



Newsletter Volume V - June 2021

Breast Cancer Treatment Financial Assistance Program

We are grateful that we can fulfill our mission to compassionately support women during and after their breast cancer journey through education, inspiration, and advocacy so they can lead healthy, fulfilled lives within a supportive community.

We are proud to announce that we have assisted six women since January 2021 in our Breast Cancer Treatment Financial Assistance Program in the amount of \$4,773.07. We are grateful for our donors and supporters; funding will allow us to assist women and their families for the third quarter starting July 5th thru September 30th.

Our beautiful PINK "ME"® friend, Ms. Mendoza is pictured below, with her PINK "ME" up and go welcome tote bag, blanket, journal notebook, and mug. PINK "ME" wishes her well on her journey towards survivorship.

To learn more about our programs and ways to donate visit our website at:

www.pink-me.org

Helping one family at a time!



Community Give Back

PINK "ME" Friends in the Breast Cancer Treatment Program were given beautiful jewelry pieces mailed to their homes.

A special thank you to Kendra Scott-ABQ for donating these beautiful oncology gifting pieces-Ever GLD Necklace Rose Quartz and Betty Earring GLD Rose Quartz. Your generosity and continuous support of our mission and vision is appreciated. Items were mailed just in time for Mother's Day!

Kindness always matters and it made their days brighter.

Notes of appreciation from a couple of our friends:

"Happy Mother's Day!! Thank you for the gift that PINK "ME" sent, it made my day!"

"Thank you so much for the beautiful gifts. That was so very, very kind, thoughtful, generous, and wonderful of you. I am amazed how wonderful you all are. Each of you are so very busy, yet you take the time out of your busy days to make sure other people are taken care of. You are truly amazing. Thank you for your friendship and support."



Breast Cancer Survivor Month! Send us your survivor month to be featured in our newsletter!

We celebrate you, Carol!



BREAST HEALTH EDUCATION

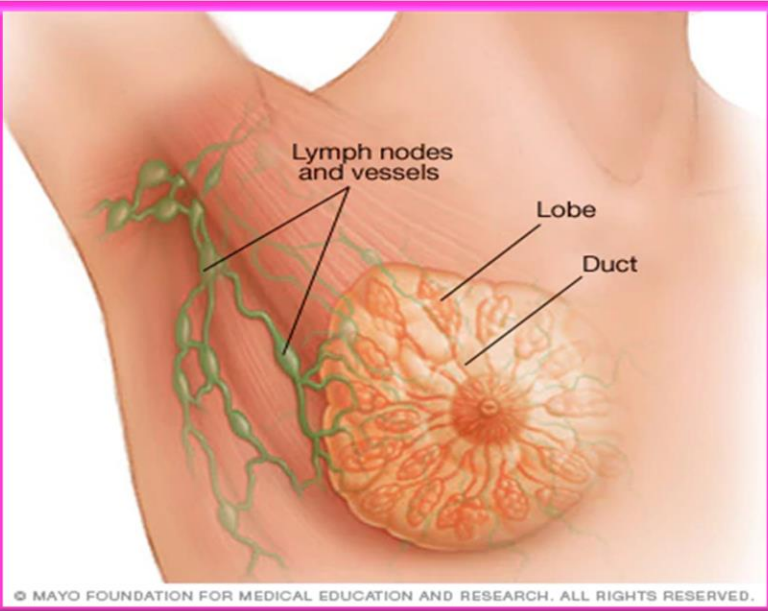
What is breast cancer?

[Breast Cancer - Women's Health Issues - Merck Manuals Consumer Version](#)

Breast cancer occurs when cells in the breast become abnormal and divide uncontrollably. Breast cancer usually starts in the glands that produce milk (lobules) or the tubes (ducts) that carry milk from the glands to the nipple.

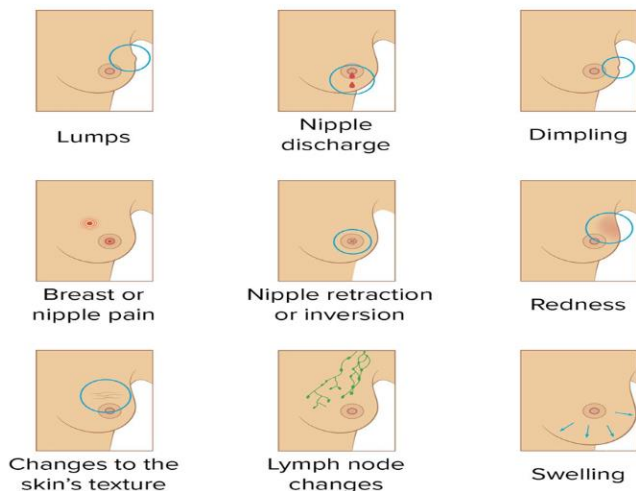
- Among women, breast cancer is the most common cancer and the second most common cause of cancer deaths.
- Typically, the first symptom is a painless lump, usually noticed by the woman.
- Breast cancer screening recommendations vary and include periodic mammography, breast examination by a doctor, and breast self-examination.
- If a solid lump is detected, doctors use a hollow needle to remove a sample of tissue or make an incision and remove part or all of the lump and then examine the tissue under a microscope (biopsy).
- Breast cancer almost always requires surgery, sometimes with radiation therapy, chemotherapy, other drugs, or a combination.
- Outcome is hard to predict and depends partly on the characteristics and spread of the cancer.

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MEDICALNEWS TODAY

Signs of Breast Cancer



Community Spotlight: My Breast Cancer Story

I was diagnosed with HR/PR positive HER-2 neg on May 17, 2019. I underwent 16 rounds of chemo and a double mastectomy. I was re-diagnosed in February 2020 with triple positive and they also found scar tissue in my bones. As of today, I have stage 4 breast cancer but no active disease.

~ Submitted March 1, 2021 (Anonymous)

Would you like to be in our community spotlight? Send us your story today. Feel free to remain anonymous!

PINK “ME” Summer Fun...Fundraiser!

June 1st thru June 15th

Support PINK “ME” today by purchasing your favorite popcorn. Of course, there are other items to choose from, or simply select donate, to participate.

Help us meet our goal of raising \$3,000. Half of the proceeds will be donated to PINK “ME”

Items purchased are mailed directly to you!



Click the link below to make your purchase.

<https://poppinpopcornonline.com/store/store.php?sID=WTTLHT>

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Prognosis

Generally, a woman's prognosis depends on

- How invasive and how large the cancer is
- What type of cancer it is
- Whether it has spread to the lymph nodes

(See also the National Cancer Institute's [Surveillance, Epidemiology, and End Results \(SEER\) Program](#).)

The number and location of lymph nodes that contain cancer cells is one of the main factors that determine whether the cancer can be cured and, if not, how long women will live.

The **5-year survival rate** for breast cancer (the percentage of women who are alive 5 years after diagnosis) is

- 98.8% if the cancer remains at its original site (localized)
- 85.5% if the cancer has spread to nearby lymph nodes but no further (regional)
- 27.4% if the cancer has spread to distant sites (metastasized)
- 54.5% if the cancer has not been staged

Women with breast cancer tend to have a worse prognosis if they have any of the following:

- Diagnosis of breast cancer during their 20s and 30s
- Larger tumors
- Cancer that has rapidly dividing cells, such as tumors that do not have well-defined borders or cancer that is dispersed throughout the breast
- Tumors that do not have estrogen or progesterone receptors
- Tumors that have too many HER2 receptors
- A BRCA1 gene mutation

Having the BRCA2 gene mutation probably does not make the current cancer result in a worse outcome. However, having BRCA gene mutation increases the risk of developing a second breast cancer.

Community Event

Mammograms Matter New Mexico.... Part Two!

Tuesday, June 1st PINK “ME” with other partners hosted the Mammograms Matter New Mexico event to encourage women to fulfill their annual mammogram screenings. Early detection is the best protection!

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A Special Thank You to Our Donors.

We appreciate your support!

Kendra Scott-ABQ

In-kind donation jewelry pieces



The event was held from 8:00am to 12:00pm in Albuquerque, New Mexico (Unser & Central Public Library parking lot) with a total of 18 participants.

We look forward to hosting the event for Breast Cancer Awareness month, with the goal of exceeding our numbers of participants and raising awareness.



Save the date!



Mammograms Matter New Mexico- Monday, October 18th.

More information to come!

Board Member highlights

Congratulations to PINK “ME” Founder and President, Dr. Michelle Bean a recipient of the New Mexico Office of African American Affairs 2021 Everyday Hero Award!

Congratulations to PINK “ME” Vice President, Erica Lopez, and her family for the upcoming arrival of their bouncing baby boy!

Follow, Like & Share

We have a Facebook, Instagram and LinkedIn account! Please follow us, like us and share with your friends and family for the most up to date information on PINK “ME”. Below is how you can find us!

- Facebook: pinkmeorg
- Instagram: @pinkmeorg
- LinkedIn: pink-me



We appreciate all of our followers and we post frequently. Please share and tap that like button!

Thank you for subscribing to our newsletter, we appreciate you!

~Best

PINK “ME”

“Courage doesn't always
roar. Sometimes courage
is the little voice at the
end of the day that says
I'll try again tomorrow.”

– Mary Anne Radmacher