

A Special Thanks to:
Novartis
Pharmaceuticals

Alison Wachstein
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Mrs. Wachstein has been the recipient of many state, regional and national awards as well as a Kodak Gallery Award and the EPICOT award for her photographs. Her works have been displayed and published internationally and she has taught photography at Seton Hall, Fairleigh Dickinson and Fairfield Universities. She is author/photographer of the book, **Pregnant Moments** published by Morgan and Morgan formerly of Dobbs Ferry, NY. She is certified (CPP) and received her Masters Degree from Professional Photographers of America. You can see more of her work at www.alisonwachstein.com

Alison Wachstein graduated from Northwestern University with a BA in Psychology. Her career began in photojournalism as staff photographer for the Aspen **Times** in Colorado. With the birth of her daughter twenty years ago she started specializing solely in portraits of families and children. She finds that her degree in psychology, her love of children and photography, and her role as a parent have helped her immeasurably in working with children and people of all ages. She is well known for her sensitive portrayal of her subjects and her ability to capture their fleeting expressions and special moments. She feels we should all give back to the community and this calendar was one of her ideas to do so.

About Alison Wachstein

The Smilow Family Breast Health Center offers all the services you need . . . from screening and quick diagnosis to thorough support and counseling. During this difficult time, it's easy to be confused by the complexity of the healthcare system. To help, our Breast Health Navigator . . . a specially trained nurse will ensure that you receive everything you need. No roadblocks. No delays. Early in the process, she'll provide information, emotional support and sensible answers to your many questions.

Available by phone, e-mail or appointment, she is expert at:

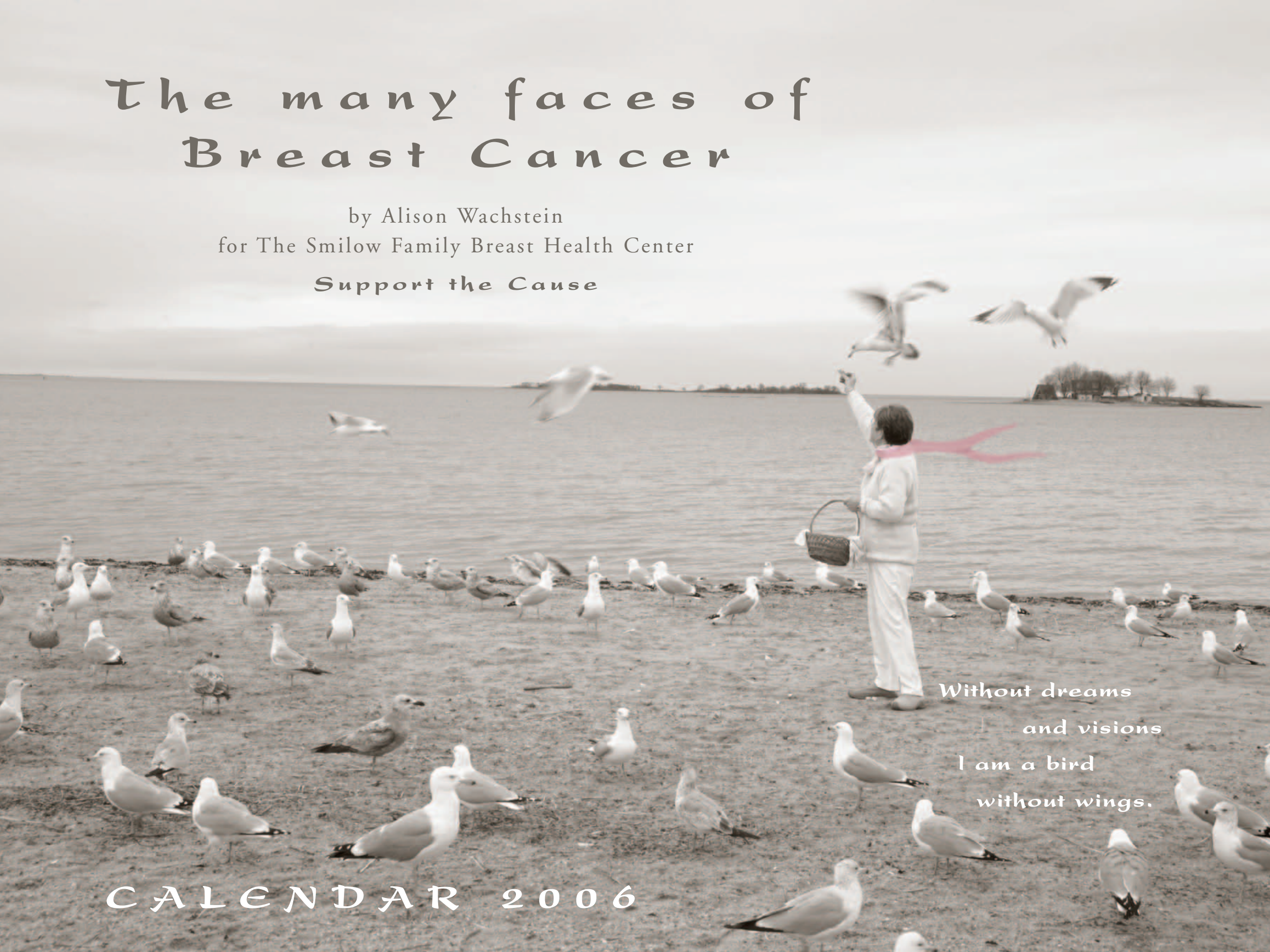
- Guiding you through the complex healthcare system
- Coordinating all of your follow-up needs
- Assisting you with appropriate social services

Our Medical Director is a nationally recognized breast cancer expert. Our volunteers, all of whom have survived breast cancer themselves, are eager to help you in any way they can. Valuable one-on-one sessions and support group settings, offer timely education concerning your personal medical issues.

Medical Director: Richard Zelikowitz, MD

BREAST HEALTH CENTER
at Norwalk Hospital
THE SMILOW FAMILY
Breast Health Specialists: Nancy Sokolowski, RN

About The Smilow Family Breast Health Center



The many faces of Breast Cancer


by Alison Wachstein
for The Smilow Family Breast Health Center
Support the Cause

Without dreams
and visions
I am a bird
without wings.

CALENDAR 2006



JANUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31			My husband discovered my lump - I am 34 years old.	
	Investigate clinical trials . . . they could save your life and help thousands of others.					

Approximately 212,930 new breast cancers will be diagnosed this year.

Breast Cancer is the most frequently diagnosed non-skin cancer in women.

Early detection saves lives and increases treatment options.

Breast cancer mortality rates have been steadily declining for the past 12 years.

Yearly mammograms are recommended starting at age 40.

Breast self-exams are an option starting at age 20.


Clinical breast exams should be part of annual physicals.

Since my cancer I won't stay in a situation where I'm not happy. I have learned to listen to my heart and follow my passions.





FEBRUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	Words of my son gave me lost hope.		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
					Having been diagnosed three times, survivorship is an ongoing process.	

Nutrition

Low fat diet reduces the risk of recurrence after breast cancer. Dive right into sonar fresh and tasty seafood to make a splash against cancer.

Fish - especially fatty fish like mackerel, lake trout, herring, sardines, tuna and salmon - offer plenty of cancer-fighting omega-3 fats. Although you may have seen warnings about impurities in shark, swordfish, albacore tuna and king mackerel, two servings a week are deemed safe. Eat a wide variety.

Resources

The National Cancer Institute
<http://www.cancer.gov/>

Seafood Selector
<http://www.environmentaldefencse.org/tool.cfm?tool=seafood>

My love of travel is stronger than ever; experiencing new peoples and cultures with a clearer appreciation of life.





MARCH

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<i>Talks with God.</i>		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
			<i>My breast cancer coincided with my husband's paralytic stroke. My son's inspiring words gave me strength and hope. I greet each day with a new understanding of the meaning of life.</i>			

Assessing Breast Cancer Risk

- Women with a family history of early breast cancer - e.g. a mother or sister diagnosed before age 50 - are at increased risk of developing breast cancer.
- As age increases, so does the risk of breast cancer.
- Being female constitutes risk, as only 1% of breast cancer develops in males.
- Obesity; personal history of breast cancer.
- Jewish ancestry.
- A single case of ovarian cancer in a family with a history of breast cancer.
- Lifetime exposure to estrogen.
- Daily alcoholic intake.


Be aware of your risks

After 13 years of survivorship I'm so hopeful that with all that is ahead in research, my granddaughter will never know the terror of a breast cancer diagnosis.





APRIL

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			<i>Staying current on the latest breast cancer findings is one of the ways of staying positive and in control of this disease.</i>			1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30				<i>I adopted a dog.</i>		

Reducing Your Breast Cancer Risk

- Eat a low fat diet (33 grams of fat per day)
- Select 5 fruits and vegetables each day
- DO NOT SMOKE
- Stay physically active
- Limit alcoholic drinks to one drink a day
- Limit red meat to 3 ounces per day
- Minimize stress through exercise, meditation, Reiki, yoga and massage

Resource Exercise

www.physsportsmed.com/issues/20040504/news0504.htm


Treat your body right

I quickly realized that when I exercised I slept better and had more energy.





M A Y

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		<p><i>My husband was like my personal private nurse. He checked my drain every day and was so caring.</i></p>	
	<p><i>This could not be happening.</i></p>					

Symptoms of Breast Cancer

- A lump or thickening of tissue in the breast or under the arm
- A change in the size or shape of the breast
- A discharge from the nipple
- A change in the color or feel of the skin of the breast or the skin around the nipple (this may include dimpling, puckering or scaly skin)
- A change in the nipple (inverted)

Learn to do monthly Breast Self Exams. Call 203-852-2757.

DO monthly Breast Self Exams.

Any changes should be reported to your doctor.

Thinking of my relationship with my daughter in this magical, impressionist garden would always make me smile.





J U N E

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<i>I never in my wildest dreams would have thought that I would get Breast Cancer.</i>			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
			<i>Celebrate life footloose and cancer free!</i>			

Screening
Recommendations
for Breast Cancer

Breast Self-Exams:
every month, beginning at age 20

Clinical Breast Exams:
every one to three years for women
in their 20's and 30's; and every year
beginning age 40

Mammograms:
every year from age 40

Free screening mammograms, for
uninsured women are available thru
the Connecticut Breast and Cervical
Cancer Early Detection Program.
Call 203-852-2887.

American Cancer Society Guidelines
1-800-227-2345 or www.cancer.org

*It hasn't changed my life. I'm still
working, still dancing, still teaching.*





J U L Y

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			The support group was absolutely invaluable to my treatment.			1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31				As a four year survivor I feel great.	

Diagnosis of Breast Cancer

- Breast Imaging
- Mammograms
 - Ultrasound
 - MRI
- Breast Biopsy
- Fine Needle Aspiration

- Core Biopsies
- Ultrasound-guided core biopsy
 - Stereotactic biopsy
 - MRI guided biopsy
 - Open excisional biopsy
 - Sentinel node biopsy

Meeting other women of all ages at different stages of breast cancer gave me insight, inspiration and hope. I returned to my job feeling well and happy to be able to be there again.





AUGUST

sunday	monday	tuesday	wednesday	thursday	friday	saturday
We became closer - family, friends, caregivers.		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
				When I wiped my tears and became bold, the next day of my life was not the same as always. It was a dawn with new hope and new challenges.		

Bone Health

Osteoporosis Risk Factors

- Age - over 65
- Gender - 4 times greater risk for women
- Early menopause - before age 45
- Childlessness - women who have never given birth
- Genetics - a family history of osteoporosis
- Smoking
- Lack of exercise
- Nutrition imbalance (diet low in Vitamin D and calcium)
- Heavy daily alcohol consumption

Prevention

- Lifestyle modification
- Bone Density Test
- Balanced diet rich in calcium and Vitamin D
- Weight bearing exercise

National Osteoporosis Foundation
www.nof.org

I enjoy making quilts for friends, family and survivors of trauma. My husband is currently undergoing treatment for cancer.





SEPTEMBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	Cancer one word turns your world upside down.				1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
			Take time to quiet your mind meditation, relaxation, massage, acupuncture, acupressure, yoga, Thai body work, energy work, visualization, reiki, prayer whatever it takes.			

Stress Reduction

IMAGINIS
www.breastcancer.org/immune_boost.html

Coping With Stress
Health.yahoo.com/health/centers/breast_cancer/32705

Blossoming
By Paula Goldsmith


Just as a plant struggles to bloom and to survive among the weeds, I, too, have blossomed. And survived.

The day before my surgery I told the class of women I was teaching at the college that I would not be able to finish the semester. I looked at them and said, “One out of every nine women will get breast cancer, so I’m not the only one in this room. PLEASE get yourself checked.” Two of my students came to me later to thank me for urging them to see their doctors. They discovered their breast cancer early. 10 years and 10 months after diagnosis, I received my PhD.





OCTOBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				Mom gave me strength and such love.
	We've been friends since we were 8 years old. Our friendship is even greater today. We've been each other's life support and at the time of the publication of this calendar we are both cancer free.					

What is Cancer?

Cancer develops when cells in a part of the body begin to grow out of control. Cancers all start because of out-of-control growth of abnormal cells.

Normal body cells grow, divide and die in an orderly fashion . . .

Cancer cells often travel to other parts of the body. Cancer cells develop because of damage to DNA, which is present in every cell and directs all its activities.

Some of the earliest evidence of cancer is found among fossilized bone tumors, human mummies in ancient Egypt.

I made jewelry and I prayed and I was warmed by the love of friends.





NOVEMBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<i>I smiled my way through surgery.</i>		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		<i>Caring nature of my doctors.</i>
			<i>The nursing staff was incredible. My family gave me strength when I needed it, patience when I didn't have it, love when I felt unlovable and laughter when all I could do was cry.</i>			

Smilow Family Breast Health Center

Prevention is key. We believe the more informed you are, the more empowered you are to lower your potential risk.

As part of our focus on prevention, we offer helpful information about benign breast conditions, as well as chemoprevention considerations. Benign breast conditions are common, not life-threatening, but can signal an increased risk for breast cancer. We use the Gail Model Breast Cancer Risk Assessment, a proven method to determine your risk and surround you with facts and support as you learn more about your body.

We work collaboratively with the most respected, board-certified doctors and surgeons in the state, as well as highly experienced medical and radiation oncologists, oncology nurse clinicians and other highly qualified health care professionals. Norwalk Hospital is fortunate to be equipped with true leading-edge technology for breast cancer diagnosis and treatment. We treat the entire individual-body, mind, and spirit-through an inter-connected community of care and resources. Here, you'll find true compassion and genuine empathy.

At Norwalk Hospital I found a great deal of support in the group and also had fun. I am grateful to be alive every day and say, "one day at a time."





DECEMBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		After my last infusion I was excited and overjoyed to “ring the bell” signaling my last treatment. Of course, there was still 6 weeks of radiation, followed by hormone treatment; but the end of chemotherapy marked a major milestone for me.			1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31		Women support each other in every facet of our lives.			And my treatment was over.	

Advocacy

Cancer will become the top health priority of this nation through careful shaping and delivery of our messages to ensure they accommodate and influence nationwide public health agenda selection and action.

Research to stop it.
Detection to find it.
Prevention to avoid it.

- American Cancer Society

My cultural background made me feel that I had to keep my illness a secret. When I made close family members and friends aware it was a positive step towards my recovery. When the going gets tough, the tough go shopping.



Support group was invaluable.

Connecticut
Support Groups

Bridgeport
Bridgeport Hospital
The Circle Norma F. Pfriem Breast Care Center
267 Grant Street, Bridgeport, CT 06610
(203) 384-3436

Danbury
Ann's Place - The Home of I Can
103 Newtown Road, Suite 1B, Danbury, CT 06810
(203) 790-6568

Darien
The Center for Hope
590 Post Road, Darien, CT 06820
(203) 655-4693

Greenwich
Greenwich Hospital, Reach to Recovery
25 Valley Drive, Greenwich, CT 06830
(203) 863-4444

Norwalk
Cancer Care, Inc.
120 East Avenue, Norwalk, CT 06851
(800) 813-4673

Norwalk Hospital, Whittingham Cancer Center
24 Stevens Street, Norwalk, CT 06856
(203) 855-3664

Ridgefield
Ridgefield Breast Cancer Support Group
The Revivers c/o VNA of Ridgefield
90 East Ridge, Ridgefield, CT 06877
(203) 438-5555

Shelton
The Valley Woman to Woman
A Self-Help Group for Women with Breast Cancer
Shelton Community Center
41 Church Street, Shelton, CT 06484

Stamford
Stamford Hospital: Bennett Cancer Center-
Building Bridges
Shelburne Road at West Broad Street
Stamford, CT 06904
(203) 325-7841

Informational Websites

<http://clinicaltrials.gov/>
Regularly updated information about federally -
and privately - supported clinical research in
human volunteers.

<http://www.cancer.gov/cancer/clinicaltrials>
National Cancer Institute's cancer site.
Includes information about clinical trials.

<http://www.cancer.gov/cancerinfo>
Cancer Information Service.

<http://www.nabco.org/>
National Alliance for Breast Cancer Organizations
(NABCO).

<http://www.scitalk.com/breastcancer.cfm>
Section for breast cancer information.

<http://www.canceranswers.org/>
Access to breast cancer clinical trials information
and other breast cancer information from the
Public Health Institutes.

<http://www.oncolink.com/index.cfm>
Oncolink's clinical trials information.

<http://www.swog.org/>
Access information about SWOG (Southwest
Oncology Group). National Cancer Institute-
supported cancer clinical trial group.

<http://www.aacr.org/>
American Association of Cancer Research, since
1995. "Clinical Cancer Research" publication
available.

<http://www.centerwatch.com/patient/pns/patemail.asp>
CenterWatch Patient Notification Service.
Patients seeking information about clinical trials,
who would like to be notified by e-mail of future
postings, may sign up through this site.

<http://www.iarc.fr/>
International Agency for Research on Cancer.
Part of the World Health Organization.

<http://breastcancer.uchc.edu>
Breast Cancer Resource Guide of Connecticut.

<http://www.beaction.org>
Breast Cancer Action. Voices of people with
breast cancer.

<http://www.cancer.org>
American Cancer Society. Ask for information
about advocacy in your community.

<http://www.canceradvocacy.org/>
National Coalition for Cancer Survivorship.
A free audiotape designed to help underinsured
or uninsured people who are having difficulty
finding and getting the care they need. Also in
Spanish audio and print, and Chinese print.

<http://www.cancerleadership.org>
Cancer Leadership Council (CLC). A coalition of
patient-centered national advocacy organizations
that address public policy issues about cancer.

<http://www.docinfo.org/>
Federation of State Medical Boards through which
you may order a report, for a fee, about doctors who
have had disciplinary actions taken against them.

<http://library.uchc.edu>
This resource guide is a wealth of information for
those interested in advocating for their health care.
Includes national information, with a particular
focus on Connecticut resources.

<http://www.4woman.gov.napbc>
National Action Plan on Breast Cancer (NAPBC).
Has a Spanish page. A public/private partnership
to speed progress toward eradicating breast cancer.
Gateway to many links.

<http://www.patientadvocate.org>
Patient Advocate Foundation is a national
non-profit organization that serves as an active
liaison between the patient and his/her insurer,
employer and/or creditors to resolve insurance,
job retention and/or debt crisis matters relative
to their diagnosis through case managers, doctors
and attorneys. Patient Advocate Foundation seeks
to safeguard patients through effective mediation
assuring access to care, maintenance of employment
and preservation of their financial stability.

<http://www.natlbcc.org>
The National Breast Cancer Coalition is a
grassroots advocacy effort.

<http://www.womenshealthnetwork.org>
The National Women's Health Network, based
in Washington D.C., works for legislation and
policies that address women's health concerns.
The Web site includes lists of books and articles.

<http://www.y-me.org>
Y-ME of Connecticut Breast Cancer Support
and Information.

<http://www.blackwomenshealth.org/site/PageServer>
Black Women's Health Imperative.

<http://www.celebratinglife.org/>
This site has an information resource section for
African-American women.

<http://www.medhelp.org>
Med Help International is dedicated to "helping
patients find the highest quality medical information
in the world today." The site offers patients the
tools necessary to make "informed treatment
decisions within the short time lines dictated by
their illness or disease." A couple of highlights
include: a "Virtual Medical Center for Patients",
a collection of information and professional medical
support gathered from medical organizations
and experts around the world; as well as a
comprehensive, online Breast Cancer Forum.

<http://cansearch.org/programs/toolbox.html>
NCCS offers a free Cancer Survival Toolbox
that you can order or download online or request
by calling.

<http://www.medlineplus.gov>
National Library of Medicine, consumer health page.

http://cis.nci.nih.gov/fact/8_12.htm
Advance Directives, from the National Cancer
Institute.

National Organizations

Air Care Alliance
A nationwide league of humanitarian flying
organizations dedicated to providing transportation
for patients and sometimes family members to get
treatment. <http://www.aircarall.org>

American Association of Retired Persons (AARP)
For Medicare assistance. <http://www.aarp.org>

BenefitsCheckUp
Service of the National Council on the Aging.
Free and confidential assessment of services
available to a patient. www.BenefitsCheckUp.org

Cancer Care, Inc.
All services free; staffed by social work professionals
who provide counseling, tips and support and
help you find resources, including financial, in
your area. Cancer Care also publishes "A Helping
Hand" a free resource guide for people with
cancer. Call to order or speak to a counselor,
or see Web site. <http://www.cancercare.org>

Corporate Angel Network
Transportation options.
<http://www.corpangelnetwork.org>

**Equal Employment Opportunities
Commission (EEOC)**
Information regarding concerns about your health
and your job. <http://www.eeoc.gov>

FMLA Family Medical Leave Act
<http://www.dol.gov/esa/whd/fmla/>

Medicare
A government-sponsored medical insurance
program usually for people who are aged 65 or
older. People who have been disabled and
receiving Social Security Disability payments for
24 months are also eligible. Benefits vary from
person to person. Medicare provides basic health
coverage, but it does not pay for all of your health
expenses. <http://www.medicare.gov>

National Cancer Institute
Has several online publications, including
"Financial Assistance for Cancer Care", "How to
Find Resources in Your Community", "National
Organizations That Offer Services to People With
Cancer" and others. [http://cancernet.nci.nih.gov/
support_resources/patient_survivors.html](http://cancernet.nci.nih.gov/support_resources/patient_survivors.html)

National Partnership for Women and Families
<http://www.nationalpartnership.org> and click on
publications. "Guide to HIPAA: What the Health
Insurance Reform Law Means for Women and
Families" and more.

Patient Advocate Foundation
Provides state-by-state financial resource guides
with information for patients seeking financial
relief for a broad range of needs including housing,
utilities, food, transportation to medical treatment
and children's resources. Spanish options.
<http://www.patientadvocate.org/report.php>

Cancer Liaison Program
Federal Drug Administration
Answers questions about therapies for life-threatening
diseases. www.fda.gov/oashi/cancer/cancer.html

Living Beyond Breast Cancer (LBBC)
Conferences, education, a young survivor's group
and outreach for medically underserved women.
<http://www.lbbc.org>

National Breast Cancer Coalition
Ask for information about your state's chapter.
<http://www.stopbreastcancer.org>

National Coalition for Patient Rights
Educational, political and legal action to preserve
high standards of treatment and medical privacy.
<http://www.thenationalcoalition.org>

National Women's Health Network
Lobbies the federal government to increase
support for women's health care issues, distributes
information and serves as a clearinghouse of
information. <http://www.nwhn.org>

Project Vote Smart
The Voter's Research Hotline has information
about elected officials and their stances on issues.
Type in your zip code to find state and U.S.
representatives. <http://www.vote-smart.org>

Sisters Network Inc.
An organization increasing local and national
attention to the devastating impact that breast
cancer has on the African-American community.
www.sistersnetworkinc.org

Connecticut Organizations

Alliance for Women's Cancer Awareness (AWCA)
P.O. Box 38204, Bridgeport, CT 06605
(203) 367-4432 marlinmoor@aol.com

**The Connecticut Breast Cancer
Coalition Foundation**
P.O. Box 1297, Weston, CT 06883
(203) 222-8819 <http://www.cbccf.org>

Witness Project of CT, Inc.
515 Washington Avenue, Bridgeport, CT 06604
(203) 367-4432 <http://www.witnessprojectct.org>
A culturally competent community-based breast
and cervical cancer education program for African
American women.

Whittingham Cancer Center
24 Stevens Street, Norwalk, CT 06856
[http://www.norwalkhosp.org/website/nhssite.nsf/
mainpagekey/cancercenter](http://www.norwalkhosp.org/website/nhssite.nsf/mainpagekey/cancercenter)

I know that I have a future.

Dedicated Mammography
Facilities in Connecticut

Norwalk
East Avenue Radiology Associates
111 East Avenue, Norwalk, CT 06851

Norwalk Medical Group
40 Cross Street, Norwalk, CT 06851

Norwalk Hospital
Radiology Department
Maple Street, Norwalk, CT 06856

Norwalk Radiology and Mammography Center
148 East Avenue, Norwalk, CT 06851

Westport
Avery Center OB/GYN
Radiology Associates of Westport
12 Avery Place, Westport, CT 06880

Radiology Associates of Westport
125 Kings Highway North, Westport, CT 06880