

# October Raises Awareness of Breast Cancer Prevention

## How one woman's cancer journey was transformed into art



(BPT) - A cancer diagnosis can be one of the scariest moments in a person's life, but now, more than ever, that diagnosis doesn't have to be a death sentence. Today, it is estimated that two in three people diagnosed with cancer survive at least five years, according to the American Cancer Society. In fact, as of 2012, there were an estimated 13.7 million cancer survivors in the United States alone.

The goal of continuous innovation in cancer care is to help improve the lives of people with cancer. However, opportunities to convey patients' hopes and fears, gains and losses, and more, have not been as readily available. Since 2004, the Lilly Oncology On Canvas: Expressions of a Cancer Journey Art Competition and Exhibition has invited individuals from the United States and Puerto Rico diagnosed with any type of cancer - as well as their families, friends, caregivers and healthcare providers - to express, through art and narrative, the life-affirming changes that give their cancer journeys meaning.

Judy Elsley knows about the power of Oncology On Canvas (SM). Elsley has survived cancer twice. Her first diagnosis came at age 23, when she learned she had Hodgkin lymphoma. Thirty-six years later,

in 2012, Elsley was diagnosed with stage II breast cancer.

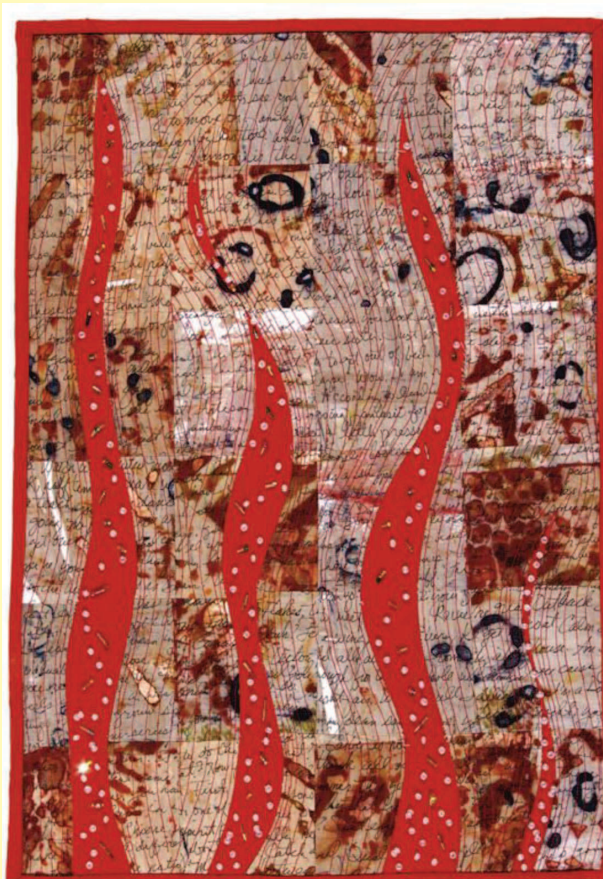
An English professor by trade, and a prolific quilter, Elsley had begun exploring the combination of written and visual artwork into a single medium when cancer struck. In fact, she created nine quilts chronicling her fight, which included a mastectomy and six rounds of chemotherapy. Each quilt featured select handwritten entries from her journals. "I was inspired to enter Lilly Oncology On Canvas after thumbing through a competition art book in my oncologist's office," she said. "At that moment, I realized I too wanted to share my story and inspire others."

Oncology On Canvas (SM) judges were amazed by Elsley's entry, a quilt titled "Chemo," which took first place overall. In her accompanying narrative, she wrote, "The quilt shows the work of chemo as it flows through the port into my bloodstream. The colored beads represent the chemo and the white beads signify white blood cells helping my body move towards health. I visualize the future in the smallest plume in the left side of the quilt, a time when my bloodstream will carry plenty of white blood cells - no cancer or chemo present."

Elsley's award carried with it a prize of \$12,000 to be donated to the cancer charity of her choice, which was Casting for Recovery, a program that takes cancer patients fishing and one that she participated in.

"In addition to medicine, in my view, creativity engenders healing," said Elsley. "But it doesn't matter what one's creative outlet may be. Writing, drawing, anything - do something to express your journey!"

To learn more visit [www.LillyOncologyOnCanvas.com](http://www.LillyOncologyOnCanvas.com).



"Chemo," A Mixed Media by a person diagnosed with cancer, Utah.

## Breast thermography can determine if products or treatments increase risk

BY WENDY SELLENS  
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As discussed in the previous article, breast thermography is a safe breast health screening tool that begins in the 20's for early risk assessment. Breast thermography has the capability of determining risk sometimes years before other imaging modalities. This is achieved by monitoring for "specific" patterns formed by stimulation of the blood vessels (referred to as vascularity). By analyzing the blood vessels, breast thermography has the remarkable ability to observe what is increasing risk. Such factors of increases may include supplements, foods, skincare products, and pharmaceuticals. For ex-

ample, a young woman is considering birth control pills and she wants to determine if they will increase her risk. She would get an initial thermogram, and then a repeat in a few months after usage to determine its effect. By doing this, she can make an educated decision about using that product and weigh the risks and benefits appropriately.

This can also be done with breast cancer survivors who want to monitor the effectiveness of their treatments. Many women are choosing to use an alternative medical treatment which can be a frightening road to travel. Imagine watching to see if treatments were effective, every 30 days. If treatments were not performing as anticipated, that woman could make a

relatively quick life-saving decision. Nowadays, women are trying alternative breast health supplements. Wouldn't it be appropriate to observe if their claims were supported by evidence? Breast thermography research is showing that many supplements are not effective at reducing risk, vascularity, as they claim; sadly, some are actually increasing risk.

It's possible to monitor almost any product or treatment to determine its effect on the breast. You will be surprised to learn what products actually do increase risk. Read next week's article to see what breast thermography research is revealing as risk factors.

Breast thermography is the future of breast health; with its superficial screening abilities women can observe

what is or isn't influencing their breast health. The key is to make sure you find a qualified interpreter and clinic that is performing thermography correctly as discussed in the previous article.

To learn more about what is increasing risk, read the book which includes 400 thermograms and a combined 48 years of thermography research Breast Cancer Boot Camp-Dr. Hobbins's Breast Thermography Revolution. Breast thermography research is vital to breast cancer prevention. For more information or to help with funding unbiased research, examine the non-profit The Pink Bow Breast Thermography Research and Education [www.thepinkbowcompany.com](http://www.thepinkbowcompany.com)

### BREAST CANCER AWARENESS

## Know the warning signs of breast cancer

Due to the increased use of mammography, most women in the United States are diagnosed at very early stages of breast cancer, before symptoms appear. However, not all breast cancer is found through mammography. The most common symptoms of breast cancer are a change in the look or feel of the breast, a change in the look or feel of the nipple and nipple discharge. Warning signs you should be aware of are listed here:

- Lump, hard knot or thickening inside the breast or underarm area;
- Swelling, warmth, redness or darkening of the breast;
- Change in the size or shape of the breast;
- Dimpling or puckering of the skin;
- Itchy, scaly sore or rash on the nipple;
- Pulling in of the nipple or other parts of the breast;
- Nipple discharge that starts suddenly;
- New pain in one spot that doesn't go away

If you have any of these symptoms, see your health care provider right away. In most cases, these changes are not

cancer. For example, breast pain is more common with benign breast conditions than with breast cancer. However, the only way to know for sure is to see your provider. If breast cancer is present, it is best to be diagnosed at an early stage, when the cancer is most treatable.

**Breast lumps or lumpiness**  
Many women may find that their breasts feel lumpy. Breast tissue naturally has a bumpy texture. For some women, the lumpiness is more pronounced than for others. In most cases, this lumpiness is no cause to worry. If the lumpiness can be felt throughout the breast and feels like your other breast,

then it is probably normal breast tissue. Lumps that feel harder or different from the rest of the breast (or other breast) or that feel like a change are a concern. When this type of lump is found, it may be a sign of breast cancer or a benign breast condition (such as a cyst or fibroadenoma). See your health care provider right away if:

- You find a new lump or change that feels different from the rest of your breast.
- You find a new lump or change that feels different from your other breast.
- Feel something that is different from what you felt before.

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