

Race for the Cure grants benefit central Ohioans

By **SUSAN OLDHAM**
ThisWeek Staff Writer

The Columbus Affiliate of the Susan G. Komen Breast Cancer Foundation supports local organizations through grant monies that provide breast health and/or breast cancer screening, treatment, diagnosis and educational or emotional assistance for central Ohio residents, particularly those who are uninsured or medically under-served.

In 2004-2005, the Komen Breast Cancer Foundation offered area organizations 14 grants worth \$400,000. This year, a local research grant will be included as well.

Through community surveys, the foundation determines needed breast cancer-related services and service areas. Nonprofit organizations apply for grant monies, and then a blind committee reviews applications

and chooses the groups that will receive grants based on a rating system. The following is an in-depth look at three of the beneficial programs that are supported by the Komen Breast Cancer Foundation.

Breast Cancer Exercise

The Breast Cancer Exercise program is in its fourth year in central Ohio. The goal of the program is to encourage women to incorporate physical activity into their daily lives. It's a six-week program that includes three weekly, two-hour sessions. In addition to stretching and aerobic exercises, two of the three weekly sessions also include a discussion and presentation.

Program participants report reduced fatigue and nausea, as well as improved mood and self esteem.

"Exercise helped me calm down and gain some control of the situation," said Laurie Kaps-Kellerm grant project

director and breast cancer survivor.

Exercise can also counteract the weight gain that can result from treatments, medicines

and depression. Physical activity also helps to reduce the hot flashes that may result from early menopause due to breast cancer treatments.

Regular exercise may also aid in the reduction of insomnia and osteoporosis. Friendships and support systems are often a
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COLUMBUS ONCOLOGY & HEMATOLOGY ASSOCIATES: PUTTING THE STRONG ARM ON CANCER

Do you know someone battling cancer? More than likely you do. Whether your relationship is close or casual, you hope they'll receive the most up-to-date treatment available.

Staying abreast with the latest research, Columbus Oncology & Hematology Associates participates, in accordance with the National Institute for Health, in clinical trials sponsored by national research groups, pharmaceutical companies and local physicians, and in affiliation with Columbus CCOP (a local research group funded by the National Cancer Institute), Grant/Riverside Methodist Hospitals and Ohio State University.

Columbus Oncology & Hematology Associates has committed many years of top cancer research and teaching to remain at the forefront of their specialty. The staff is committed to listening and caring with compassion and gentleness to give their patients the respect and dignity they deserve.

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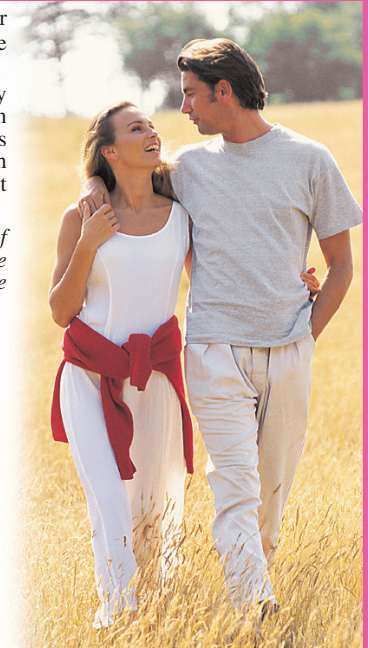


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GRANTS

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positive side effect of the program, as participants bond during sessions.

There are five Breast Cancer Exercise sessions scheduled for 2005. Class locations vary. For more information about the program, call 614-234-4006 and leave a message.

Continuous Care: Support for the Woman with Breast Cancer

"This project aims to connect with women at key points in their journeys through breast cancer," said Patricia Schmitt, director of JamesCare for Life, at the Arthur G. James Cancer Hospital. "That includes diagnosis, treatments, post-treatments and more. It provides educational resources and support to teach breast cancer patients and their caregivers about the disease, treatment and how to manage their care at home."

The program also supports breast cancer survivors by providing a group setting that utilizes expressive therapies to help patients gain insight, support and understanding.

Art therapy is integrated to offer creative outlets to breast cancer patients. The Healing through Art Breast Cancer Support Group is open to any breast cancer patient. All art and materials for the group are supplied through grants from Komen Columbus.

The Continuous Care program educates breast cancer patients with comprehensive, self-care guides and quarterly follow-up newsletters. CDs of guided imagery and relaxation tapes for participants to use at home are currently under development. For support group details, call 614-293-6428.

B.E.S.T. (Breast Education, Screening and Treatment)

In Franklin County, the American Cancer Society's B.E.S.T. program is made possible through financial support from several organizations, including the Komen Breast Cancer

Foundation. B.E.S.T. (Breast Education, Screening and Treatment) is designed to provide screening mammograms for low income, uninsured, or under-insured women.

The goal is to teach women



Photo courtesy of the B.E.S.T. program

Janine Manuel credits the B.E.S.T. program with saving her life.

that early detection is the best protection against breast cancer. The program also strives to increase the number of women who have first-time and annual mammograms.

Physical activity and healthy eating habits are identified as risk reduction factors. Those who benefit from the program are sometimes recruited to serve as community liaisons, who, in turn, educate other local women on early detection and the positive effects of exercise and nutrition.

Since 1992, when B.E.S.T. was implemented in Franklin County, more than 5,000 women have been provided with assistance or education. Janine Manuel became a program participant after she was diagnosed with Stage I breast cancer in May of 2003. It was difficult for her to believe that she had breast cancer; she hadn't felt a lump in either of her breasts before being tested. Manuel credits the B.E.S.T. program with saving her life. For more information about the local B.E.S.T. program, contact the American Cancer Society at 888-ACS-OHIO.

The Komen Columbus Race for the Cure is raising awareness of breast cancer and its impact on central Ohio women and families. Through its grant process, Komen

Columbus funds programs offering education, screening, research, treatments and support to many of the under-

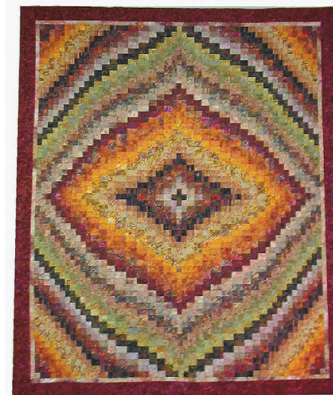
served populations in central Ohio. For more information on programs and services, visit www.komencolumbus.org.

'Radiant Hope'

"Radiant Hope," was designed and made by Stefania Denbow-Hubbard, breast cancer survivor, and Jody Wigton. Fabric donated by Quilt Trends, Columbus, and long-arm quilting by Debbie Hobbs, Columbus.

Benefiting the Columbus Affiliate of the Susan G. Komen Breast Cancer Foundation. Drawing will be held on Race Day, May 14. Winner need not be present to win. Donations \$1 per ticket, book of six tickets for \$5.

All donations benefit the Komen Columbus Race for the



Cure. E-mail quilt@komencolumbus.org or call 614-297-8155 for more information and to get raffle tickets.

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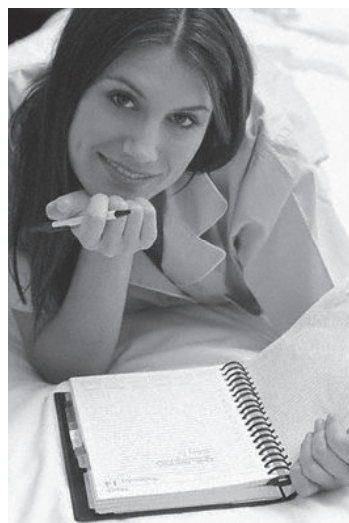
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Don't put off until tomorrow what you can do today. Grady Memorial Hospital, supported by a grant from the Columbus Affiliate of the Susan G. Komen Breast Cancer Foundation, Inc., offers digital technology not available in most central Ohio locations. The Senographe 2000D digital mammography system from GE Medical Systems uses digital technology for a clear view of breast tissue in seconds, to help detect cancer in its early stages – when it's most curable.

Unlike traditional film, digital images allow physicians to "zoom in" on areas for a clearer view, meaning fewer retakes, less radiation, and more peace of mind for you. Computer Aided Detection (CAD) highlights potential areas of suspicion for Radiologists at a touch of a button. Radiologists can use this feature to aid in final diagnosis. It's like having a second set of eyes.

So don't wait another day. Talk with your physician about coming to Grady for the most advanced technology available today. A mammogram takes just seconds, and it could save your life.