Feb. 9, 6-8pm [Breast Cancer Support Group - Community Breast Care South](#)
- Feb. 10, 9:30-11am [Breast Cancer Coffee Club-Avon](#)
- Feb. 13, 6-8pm [Breast Cancer Support Group - St. Francis](#)

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](#)