



Call of the Amazons

Support, education & hope
for women with
breast or gynecologic cancer concerns

Newsletter of the Humboldt Community Breast Health Project

April 2009 – Volume 10, Issue 1

New Thinking About Osteoporosis

by Julie Ohnemus, MD

Osteoporosis (OP) is a disease of the bone characterized by bone loss resulting in weakened, fragile bones. Breaking a bone as a result of a fall or, in worst cases, a simple sneeze makes OP a potentially serious disease. It can occur at any age, and incidence varies by sex and race. In the US, eight million women and two million men have the disease. Another 34 million have low bone mass, osteopenia, and are at increased risk for fractures. Aging is the most common risk factor; 55 percent of people age 50 and older are affected. Many diseases and medications (steroids, chemotherapy, aromatase inhibitors and acid blockers) and at least 30 inherited gene defects are associated with OP development.

Quality of life and life expectancy are affected by fractures of the spine, hip and wrist. Of the two million people with fractures related to OP in 2005 nearly 500,000 required hospitalization, 180,000 required nursing home admission and 16,000 died – at a total cost of \$19 million.

Research is underway to determine better, cost-effective predictors of who is at highest risk for fractures. The World Health Organization has developed a fracture prediction tool, FRAX, to identify those at high-risk who could benefit from medication interventions. Clinicians can use this evidence-based web tool, www.shef.ac.uk/FRAX, to evaluate the probability of a person breaking a bone due to osteopenia or OP over a 10-year period. FRAX was developed for postmenopausal women and men over 50 who are not taking an osteoporosis medication. FRAX is gender, race and also country specific since fracture rates differ as much as 10-fold in different countries.

There are several ways to measure bone-mass density (BMD): DEXA scans, CT scans or whole ultrasound, each with pros and cons. These provide the “relative risk” of fracture compared to the risk to a 20 year old. In contrast, the FRAX tool provides the “real risk.” Using clinical risk factors (e.g. age, sex, steroid use,

osteoporosis secondary to other causes, family history, prior spontaneous fracture, and low body mass index) in addition to bone mineral density

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8th Annual

Dream Vacation Raffle

4 Destinations - 4 Winners



Hawaii
Mexico
Arcata &
Pepperwood

Airfare and one week accommodation for two at a Hawaiian condo, choice of islands, or at Casita Salate, Sayulita, Mexico; 2 nights for two at Lady Anne Victorian Inn, Arcata, CA or at Vacation House in the Redwoods, Pepperwood, CA.

Buy tickets at Arcata Farmers' Market
& other local venues,
HCBHP office or www.hcbhp.org

Drawing June 6th at Arts Alive!

All proceeds stay local to benefit our community.
Last year the raffle raised \$80,000. We count on you to buy and to sell raffle tickets to help us meet that goal again.
Sell a packet, earn a free ticket!

For the donated destinations our thanks to:

Kris Slack & Alda Siebrands for Hawaii; Marcie & Mike Cavanagh for Mexico; Holly Krebs for Pepperwood and Sharon Ferrett & Sam Pennisi for Lady Anne Victorian Inn.

Raffle sponsors:

Arcata Eye, Bicoastal Media, Blue Lake Garbage Company, Brandi Easter Photography, Carlson Wireless Technologies, Cloney's Pharmacy Inc., Coast Central Credit Union, Graystone Jewelers, Hospice of Humboldt, KHSU 90.5 FM, Lima's Professional Pharmacy Inc., Lost Coast Communications, McKinleyville Press, North Coast Growers Association, Times-Standard, Tomas Jewelry, Wildberries Marketplace, Wing Inflatables

Dear Friends—

“I want the door to be open the next time I need you!” a former client told us recently.

The rocky economy is challenging for everyone, especially in the hard hit nonprofit sector. We want you to know what we are doing to sustain the HCBHP.

First of all, we know the Project is needed in our community. Our clients tell us so. We hear it every time a woman calls to say, “I have a lump in my breast. I’m scared it might be cancer.” We see it in the face of the woman who has just been diagnosed with ovarian cancer and walks in the door looking for emotional support. The message is loud and clear in our facilitated support groups as women help each other cope with all stages of cancer in an atmosphere of caring and trust.

At our board and staff retreat this February, we focused on restructuring in order to sustain our core mission. We rededicated ourselves and our personal resources to providing information, support and hope to women facing breast and gynecologic cancer and breast health concerns.

Extreme times call for extreme measures. With the help of Rose Gale-Zoellick, our new Executive Director, we have cut our budget by more than 40% over the last nine months. In an already efficient organization, deep budget cuts are painful. We have had to lay off valued and beloved employees who were doing important work. We rely more than ever on our skilled volunteers to perform critical outreach and client services.

The challenge we face now is to raise the remaining \$110,000 needed to enter 2010 on a solid footing. Your ideas, energy, and active support mean a great deal to us at the Project. Please email Rose with your thoughts at: rosegz@hcbhp.org. Tell us what the Project means to you. Consider volunteering for the Vacation Raffle now underway. Buy a whole raft of tickets and help keep us afloat!

All the money we raise stays here in our community. We are not supported by, nor do we send funds to, national organizations. The Project is here for the community because the community built and sustains it.

By contributing today, you will help insure that – should you, a family member, friend or neighbor need us – the door will still be open. Thank you for your continued support.

~The HCBHP Board of Directors

Welcome to Rose Gale-Zoellick!



Our new part-time Executive Director is no stranger to HCBHP as she has been a very active member of the Board of Directors for the past three years. Rose grew up in Vermont and got her Masters Degrees in Social Work and Public Health at Boston University. She and her husband, Jim Zoellick, live in Bayside. She has worked in Humboldt County for the past 18 years at St. Joseph Hospital’s Breast Cancer Early Detection Program, North Country Clinic, Six Rivers Planned Parenthood, and Humboldt Del Norte Foundation for Medical Care/Humboldt IPA.

“I loved working with breast cancer survivors and advocates while I was at St. Joe’s. The passionate partners in that project taught me so much and energized me. I’m so blessed to be working in this area again!” said Rose.

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HCBHP is a community resource of support and education for those facing a breast health concern or a diagnosis of breast or gynecologic cancer.

We are client-centered and grassroots with services provided by breast and gynecologic cancer survivors and support persons.

We promote healthy survivorship through education, healing support, and hope, enabling each person to become their own best medical advocate.

We support and challenge our community to address breast health concerns responsibly and holistically.

As survivors we heal through service and by bearing witness to others.

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Newsletters archived at www.hcbhp.org.
We are transitioning to online only. Do we have your email?



Volunteer Voices – Pat Getz-Jewett

Pat came to HCBHP as a client in 2004 and quickly became a volunteer. “It all started with sewing one pair of socks.” Now she is the Queen of the Chemo-Kits, having painted over 150 kits in the past four years for clients starting chemotherapy. Chemo-kits are filled with tips and useful items to help those receiving treatment and come in a canvas bag that has been uniquely hand-painted, each with a different version of our treasured Amazon Warrior image in a colorful and fun way. “I started doing this because I wanted to make someone else feel better. This is a healing thing for me – you don’t realize you’re healing until it happens.” The beautiful chemo-kits she paints have brought comfort and a smile to so many women.

HSU Student Nurse Intern Program

Debra Barrios completed her Community Public Health Internship at HCBHP in December 2008. Being a student, a wife, and a mother of two young children hasn’t stopped her from continuing to volunteer two days a week. “I found my



niche at HCBHP in terms of my desire to help eliminate health care disparities in our community.” Debra worked with Carolyn Ortenburger doing outreach, education and patient navigation for Latinas and their families. After graduation this June, Debra will be moving to El Centro. Our clients are grateful for her support.

The 2008 Free Mammogram Drawing campaign resulted in 730 entries and 43 women won free mammograms. Read more at www.hcbhp.org

Kay Thornton-Fitts

8/19/1944 - 10/5/2008



Magic is a fact of life at the Breast Health Project. Kay and I met when we worked together at a country hospital in Vermont in 1975. We didn’t see each other again until 2006 when she arrived as a new member of a breast cancer support group I was facilitating. She called 24 hours later to tell me she had figured out who I was. When Kay was no longer well enough to work professionally she said to me, “I still have a lot to give and I want to give it to this Project.” Before Kay died she established the Amazon Writers support group and led the effort to teach digital storytelling. We at the Project have been the beneficiaries of Kay’s generosity, intelligence and courage. She died at home in Eureka surrounded by her family and flowers from her garden.

—Sharon Nelson

Kay’s Garden

(a collage poem by the Amazon Writers)

—she wrote everyday:

layers of colors on a white peony
delicate textures of young leaves
all shades of autumn

kept her eyes open to the exquisite beauty
knew how to make perfect dirt

she taught us—

an economy of language
the passion of a life well lived
that a friendship can take root and bloom
over a jar of preserves

her voice drew us in in an instant
quiet wisdom loosed in our sea wind

she had that no nonsense way about her
read people like books
carved poems in stone

now we are standing in the middle of the garden:
brushed-leather feel of the maple leaf under our fingertips
surrounded by the vivid green of all the living things
we are following our own convictions
we are keeping our pens moving

New Thinking About Osteoporosis

Continued from page 1

at the hip makes it a more sensitive predictor of who might fracture a bone. Since 50 percent of postmenopausal women who suffer a fracture **do not** have OP, this will help determine which women with osteopenia are at highest risk. FRAX gives the patient the 10-year probability of hip fracture or a major osteoporotic fracture (spine, hip, shoulder or wrist). Because research is ongoing the decision of who should receive treatment remains with the clinician and the patient.

In 2008, the U.S. National Osteoporosis Foundation, www.nof.org, used FRAX to create the following clinical guidelines (including men for the first time):

Prevention and treatment counseling for postmenopausal women and men over 50:

- Counsel on the risk of osteoporosis and related fractures
- Check for secondary causes
- Advise on adequate daily calcium (divided doses/1200 mg) and vitamin D (see below)
- Recommend regular weight-bearing and strength-building exercises
- Advise avoidance of smoking and excessive alcohol.

Bone Mass Density testing is advised for:

- Women age 65 and older
- Men age 70 and older
- Younger postmenopausal women and men over 50 with elevated risk factors
- Those who have had a fracture.

Treatment with anti-resorptive therapy (e.g. bisphosphonates) is recommended for:

- Patients with osteoporosis
- Patients with hip or vertebral fractures.
- Postmenopausal women and men over 50 with osteopenia and a FRAX 10-year hip fracture probability > three percent or a 10-year probability of a major osteoporotic fracture > 20 percent.

Monitoring: Two years after initiating therapy, BMD should be measured, and every two years after that. Measuring biomarkers in the urine to confirm the efficacy of anti-resorptive therapy is also possible. Approximately one-sixth of women taking Fosamax continue to lose bone, also one-third of women taking estrogen.

Vitamin D and Nutrients: Vitamin D has broad effects on bone health. The major role D plays in the body is just beginning to be understood. The active form of D acts as a switch to turn genes on and off in every tissue of the body. It influences the immune system – treating infections, acting as an anti-inflammatory, and reducing the risk of breast, prostate, uterine, colon, skin and pancreatic cancers. A lack of D has been shown to increase the

risk of autoimmune diseases, MS, diabetes, high blood pressure and heart disease.

Experts recommend getting your vitamin D level measured (vitamin D 25-hydroxy level). Because of our latitude and lack of sunshine many people are D deficient. If you are deficient (<30ng/ml, though some experts suggest you be between 50-100ng/ml) then your clinician may prescribe extra D (usually D2) to quickly boost your blood levels and then maintenance with D3. The maximum daily dose considered safe used to be 2000 IU, but we now know that it can be much higher since it has been shown that 15 minutes of total body exposure to sunshine produces 10,000 IU of D. So discuss your D dose with your provider.

Vitamin K (100mcg) is another beneficial nutrient that increases bone density by slowing bone resorption and improving the laying down of calcium in the bone. A study in 2008 showed K2 combined with Fosamax had greater benefit than Fosamax alone. If you are on a blood thinner (e.g. Coumadin) speak with your medical provider before taking vitamin K.

Medications: Bisphosphonates (BP) are the main medications used for OP since hormone treatment has fallen out of favor. Bisphosphonates may be pills taken weekly (i.e. Fosamax) or monthly (i.e. Boniva) or yearly by IV (i.e. Reclast). The standard of care for how long to take BP has not been set. Some suggest a bone “loading” period of possibly five years followed by a “drug holiday.” BP gradually released back into the bloodstream could possibly maintain bone density for years. Some practices are using this regimen and measuring BMD annually to evaluate bone loss. In one study (FLEX) patients who took Fosamax for five years and stopped for five years did show an increase of spinal fractures but no increase of hip fractures.

A common concern about BP, not yet proven, is the risk of osteonecrosis of the jaw. This risk is not well understood and has been overblown. The risk is less than one person out of 100,000, and is higher for those who are receiving BP in IV form. There is no evidence to suggest that stopping BP before dental surgery changes any risk.

Hormones are prescribed less frequently. For some cases, parathyroid hormone (PTH) is effective. However, it is costly and must be given as daily injections, with effects that seem to level off at 18 months vs. continued effect of BP after 10 years. It is generally recommended only for those who have severe OP and cannot take BP, or when a spontaneous fracture has proven BP to be ineffective. Combined with Raloxifene or estrogen, it shows an improved benefit but there is no benefit from PTH and BP. In men with low testosterone levels, testosterone replacement also works for OP.

This year has brought advances in bone health, and much more is being learned. See www.hcbhp.org for additional information and website links. □

Bone Health & Cancer Treatment: A Juggling Act

By Sharon Nelson, RN

Bone health and cancer treatment are related in important ways. As cancer survivors we commit ourselves to doing everything possible to reduce the risk of recurrence while knowing that some of the treatment we choose may put us at risk for bone loss leading to osteoporosis.

All women experience an increased risk of bone loss as part of the normal aging process. Estrogen protects bone density by stimulating the growth of new bone cells. With the onset of normal menopause estrogen levels fall, causing acceleration in bone loss.

Chemotherapy which is used in the treatment of invasive breast and gynecologic cancer can shut down ovarian function temporarily or permanently and reduce estrogen levels as severely as surgical removal of the ovaries. The closer a woman is to her natural menopausal age the greater the likelihood that treatment with chemotherapy will result in permanent menopause. It is particularly important for younger women pushed into chemically induced menopause to understand the risk to their bone health and to talk with their oncologist about what they can do to protect and strengthen their bones both during and after treatment.

Hormonal-blocking therapies, which include aromatase inhibitors and Tamoxifen, impact bone health as well. Aromatase inhibitors for postmenopausal women (Arimidex, Femara, and Aromasin) reduce already low estrogen levels by preventing the conversion of testosterone into estrogen. Without estrogen to stimulate new bone growth women are at an increased risk of bone loss. Tamoxifen, a selective estrogen receptor modulator (SERM), blocks the effects of estrogen in the breast while simultaneously protecting bone health; however, it does not build bone. Although Tamoxifen can be used by both pre and postmenopausal women, it is protective to bones only in postmenopausal women and may increase bone loss in premenopausal women.

Every woman has a different experience, as illustrated by two of our warmline volunteers who are both breast cancer survivors. Bonnie Etz, age 57, has been on Arimidex for four years. She takes Fosamax as well as calcium citrate and additional magnesium and D daily. "I walk at least two miles every day and also do yoga every week. I've been really lucky because my bone density really hasn't changed," she said. Sheryl Sandige, age 48, took Tamoxifen for two years before switching

to Aromasin about 18 months ago. "I had been taking calcium but not doing weight bearing exercise. I was shocked when I read my latest dexascan report and learned I had osteopenia. I immediately grabbed my two dogs and went for a brisk two mile walk." How can we as survivors ensure that we are doing our part to maintain bone health? We know that lifestyle changes can and do reduce the risk of bone loss.

Being our own best medical advocate requires that we learn how to reduce our risk of recurrence while preserving the integrity of our bones. As with every aspect of decision making, it is essential to ask questions of our providers. With sound medical advice and lifestyle modifications it is possible to achieve reduction in recurrence risk while simultaneously caring for our bones.

If you would like to know more about osteoporosis and bone health you will find more information as well as links to related websites at www.hcbhp.org. □



Commit to the Breast Health Project CIRCLE OF SUPPORT

*Did you know it takes \$109 every day for rent,
lights and phones just to keep our doors open?*

*Each day at the Project is a busy one. Warmliners and
nurses field incoming calls and meet with clients.
Support groups gather. And volunteers do everything from
public education to data entry and gardening.*

~~~~~  
All this is possible because clients and community members contribute generously to keep our doors open. You can join our circle of support by pledging a monthly or annual donation. It's easy.

### **How to donate:**

- online using PayPal at [www.hcbhp.org](http://www.hcbhp.org)
- automatically from checking/savings
  - charge on your Visa/MC by phone
- use the enclosed envelope for checks or charge, or request monthly envelopes

Or call 845-8345.

We want you in our circle.

In 2008 HCBHP provided services for 248 new clients with breast or gynecologic cancer or cancer concerns. Read more at [www.hcbhp.org](http://www.hcbhp.org).

# *We Are Forever Grateful To Our Contributors*

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Lynn&Dennis Swensen – Linda Swinney – Cindy Taylor in memory of Yvonne Reed - Elena&Alberto Taylor - JoanAnn&Fred Tempas – Joy Thomas & Stephen Sottong – Sue Thomas & Lyne Hagan - Patricia&Dale Thornburgh in honor of Dee Patterson - Janice&Gordon Tosten – NancyTout in memory of Virginia Higgins – Linda Treadwell – Carol Tredo-Yolton & John Yolton - Kirsten&Marvin Trump - Garrison&Bradford Tucker n memory of Janet D Tucker - Judi&Mark Tunison – Jan Turner - Sherria&Stephen Tyler – David GordonTyndall in honor of Christine Angell – Catherine Valentine - Janet&Don Van Vliet – Denise Vanden Bos - Carol&Steven VanderMeer – Maggie Velinova-Hipp – Kathleen Vertar – Jeri Virgil & Keil Cronin in honor of Christina Houston - Kathleen&Philip Vogelsang MD in memory of Phyllis Eckert – JeanWagner – Catherine Walling – Betty Warkentin – Ann Warner & Glen Nagy – Amy Waterhouse & David A Cooper – Harriet Watson & Brian Lovell –William Watson – Judy&Buzz Webb in honor of Joy Hardin –William Weiderman MD & Clarice Alderdice – Kathryn&Ray Weiss in honor of Dr Ellen Mahoney – Lynne Wells – Susan Wheeler – Linda&Harvey White – Jean&Ron Wichelman – Renae&Robert Will - Patti&Kevin Williams – Sally Williams – Adianne Wing – MaryBeth Wolford – Carol Woods -AnnMarie&John Woolley - Hsueh-Mei Yang – Katy Yanke – Maureen Yarnall - Jan&Ronald Yeager - Joseph&Kathleen Zamboni – Philip Zastrow & Judith Sears - Kathleen&Michael Zeppegno - George&Rosemary Zettler in honor of Rebecca Zettler – Rebecca Zettler & Kit Mann - Melissa&Bill Zielinski in memory of Maria Carrillo - Mary&John Zinselmeir

With deep gratitude and appreciation, we thank you for contributions made from July 16, 2008 to January 15, 2009. *Please notify us of any errors.*

*In Memory of  
Kay Thornton-Fitts*

Jeanne & Mike Althouse  
Mary Bustamante  
Leslie & Dean Charlton  
Susan Christie  
Kristen Cloer  
Mary Cunningham  
Molly Giles  
Missy Gruen & Dean Gilkerson  
Susan Jenkins  
Terry Karl  
Vera LaRoe  
Maggie McComas  
Ljiljana Nagy  
Sharon Nelson  
Carolyn Ortenburger  
Marilyn & Ron Peterson  
Bet & Ken Pinkerton  
Sharon Malm Read  
Dee & John Robertson  
Margaret Roche  
Karla Spaulding  
Jo Amy & Sherman Wynn

*Other ways to give:*

*Coop # 80018  
Office wish list  
Sponsor a fundraiser  
HCBHP Endowment at the  
Humboldt Area Foundation*

**Our Funders**

Sisters of St. Joseph Healthcare Foundation  
Humboldt Area Foundation  
Safeway Foundation  
The McLean Foundation  
Union Labor Health Foundation

**SF Theatre Tour!**

A San Francisco Theatre Tour, June 26-28, has been organized by Carol Robertson as a benefit for HCBHP. Dinner and entertainment at Teatro ZinZanni, lodging & transportation is included for \$550 per person. Contact Dalianes Travel at info@dalianes.com or 443-2778.

**Baroni Supports HCBHP**

Not only has Baroni Design in Arcata created a jewelry collection to promote breast cancer awareness, they have donated 15 percent of sales from the collection to HCBHP for the past three years. Their generous donation of \$7,550 in 2008 is especially appreciated in view of the current economic climate. The collection can be seen at www.baronidesigns.com and purchased from local retailers or directly from Baroni.

**PianoVoce Benefit Concert**

Thank you Nancy Correll, Annette Gurnee Hull, Virginia Ryder, Ken Sharkey and Richard Duning for taking us on a musical tour of France, and to all who attended the event at the Trinidad Town Hall in March.

**Businesses and Organizations**

|                                             |                                    |
|---------------------------------------------|------------------------------------|
| Abruzzi's (Plaza Grill, Moonstone, Abruzzi) | KHSU 90.5 FM                       |
| Andree Wagner Peace Trust                   | News Channel 3                     |
| Arcata Community Recycling Center           | KMUD                               |
| Arcata Exchange                             | Kramer Investment Corp.            |
| Arcata Eye                                  | La Nueva 1090&1310                 |
| Arkley Center for the Performing Arts       | Lima's Professional Pharmacy, Inc. |
| Art Center                                  | Los Bagels Company Inc.            |
| Barnes Family Drugs                         | Lost Coast Communications--        |
| Baroni Designs                              | KHUM, KSLG, KWPT                   |
| Baywood Women's Golf Assoc.                 | Mad River Community Hospital       |
| Beachcomber Cafe                            | McKinleyville Press                |
| Bicoastal Media (Crescent City) -           | MiaBo Foundation Fund              |
| KPOD, KCRE, KPODAM                          | Moonrise Herbs                     |
| Bicoastal Media (Eureka) -                  | Moonstone Crossing Wines           |
| KFMI, KGOE, KKHB, KRED                      | North Coast Co-op                  |
| Blue Lake Garbage Company                   | Northtown Books                    |
| Blue Lake Rancheria                         | Parker's Beauty Bar                |
| Blue Moon Gift Shop                         | Pierson Garden Center              |
| Brandi Easter Photography                   | Plaza Design                       |
| Bubbles, Inc.                               | Plaza Shoe Shop                    |
| Caravan of Dreams                           | Ramone's Bakery and Cafe           |
| Carlson Wireless Technologies               | Ray Wolfe Construction, Inc.       |
| Claudia's Organic Herbs                     | Robert Goodman Wines               |
| Cloney's Pharmacies                         | Scrapper's Edge                    |
| Coast Central Credit Union                  | See's Community Fund               |
| College of the Redwoods                     | Service Business Center-ACS        |
| Color Impressions                           | Six Rivers Brewery                 |
| Donna Lin Linpress Co.                      | Solutions                          |
| Eureka Floor Carpet One                     | St. Joseph Hospital                |
| Eureka Reporter                             | Mammographers                      |
| Fortuna/Slide CSEA Chapter #414             | Stars Hamburgers                   |
| Gary's Printing Co.                         | The Garden Gate                    |
| Going Places                                | The Linen Closet                   |
| H.O.E.M., Inc-DBA Eureka Veterans Clinic    | Times Printing                     |
| Hot Knots                                   | Times-Standard                     |
| Humboldt Creamery                           | Umpqua Bank                        |
| Humboldt Herbals                            | Wachovia Matching Gifts Program    |
| Interested Ladies of Lamda Theta Alpha      | Wells Fargo Bank                   |
| J.L.F. Construction, Inc.                   | Wildberries Marketplace            |



LabCorp supports cervical cancer early detection on the North Coast by offering free Pap Tests during the January Free Pap Week and discounted Pap Tests through local community clinics year-round.



## Support Groups

*Meeting times may change.. Call 825-8345 to confirm, or to add your name to our support group reminder call list.*

### **Arcata Breast Cancer Support Group**

1st & 3rd Thursdays of the month, 6:00-7:30 p.m.

### **Gynecologic Cancer Support Group**

2nd & 4th Tuesdays of the month, 3:00-4:30 p.m.

### **Advanced Support Group**

For those living with Stage 4 disease  
Mondays, 11:00 a.m.-1:00 p.m.

### **Amazon Writers**

For those interested in writing about their cancer journey  
New session to be scheduled soon

### **Guys' Night Support Group – *suspended***

Individual appointments available

## Coming in October

**Oct. 10, Sandra Steingraber**, author of "Living Downstream: An Ecologist Looks at Cancer and the Environment,"  
Six Rivers Planned Parenthood and HCBHP fundraiser

**October 24, HCBHP Fall Concert**

## Save the Dates

**May 7, 5:00-6:00 p.m. Face to Face at HCBHP**

Hosted by William Weiderman, MD, FACOG,  
of the Center for Women's Health Care

**May 30, 8:30-3:00** at Baywood Country Club

**"On Dying Well"** Ira Byock, MD, palliative care expert  
Call Hospice of Humboldt 441-0105 for reservations  
CE's available



### **RAFFLE DRAWING**

**June 6, 2009**

**Arts Alive! Vance Hotel, Eureka**

**June 6th, Atalanta's Victory Women's Walk & Run**

Six Rivers Running Club will be making a donation to HCBHP

**June 26-28, SF Teatro ZinZanni** benefit trip (see p.7)

Call Dalianes Travel at 443-2778

**July 2, 5:00-6:00 p.m. Face to Face at HCBHP**

Hosted by Howard Fellows, MD & Christine Fellows, RN,  
of North Coast Oncology

*WeCAN seminar will not take place in 2009.*

## **Don't miss the next newsletter – send us your email today!**

We are transitioning to electronic communications.

If you do not receive email please call the office to arrange for a printed copy.

Visit [www.hcbhp.org](http://www.hcbhp.org) to stay informed about events, news and services.

**Email: [info@hcbhp.org](mailto:info@hcbhp.org) (707) 825-8345**

### **Humboldt Community Breast Health Project**

987 8th Street  
Arcata, CA 95521  
(707) 825-8345

Toll-free: (877) 422-4776

Fax: (707) 825-8384

[www.hcbhp.org](http://www.hcbhp.org)

Mon-Fri 9 am - 2 pm

After hours by appointment

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