



Michelle's Place

The Women's Breast Cancer Resource Center

QUARTERLY NEWSLETTER

www.michellesplace.org

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From the President

MARILYN WATSON

As I mentioned in our last newsletter, the State of California has temporarily eliminated the diagnostic portion of the Every Woman Counts Program which meant that we expect women of all ages would be coming to Michelle's Place for services. It has now been only a few months and California says they did not realize the impact cutting this program would have. On the other hand, they have not put it back in place. And due to the extremity of the California deficit, it does not appear that the program will ever be re-instated. Therefore, many of these women will not have access to resources for early detection. The diagnosis will be at a later stage decreasing the likelihood of curability.

The Federal Government's Secretary of Health says it is also imperative to have early detection, but a program is not in place for it to happen. However, our local health department in Riverside County has been working in collaboration with breast health providers such as Michelle's Place, to put a program together to help the women in this county. We will keep you updated on how this program evolves.

Michelle's Place was honored again this year as a beneficiary of the Race for Humanity in April sponsored by Jeff Stone, 3rd District County Supervisor. Michelle's Place had a booth at the health fair and interacted with many other non-profits in our area. In May we worked with Riverside County again on a Mother's and Daughter's Health Symposium at Pechanga that brought many women out for health updates and a vendor's health fair. In addition to these, we have participated in many health fairs throughout our area to help build awareness about early detection.

When a woman is diagnosed with breast cancer, it impacts so many. At Michelle's Place, we host the Kids Connected Murrieta Support Group monthly. This program provides support for children who have a parent with cancer or who have lost a parent to cancer. This program has a trained facilitator that works with

the children to offer support and understanding in an environment where the children can share how they are feeling. This month Michelle's Place hosted an evening of fun at the Pump It Up activity center next door to Michelle's Place and parents and children alike enjoyed this lively respite. Another event is planned for August 7th at Firefighters Park in Murrieta.

I also would like to thank our sponsors, supporters, volunteers and staff for two amazing fundraising events over the last two months. The Spring Fling and the Pink and Black Tie Dinner were fabulous and your hard work and support are greatly appreciated.

We are very excited as it has just been released that for the weekend of April 15-17, 2011, Temecula is going to see an influx of reality stars for its first Reality Rally! Temecula's own Gillian Larson from NBC's Survivor Gabon is planning the event to benefit Michelle's Place. The event will be modeled after The Amazing Race with teams of three plus one reality star. So get your three person team together if you are up to the challenge and stay tuned for more information!

Thank you for being a part of Michelle's Place and helping us in our mission of offering information and support services about breast cancer and breast health.

Marilyn Watson

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The Michelle's Place Newsletter is published quarterly by the Staff of Michelle's Place.



From the Executive Director

KIM GOODNOUGH

The warm days of summer are setting in. The Center quiets just a little as the community sets off for vacations and moms are busy with kids that are home from school. But, we know that breast cancer does not take vacations. It affects women everyday. An estimated 21,130 new cases of breast cancer will be diagnosed this year. Our champion, Michelle Watson of whom Michelle's Place is named, asked that no women be left

alone to fight this disease and that all women have access to breast health services. This summer will mark the 10 year anniversary of her death. Although I did not know her personally, I am inspired by her and her family who started this amazing Center which provides so much hope to so many. Thanks to you, our supporters, we have provided over 21,638 services to women and their families dealing with breast cancer.

We could not have done this alone. It takes so many! And we thank you! But, in light of our changing economy and lack of resources available, it is more important than ever that we remember Michelle and continue the fight in her name. Have a wonderful summer! Be safe and don't forget to get your annual mammogram and to do your monthly self-breast exams!

Kim

2010 Pink & Black Spring Fling

Our Annual Spring Fling was a beautiful event attended by more than 300 people! We had a great time under the stars at Lake Oak Meadows in Temecula. The Shout House dueling pianos played everybody's favorite songs, the photo booth took silly pictures of crazy people while other event goers fulfilled their sweet tooth at the candy bar! It was our first sell-out event ever! Be sure to mark your calendars for next year, May 13, 2011.



Thank you to our 2010 Spring Fling Sponsors!

Entertainment Sponsor

Melanie & Bob Jones
Marilyn & Bill Watson

Candy Bar Sponsors

BG Designs
LaPointe Personal Client Services
pennyfinders.com
Professional Hospital Supply

Photo Booth Sponsor

San Diego County Credit Union

Terrace Sponsors

Carole & Monty Conrad - in memory of Vi, Tanner & Molly
Custom Scales - Gary Graham
Golden Triangle Optometrics - Jan & Dr. Jonathon Geller
Inland Valley Home Loans - Kim England
John & Pam Roeth
Merle Norman Cosmetics & Wigs - Jannice Hart
Vantage Oncology
Wayne Watson Family

Centerpiece & Survivor Flowers Sponsor

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Stadium Pizza - Wildomar - Sandy Kordick

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Maria Dalmacio, NP-C

Pagets Disease of the Breast

Paget's disease is a type of breast cancer in which the tumor grows from the ducts under the nipple onto the surface of the nipple. This rare form of breast cancer accounts for about 5% of all breast cancers. It

usually occurs in one breast; it rarely occurs in both breasts. The average age of diagnosis for men is 69 and for women 62. There have been rare cases of patients being diagnosed in their 20's.

Causes of Paget's Disease

The exact cause of Paget's disease is unknown. Scientists have two major theories as to how Paget's disease develops. One theory proposes that cancer cells (Paget cells) break off from a tumor and moves through the duct (the tubes through which milk is transported in the breast), to the surface of the nipple. About 97% of patients that are diagnosed with Paget's disease also have an underlying invasive or intraductal carcinoma. The second theory suggests that the skin cells on the nipple spontaneously become Paget cells. This theory has been supported by the rare cases in which the patient has no underlying breast cancer.

Signs and Symptoms

Initially the patient may notice itching, redness and mild scaling or flaking of the skin. It is usually mild and the patient would not think it enough to warrant a visit to their provider. It may even appear to resolve on its own. Eczema or dermatitis may also present with the same signs and symptoms. Advanced disease shows more destruction of the tissue, causing pain, burning, and increased sensitivity. It may then extend to the surrounding areola (the dark area around the nipple) and then to the rest of the breast tissue. The nipple may also appear flattened or inverted.

Diagnosis

A careful history and physical is the first step in the evaluation of a patient for Paget's disease. The patient is sent for a diagnostic mammogram. Special views are obtained to evaluate for any calcifications behind the nipple. If the mammogram is negative and there is a low suspicion that it is Paget's disease, a two week trial of cortisone cream can be started. If there is no response in two weeks, then a skin punch biopsy is indicated. (A skin sample taken from the affected area is sent to the lab for analysis). If the

biopsy is benign, the patient is advised to try some moisturizing cream or lotion to help with the dryness in the area. The patient is also referred to a dermatologist if the signs and symptoms persist.

Treatment

Surgery is the most common type of treatment. How much of the breast is involved and the characteristics of the underlying breast disease will determine the course of treatment.

A lumpectomy (breast conservation surgery-removal of the nipple, the surrounding area (areola) and part of the breast that has cancer). Usually followed by radiation.

A simple mastectomy (removal of the breast tissue and lining of the chest wall) may be a possibility if the cancer is not invasive. A modified radical mastectomy (removal of all the breast tissue, lining over the chest muscles and the lymph nodes) may be recommended.

Adjuvant therapy refers to the various treatments for patients after surgery in order to prevent recurrence of the disease.

Radiation therapy is quite common following breast conservation surgery. Anticancer drugs or hormone blocking agents may also be used. Type of treatment is determined by several factors and is individualized to the patient. Some important factors include but are not limited to – age, type of cancer, the extent of the cancer, the characteristics of the particular tumor and prognostic markers (estimated chance of recurrence of the disease or the chance of recover from the disease). The patient's oncologist takes all these into consideration when helping the patient decide what the best treatment is for her.

References:

National Cancer Institute Fact Sheet

www.cancer.gov/cancertopics/factsheet/sites-types/paget-breast
Breastlink

orange.breastlink.com/common_clinical_pagets.htm

Michelle's Place MISSION STATEMENT...

Michelle's Place provides emotional and educational support to those living with breast cancer and facilitates services for breast cancer.

VISION STATEMENT...

To be a support to those living with breast cancer.

Dear staff, volunteers, and donors of Michelle's Place: I can't thank you enough for making it possible thru your discount programs to have a very thorough re-exam, mammo and ultra-sound. The "coast is clear" and I can rest well knowing this. You are all very loving and professional and I thank God for you!

Dear Michelle's Place,
Words cannot express what your help and support has meant to me. I am always encouraged by your follow-up calls. The fact that you take the time to keep up with me and how I am doing shows how kind hearted and loving you all are. God bless each and everyone of you and your supporters.

Dear Michelle's Place,
I received the much needed gas card today. Thank you so much! Your help with the utility bills... transportation costs is appreciated more than words can express. I'm not seeing the light at the end of the tunnel yet. But now I feel the train is at least moving in that direction thanks to people like you. You give me hope that things could be ok. Your kindness and encouragement on all levels means the world! Thank you.

Thank you to the Michelle's Place Office Staff and Volunteers for your wonderful work!

CALENDAR OF EVENTS

July 20, 2010



Joyce Berenson will give an educational seminar on nutrition 10:00 a.m. Call or visit our website for more information

September 11, 2010

Carole and Monty's annual Spaghetti Dinner \$50 per person. RSVP to Carrie at carrie@michellesplace.org



October 1, 2010



The Golf Club at Rancho California
(formerly SCGA Golf Course)

Continental Breakfast, Steak and Chicken BBQ, Raffle and Trophy Presentations

For all Sponsorships please call or email Jamie at 951-304-1280 or jamie@michellesplace.org

April 15-17, 2011

Check the website for more info on this upcoming event.

www.realityrally.com



Thank you to our 1st Quarter 2010 Donors

Anonymous Donations

Various

In Memory of Colleen Dickerson

Don and Jan Smith

In Memory of Mary Donnelly

Rita Marston

In Memory of John Freiman

Judy Rodewald

In Memory of Carolyn & Robert Hadley

Golden Triangle Optometrics

In Memory of Susan Mahan

Henry Mahan Jr.

In Memory of Vi Judge

Carlo & Mary Marchese

In Memory of Donna Nielsen

John & Elfinda Filantres

In Memory of Aunt Sel

Rita Marston

In Memory of Kay Berryhill Smith

Peg Ralston

In Honor of Janelle & Sarah

Linda Radke

In Honor of Phillipe Dunant

Voneta Tripp

In Honor of Evelyn Jones

Val Liese

Grants

Riverside County Economic
Development Agency
Wells Fargo Foundation

General Donations

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Bella Sorellas Salon
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Stacy Szabo
Temecula Valley Women's Club
Temecula Valley Elks
Susan Walker
Patrick & Laurie Webster
Yvonne White
Julanne Wilson



Join us Friday, October 1, 2010 The Golf Club at Rancho California (formerly SCGA Golf Course)

39500 Robert Trent Jones Parkway, Murrieta, CA 92563

Michelle's Place is a breast cancer resource center providing free resources to women and their families dealing with breast cancer. Help us continue to serve by participating in our annual golf tournament. It's fun and for a great cause!

Sponsors:

Presenting Sponsors	\$5,000	8 golfers
BBQ Sponsors	\$3,000	4 golfers
Cart Sponsors	\$1,500	4 golfers
Executive Sponsors	\$1000	4 golfers
Hole Sponsors	\$300	n/a
Tee Sponsors	\$150	n/a

Schedule of Events:

7:00 a.m.	Registration and Continental Breakfast
8:00 a.m.	Shot Gun Start - 4-person scramble
1:00 p.m.	Steak and Chicken BBQ, Raffle and Trophy Presentations

*All sponsors will be acknowledged with signage at appropriate locations.

For all Sponsorships please call or email Jamie at 951-304-1280 or jamie@michellesplace.org.

Golf is \$125 per person (includes continental breakfast and BBQ). To attend BBQ only is \$25.

Please fax, mail or go online to submit this Golfer Registration Form to Michelle's Place at: Fax: (951) 304-1279, 41785 Elm Street, Suite 305, Murrieta, CA 92562, or www.michellesplace.org. You can also register directly at carrie@michellesplace.org

Foursome Contact Person: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Golfer Names:

1. _____
2. _____
3. _____
4. _____

BBQ Guest(s) names \$25 per person:

