



# Maine Breast Cancer Coalition News & Views

Winter 2012

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

1-800-928-2644



“A cornerstone of **Breast Cancer Deadline 2020** is learning how to prevent breast cancer from ever developing.”

“When the [National Breast Cancer Coalition](#) (NBCC) called for an end to breast cancer by January 1, 2020, it challenged everyone to change the conversation,” according to NBCC President, Fran Visco.

The Artemis Project™ is a pilot project of [Breast Cancer Deadline 2020](#). The project brings together a collaboration of advocates and scientists to take a strategic, systematic, yet broad approach to design a five-year development plan for a preventive vaccine for breast cancer.

Last April, “working groups consisting of scientists from academia and industry, along with regulators, providers, clinicians, and advocates attended the first of what will be annual meetings of the Artemis Project.” These key stakeholders developed “research agendas, work plans, and a timeline for the development of a breast cancer vaccine.”

*How you can get involved:* Join hundreds of breast cancer activists at the [NBCC Advocate Summit](#) in Arlington, VA, May 4-8, to rally behind **Breast Cancer Deadline 2020**. Learn the most effective approaches for implementing NBCC’s strategic plan to end breast cancer by the end of the decade.

For the latest news, information, and updates on the progress of **Breast Cancer Deadline 2020**, or to register for the **Summit** go to [BreastCancerDeadline2020.org](http://BreastCancerDeadline2020.org).

## Study to Examine Videoconferencing Use for Rural Breast Cancer Survivors with Chemotherapy-Related Memory Problems

*(press release by the EMMC Clinical Research Center and  
the Lafayette Family Cancer Center)*

**Bangor**--Research investigators at Eastern Maine Medical Center and the University of Maine have received a grant from the National Cancer Institute and Office of Research on Women’s Health to evaluate the effectiveness of a cognitive-behavioral therapy (CBT) for rural breast cancer survivors with memory problems caused by chemotherapy. Because rural cancer survivors often have to travel long distances for follow-up care after cancer treatment, this research will study the effectiveness of using videoconference technology to reduce travel.

Cognitive-behavioral therapies, or CBTs, are usually short-term, non-drug behavioral programs aimed at improving symptoms and overall health function. Memory problems following chemotherapy, sometimes called “chemo-fog” can occur in about 25-40% of cancer survivors and can be long term. To date, there are no well established treatments. However, one program, called “Memory and Attention Adaptation Training” or “MAAT” has been developed and previous research suggests MAAT helps cancer survivors better manage treatment-related memory problems. The question is will MAAT be effective if the behavioral treatment is done through a video monitor with sound versus being face to face with a clinician.

The title of the project is “Videoconference CBT for Rural Breast Cancer Survivors with Cognitive Complaints” and the principal investigator is Dr. Robert J. Ferguson, a clinical health psychologist with Eastern Maine Medical Center and the Lafayette Family Cancer Center. He is also the author of MAAT. The co-principal investigator is Dr. Sandra Sigmon, Professor of Psychology at the University of Maine.

The researchers are seeking adult breast cancer survivors with chemotherapy-related memory problems and who have completed chemotherapy at least six months prior to entering the study. There is no limit as to how long they have had memory complaints after chemotherapy, months or years. Individuals with other neurological problems such as stroke, brain injury or severe psychiatric illness will not be eligible.

Interested individuals can call a toll free number at 1-855-973-7322 to see if they would qualify for the study.

## The PINK ALBUM: Great music for a great cause!

### VETERAN PERFORMERS, GRAMMY NOMINEES, RISING STARS ...



This extraordinary double CD contains a collection of performances by some of Maine's most accomplished female singer / songwriters. Twenty-seven remarkable performers have come together in support of the **Maine Breast Cancer Coalition [Support Service Fund](#)**.

Nearly 2 hours of music!

Available at all Bull Moose Music and Mr. Paperback locations statewide, and for online purchase at [www.mainepinkalbum.com](http://www.mainepinkalbum.com).

Visit the PINK ALBUM on [Facebook!](#)

## Ride to Wellness: Transportation Assistance for Breast Cancer Patients from Penobscot or Piscataquis Counties

Penquis/The Lynx and CancerCare of Maine have joined forces to provide transportation services or mileage reimbursement for medical treatment of breast cancer. The *Ride to Wellness* Program is funded by the [Maine Affiliate of Susan G. Komen for the Cure](#)®.

If you or someone you know is diagnosed with breast cancer, live in **Penobscot or Piscataquis counties**, and need help with transportation to medical treatment, The *Ride to Wellness* program can help. **There is no income level requirement; you only need to be diagnosed with breast cancer to qualify.**

Covered transportation services include travel to chemo or radiation treatments, support groups, fitting for a prosthetic, lymphedema massage, psycho/social services, exercise programs, and more.

The Lynx has a core of 144 volunteer drivers who can pick up individuals at their homes and bring them to treatment at Eastern Maine Medical Center. The program also provides mileage reimbursement to the patient; also friends or family who transport.

For more information call The Lynx at 973-3695 or 1-866-853-5969.

## 34th Annual Living With Cancer Conference Augusta, May 2, 2012

Join the [American Cancer Society](#) for *Empowerment for Your Journey*, a **free**, daylong conference for cancer patients and survivors, family members, caregivers, and medical professionals.

The conference will be held at the Augusta Civic Center from 7:45 AM to 3:45 PM. Registration starts at 7:45 AM and the conference itself gets underway at 8:30.

Attend a variety of informative workshops, visit community resource exhibits, and share similar experiences and stories with others touched by cancer.

Workshop topics include cancer genetics, healthy eating, creating a survivorship life plan, understanding pain management, music therapy, cognitive effects of chemotherapy, how to fight treatment-related fatigue, and more.

Call 1-800-227-2324 for more information.

The Maine Breast Cancer Coalition will have a display table at the conference.

We invite all attendees to stop by.  
*We hope to see you there!*

## Maine Motorcycle Enthusiasts--- Good News!



An exciting effort is under way to create the [Maine Breast Cancer specialty license plate for motorcycles!](#) There is a formal legislative process that must take place to obtain final approval for the first specialty motorcycle plate. **The next step is to obtain pre-reservations from 500 individuals before the Legislature adjourns in April, 2012.**

Go to [www.maineccancer.org/motorcycle](http://www.maineccancer.org/motorcycle) for links to the registration site and FAQs.

## Support Service Fund Annual Summary

The Maine Breast Cancer Coalition *Support Service Fund* provides financial assistance for breast health or breast cancer related needs to qualified Maine residents. The Fund assists low-income, uninsured, or underinsured people who don't qualify for, or whose particular needs aren't covered by other assistance programs.

### *Support Service Fund milestones:*

- Number of years since the Fund was started: 12
- Number of applicants the first year: 50
- Number of applicants in 2011: 450
- Total amount awarded to qualified applicants in the past 12 years: more than \$1,000,000
- Number of Maine people helped by the Fund: 2,000 +

### *Statistics from the 2011 grant program:*

- Number of approved applications: 442
- Counties represented: all 16 Maine counties
- Total amount awarded: \$189,608
- Grant range: \$25 to \$1,000
- Age range of applicants: 21 to 94

### *Representative items and services funded in 2011:*

- breast imaging (mammography and ultrasound)
- lab/pathology
- radiologist readings
- surgeon/physician fees or copays
- lymphedema compression garments
- prescriptions
- prostheses
- genetic testing
- temporary emergency living expenses for people in breast cancer treatment
- travel expenses to treatments
- many other support services

The *Support Service Fund* is currently made possible by grants from the [Maine Affiliate of Susan G. Komen For the Cure®](#), the [Maine Cancer Foundation](#), and the Borman Family Foundation; also the [Maine Breast Cancer Specialty License Plate Program](#); dedicated fundraisers by organizations and businesses, including the following long-term donors: the York Hospital Breast Cancer Support Group, the Greater Bangor Women's Ski/Snowboard Club, [PATCO Construction](#), [Maine Fraternal Order of Eagles Clubs](#) and their "Pink Sock Foundation"; also individual contributions by members and supporters of MBCC.

### ***We would like to express our appreciation to the following individuals, groups, organizations, or businesses that held recent fundraising events to benefit the Support Service Fund:***

Acapello Salons  
Belfast High School Boys' Soccer Team  
Belfast High School & Mount View High School Boys'  
Football Teams  
Brighton Collectibles  
Martel Elementary School  
Massabesic Boys' Soccer Team  
MMP Women's Health

Moose River Store  
PATCO Construction Company  
Portland High School Boys' Soccer Team  
Progressive Insurance Company Employees  
Saco and Biddeford Savings Institution  
Winebow, Inc. (Fat Bastard Wines) in collaboration  
with Hannaford Supermarkets  
York Hospital Breast Cancer Survivors Group

### ***We are grateful for recent individual donations from:***

Bonnie Boisvert  
Dr. and Mrs. Carl Bredenberg  
William Campbell  
Jen Chapman  
Margaret Collmus  
Bettina Doulton  
Emily Ecker  
Rodney Edgerly  
Francois Griffing  
Sandy Guerette  
Jean Hammell  
G. Richard Hansen  
Susan Harvey  
Elizabeth Huebener  
Kimberly Leute  
Dr. and Mrs. David McDermott  
Ann-Marie Miller  
Lori Morey  
Deborah Poulin  
Janet R. Ver Planck

**In memory of Lydia Kim  
MacDonald:**  
Carol Carew  
Cathi Cyr  
Cathy and Mike Foster  
Mary MacDonald  
Michael and Carolyn Pelletier  
Sheryl Ross  
David and Ann Simmons  
Sullivan and Merritt Construction

**In memory of Cheryl Davis:**  
Irene R. Davis  
Mr. and Mrs. Myron Hart  
Nathalie Schildrath

**In memory of Dana Leeman:**  
Faith Burns

**In memory of Kaitlyn Osborne:**  
James Herlan

**In memory of Elaine Jenkins St.  
Pierre:**  
Mary Agnes St. Pierre

Maine Breast Cancer Coalition  
499 Broadway PMB 362  
Bangor, ME 04401-3460

## How You Can Help

**Join us!** A basic annual membership is only \$15 (or more if you are able) for individuals and \$100 for businesses. Increasing membership is critical for our volunteer-based non-profit organization's general operating costs.

... or please consider a tax-deductible donation of any amount to the [Support Service Fund](#). One hundred percent of donations will go to *Support Service Fund* recipients, as our low administrative costs are covered by our [Maine Affiliate of Susan G. Komen for the Cure®](#) grant. You can [donate online](#) by visiting the "Donate" page [www.mainebreastcancer.org/donate.cfm](http://www.mainebreastcancer.org/donate.cfm) of our website to make a secure donation using your credit card or Paypal account. If you prefer to use a check, you can mail it along with the membership/donation form below.

... or hold a fundraiser: If your community group, business, or organization would like to dedicate all or part of the proceeds from a fundraising effort to MBCC or the *Support Service Fund*, contact grants chairperson Christine Haiss at 207-938-4018 or [info@mainebreastcancer.org](mailto:info@mainebreastcancer.org).

---

### Yes! I want to support the Maine Breast Cancer Coalition's work.

**I want to become a member of MBCC.**

*(check membership level below)*

Individual annual membership levels:

- \$15 Basic Membership
- \$25 Friend
- \$50 Supporting Member
- \$250 Sustaining Member
- Other (minimum of \$15) \_\_\_\_\_

Business or Organization Basic Membership:

- \$100

- I want to make a contribution.** Enclosed is a check for \$\_\_\_\_\_ In honor/memory of: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (eve.) \_\_\_\_\_

Email \_\_\_\_\_

- Check here if you prefer to receive your newsletter via email.

*Please make checks payable to MBCC.* Mail your check for membership and/or contribution with this form to:

Maine Breast Cancer Coalition  
499 Broadway  
PMB 362  
Bangor, ME 04401-3460

*The Maine Breast Cancer Coalition is a 501(c)(3) non-profit organization. Contributions are tax-deductible.*