



BAY AREA  
CANCER CONNECTIONS  
*Breast & Ovarian Cancer Information & Support*

 **Helpline**

Local (650) 326-6686

Toll-free (888) 222-4401

# PROGRAM CALENDAR

## *October–December 2017*



Photo by Douglas Kreitz

ONE-ON-ONE SUPPORT

SUPPORT GROUPS

WELLNESS & FITNESS CLASSES

INFORMATION & RESOURCES

**NEW**  
**SATURDAY**  
**HOURS**

Monday–Thursday 9:00 a.m.–5:00 p.m. Friday 8:00 a.m.–3:00 p.m. **First & Fourth Saturday 9:00 a.m.–3:00 p.m.**



Welcome!

You talked, we listened!

We are now open two Saturdays a month to help better serve you. Our staff and volunteers will be available in the center to answer questions about our programs, help you in the boutique, or offer any other support you may need.

## Are You New to Bay Area Cancer Connections?

We are so glad you connected with us! Our friendly staff and volunteers are here to offer hope and support as you, or a loved one, cope with breast or ovarian cancer.

Many of our programs are open to friends and family, and everything we do is **free of charge**. If there's anything we can do to be of support, please let us know.

We look forward to meeting you.

Colleen Kleier  
Director of Programs & Services

We're here for you.

Local: (650) 326-6686

Toll-free: (888) 222-4401

Email: [info@bccconnections.org](mailto:info@bccconnections.org)

Website: [www.bccconnections.org](http://www.bccconnections.org)



## Young Women's Social Activity (50 & younger)

### "Treasures and Tea" Holiday Social ☎

Saturday, December 9  
11:00 a.m.–12:30 pm

Christina Tecson and  
Kristien Karmarkar, Volunteers

Before you enter another stressful holiday season, take a moment to reflect on the treasures in your life and the joy the holidays will bring. Whether you want to share your cancer experiences or escape the anxiety, staying acquainted with like-minded BCC friends will help you start the new year with a positive perspective.

Cozy up with a cup of tea or hot chocolate and enjoy a light lunch at the Young Women's Breast Cancer Group holiday social.

## Ovarian Cancer Programs

### Ovarian Cancer Networking Group ☎

First Saturday  
9:30–11:00 a.m.

Colleen Lam Nguyen, LMFT

This group provides a safe place for women who are in-treatment or who have completed treatment for ovarian cancer to connect, share their experiences, and feel understood.

### In partnership with Teal's Real Coffee Connections ☎

Located at Coupa Café  
538 Ramona St., Palo Alto



Saturdays  
October 14, November 11, and  
December 9  
9:30–10:30 a.m.

Vicky Michelis, Volunteer & Teal's Real Founder

Join us once a month for a cup of coffee and community. Mix, mingle, and share your thoughts with others who are currently facing, or have faced, ovarian cancer. First cup's on us!

## 14<sup>th</sup> Annual Cancer Conference: Sharing Knowledge & Inspiring Hope Friday, November 3, 2017

New location: Oracle Conference Center, **Santa Clara**  
4030 George Sellon Circle, Santa Clara, CA 95054

Don't miss BCC's medical symposium and resource fair for those in-treatment or post-treatment for breast or ovarian cancer, as well as medical professionals, therapists, and health educators. This is a day to network, share knowledge, and inspire hope!

Reserve Early and Save!

\$30 Early Bird Registration  
September 18–October 8

\$50 Regular Registration  
Begins October 9

Register at: [www.bccconnections.org/events/conference](http://www.bccconnections.org/events/conference)  
Scholarships available. Please email [sonia@bccconnections.org](mailto:sonia@bccconnections.org).

# Special Presentations

☎ Register Today!

Thinking about attending? Please let us know so we can plan accordingly. Programs with low interest may be canceled and we would like to be able to notify you. To register, please call (650) 326-6686 or email [info@bccconnections.org](mailto:info@bccconnections.org).

## The Power of Raw, Plant-Based Oils to Protect, Nourish, & Repair Your Skin ☎

Thursday, October 12  
5:30–7:00 p.m.

Nancy Newsom, Botanic Organic

Oils pressed from seeds—beautiful, colorful, vibrant, nourishing, soothing, and medicinal—come from all corners of the world. Every seed has the capacity to make oil, and each carries unique properties from its parent plant. From seed to seed, color, scent, texture, nutritional compounds, and healing properties are broadly diverse.

Join us for an introduction to some of nature's most exquisite oils that can help repair and nourish your skin!



## Disability Benefits & Employment Leave Laws ☎

Tuesday, October 24  
5:30–7:00 p.m.

Michelle Roberts Bartolic, Esq.,  
Roberts Bartolic LLP,  
Bay Area ERISA Benefits Attorney

Katharine Chao, Esq.,  
Chao Legal, Employment Attorney

Do you need to take time off of work due to a disability? Do you know what income and leave benefits are available to you? Attorneys Michelle Roberts Bartolic and Katharine Chao will provide an informational session about various public and private disability benefits and your workplace right to job-protected leaves of absences or other accommodations.

## Fat: Friend or Foe? ☎

Tuesday, November 14  
5:30–7:30 p.m.

Nancy Birang, BS, MT (ASCP), NC

Since the 1960s, fat has been consistently demonized as the main culprit for heart and other diseases. Despite the lack of substantiating science, low-fat and nonfat diets are routinely recommended as the basis of a healthy, disease-preventing diet. In this talk, we will discuss what fat actually is, why we need it, and how to enjoy high-quality fat as part of a health-promoting diet.



## Breast Cancer Fitness ☎

Saturday, December 2  
11:15 a.m.–12:45 p.m.

Vicki McGrath, ACSM-EP-C, HFD,  
CET, EIM

This class is for those of all fitness levels and at any stage of their treatment. The class will focus on strength training, improving range of motion, flexibility, and balance.

The class will be taught by Vicki McGrath, who is certified through the American College of Sports Medicine as a Certified Cancer Exercise Trainer and a Breast Cancer Exercise Specialist.



## Surviving the Holidays ☎

Tuesday, December 5  
5:30–7:00 p.m.

Dr. Janet Childs, D.D. (Doctor of Divinity),  
Director of Education, Training and CISM,  
Centre for Living with Dying Program of  
Bill Wilson Center

Help untangle the stress and impact of the holiday season. We will discuss tools for survival and for building meaning when we are navigating the holidays, with its many triggers, expectations, and hopes. We will discuss tools for managing loss and techniques for surviving this season that can bring both joy and stress.

Join us for a healing and uplifting time, when we will explore how we can individually and collectively create action steps to bring new light to this season.

Coming soon...

## The Exhale Moment

THREE-MONTH PROGRAM  
FOR THOSE WHO ARE  
POST-TREATMENT

January–March 2018

More details coming soon! If you are interested in acquiring new tools for transitioning to life after cancer and would like to be placed on the mailing list for the Exhale Moment, please call the BCC Helpline at (650) 326-6686 or email [info@bccconnections.org](mailto:info@bccconnections.org).

Limited Space.



# Programs & Services

Local: (650) 326-6686 Toll-free: (888) 222-4401  
Email: info@bcconnections.org

## Register Today!

Please call or email us to sign up for programs marked with ☎. Programs with low interest may be canceled.

All programs are free of charge. Check our online calendar for additional details and any changes to the programs at: [bcconnections.org/our-services/calendar](http://bcconnections.org/our-services/calendar)

Our mission is to support people touched by breast or ovarian cancer by providing comprehensive, personalized support services in an atmosphere of warmth and compassion.

## One-on-One

### Helpline (650) 326-6686

Monday-Thursday 9:00 a.m.–5:00 p.m.  
Friday 8:00 a.m.–3:00 p.m.  
First & Fourth Saturday 9:00 a.m.–3:00 p.m.

The Helpline is answered by caring individuals who can offer support, navigate you through our services, or connect you with other resources in the community.

### Buddy Program ☎

Breast or ovarian cancer survivors provide support by sharing their personal experience with you over the phone. We match you with a Buddy who experienced a similar diagnosis or treatment, or who can relate to you in other ways.

### Pro Bono Counseling ☎

Our team of licensed therapists can provide one or two free individual therapy sessions by phone or in-person.

### Medical Information Services ☎

By Appointment

We can help you understand your pathology report, find appropriate resources to address your medical questions, or help you clarify and explore a practical, emotional, or cancer treatment decision using *My Personalized Decision Guide*. In partnership with PatientsWithPower, we can also help you understand your treatment options and plan your treatment timeline.

### The Boutique

Visit our Boutique if you're in need of wigs, hats, scarves, breast prostheses, bras, camisoles, or related items. Our knowledgeable staff and volunteers can help you find the right accessories to meet your needs in a private and supportive environment.

### Insurance/Employment ☎

A volunteer specialist can answer questions and offer strategizing and support regarding employment, employee benefit concerns, and health insurance.

## Support Groups

Support groups provide a private place to discuss experiences, share ideas, and provide emotional support for one another.

### Caregivers & Loved Ones ☎

Quarterly: Saturday, Nov. 18, 3:00–4:30 p.m.  
Max Garlick, Ph.D.\*

### DCIS ☎

First Monday, 5:30–7:00 p.m.  
Barbara Kirsch, Ph.D.

### Breast Cancer Newly Diagnosed & In-Treatment ☎

Saturdays 3:00–4:30 p.m.  
Dorote Lucci, M.A.

*Clients must be in active treatment to attend (e.g., surgery, chemotherapy, radiation).*

### Breast Cancer Spanish Language ☎

Mujeres unidas: grupo de apoyo emocional de cáncer de seno  
Quarterly: Saturday, October 28 11:00 a.m.–12:30 p.m.  
Juanita Gomez, Ph.D.

### Recovery & Renewal ☎

**NEW!** Additional group meeting added!  
First, second, & third Saturdays 1:00–2:30 p.m.  
Max Garlick, Ph.D.\*  
*Clients must be done with active treatment to attend (e.g., surgery, chemotherapy, radiation).*

### Triple Negative Breast Cancer ☎

Third Saturday, 10:45 a.m.–12:45 p.m.  
Karen Newcomb, LMFT

### Metastatic Breast Cancer ☎

Second, third, fourth, & fifth Mondays 6:30–8:00 p.m.  
Laurie Ostacher, LCSW  
Debbie Landi, LCSW

### Hereditary Cancer ☎

Tuesday, Oct. 17, 7:00–8:30 p.m.  
Rachel Koff, Licensed Genetic Counselor  
Debbie Landi, LCSW

### Ovarian Cancer Networking Group ☎

First Saturday 9:30–11:00 a.m.  
Colleen Lam Nguyen, LMFT

In partnership with



800 Foster City Blvd., Foster City

### Breast Cancer Newly Diagnosed & In-Treatment ☎

Second Wednesday, Conf Room A 6:30–8:00 p.m.  
Judy Goldstein, LCSW

### Groups for Young Women (50 & younger)

#### Young Women's Breast Cancer Group at BCC ☎

First Saturday 3:00–4:30 p.m.  
Second Friday 5:30–7:00 p.m.  
Colleen Lam Nguyen, LMFT  
For those in-treatment or post-treatment.

In partnership with



100 S. San Mateo Dr., San Mateo

#### Young Women's Breast Cancer Group at Mills-Peninsula ☎

First & third Thursdays 7:00–8:30 p.m.  
Judy Goldstein, LCSW  
For those in-treatment or post-treatment.

\*Psychological Assistant (PSB-94020964)  
Supervised by Dr. Josh Maddox (PSY-25909)

## Wellness

### Knit One, Purl Two ☎

Second Tuesday 2:00–4:00 p.m.  
Fourth Thursday 6:00–8:00 p.m.  
Catherine Coe, Volunteer

### Mindfulness Meditation

Second & fourth Wednesdays  
Introduction to Mindfulness at 5:00 p.m.  
Meditation from 5:15–6:15 p.m.  
Dorote Lucci, M.A.

### Writing Through Cancer

Second & fourth Wednesdays 6:30–8:00 p.m.  
Karen Newcomb, LMFT

### Healing & Guided Imagery

First & third Wednesdays 5:30–7:00 p.m.  
Mary Horngren, CMHT  
Dorote Lucci, M.A. will substitute for this class on October 4 and October 18.

### Healing Touch ☎

Third Friday 1-hour appointments: 6:30 or 7:30 p.m.

This non-invasive bio-field energy approach uses the hands to balance the body's energy, decrease pain, and accelerate healing.

**Please note:** Clients can sign up for only one month at a time. If you've attended six or more sessions, you may be asked to move your appointment to the next month so we can accommodate new clients.

## Fitness

Drop in to one of our gentle exercise classes to improve coordination, balance, and strength. Perfect for beginners and classes are tailored to participants' needs.

*Friends and family welcome!*

### Healthy Steps

Wednesdays 8:45–9:45 a.m.  
Susie Danzig, B.F.A.

### Pilates Matwork

Fridays 12:00–12:45 p.m.  
Rachel Peters P.T., M.S., OCS

### Yoga for Healing & Recovery

Mondays 8:45–9:45 a.m.  
Jido Lee Ferguson  
Light Athletic Stretch & Release (LASR) yoga using mat or chair, blocks, and straps. Moderate yoga flow for all levels.

### Tai Chi & Qi Gong, 6-Week Series ☎

*Last 2 weeks of series:*  
Thursdays: October 5, 12 5:30–6:30 p.m.  
Linda Adler, M.P.H., M.A.

## Information

### Library

We have an extensive collection of books, medical articles, DVDs, CDs, and periodicals relevant to your diagnosis, treatment options, and well-being. Most materials are available to check out.

See **One-on-One** on the previous page to learn about appointments for **Medical Information Services**.

### Ask an Expert:

#### Breast Cancer Q&A ☎

First & third Thursdays 5:30–7:00 p.m.  
These are informal sessions where medical professionals, from various breast cancer specialties, will address your medical questions and concerns. Friends and family welcome!

#### October 5

John Griffin, M.D.  
Plastic Surgeon

#### October 19

Sharon Leslie, RPT  
Physical Therapist

#### November 2

*Canceled due to 14<sup>th</sup> Annual Conference*

#### November 16

Dr. Lisa Boohar  
Radiation Oncologist

#### December 7

Dr. Jocelyn Dunn  
Breast Surgeon

#### December 21

Dr. Howard Kleckner  
Medical Oncologist

# The Latest Breast Implant Reconstruction Techniques: Science, Safety, Aesthetics!

What's new in breast implant reconstruction? Saving nipples, hidden scars, sparing muscles, fewer stages, and consideration of aesthetics!



By Dr. Karen M. Horton  
Plastic Surgeon  
www.drkarenhorton.com

## Nipple-sparing mastectomy

While “nipple-sparing mastectomy” is not new, this technique is thankfully being offered to more women over the last decade. Whereas traditional “radical mastectomy” removed all the breast tissue, chest wall, skin and muscle, and “skin-sparing” mastectomy saved much of the breast skin (but removed the nipple and areola via an incision in the middle of the breast); nipple-sparing mastectomy preserves the ENTIRE breast envelope, including the nipple-areola complex. This technique provides the most natural breast shape and avoids needing to stretch out flat or contracted breast skin (i.e. tissue expander reconstruction).

## Current techniques to save the nipple in mastectomy surgery

In Plastic Surgery, we say that “knowledge of anatomy and preservation of blood supply is everything.” We understand the pattern of subcutaneous blood flow and the natural anatomic plane that separates the skin and subcutaneous fat of the breast (which is easily pinched on top of the sternum) and the underlying breast tissue. When a mastectomy is performed along this anatomic layer, the blood supply to the overlying breast skin remains viable and robust. When a mastectomy surgeon is well-practiced in this technique and they respect and preserve this blood supply and anatomy, we rarely encounter necrosis or nipple loss due to wound healing problems.

Some breast surgeons perform an interim outpatient procedure called “nipple delay” when they are nervous about saving the blood supply to the nipple in a nipple sparing mastectomy. An incision is made halfway around the nipple base to partially disrupt its circulation. This in turn creates a vascular “delay phenomenon,” where the remaining blood vessels to the nipple dilate as a reflex, increasing the relative circulation to the nipple and theoretically decreasing the chance of nipple necrosis. Delay techniques were historically performed three weeks before a pedicled TRAM flap in breast reconstruction twenty-five years ago. Thankfully, nipple delay procedures are now rarely performed by experienced breast surgeons.

Candidates for nipple-sparing mastectomy are women with small – to medium-sized breasts (A, B and most C cups) with a nipple that lies above the inframammary fold (the fold under the breast). Milk ducts that travel into the nipple are removed and sent to the pathology lab for formal assessment and confirmation that no abnormal or cancerous cells are present in the nipple. This leaves a slightly flatter nipple that contains only the superficial nipple and areola skin. If abnormal cells are ever confirmed (4 of over 300 cases in my practice), the nipple can be excised under local anesthesia in the office and a new nipple can be reconstructed three to six months later.

## Can nipples still be saved in very large breasts?

Yes they can! For breasts that are very large (D, DD or larger) and for pendulous (droopy) breasts where the nipple lies below the inframammary fold, the nipple-areola complex can be preserved as a “free graft.” At the time of the mastectomy, the nipple and areola circle is removed as a whole and the milk ducts are cored out. The mastectomy proceeds using a breast reduction or breast lift technique, where excess skin is removed and the incision lies both under the breast and vertically upward toward the bottom of the areola (known as the “inverted T” scar). At the end of the procedure, after an implant (or flap) is placed for reconstruction, the nipple and areola complex is reapplied to the breast skin as a free graft. A waterproof dressing is placed on top and it heals just like a skin graft over the next two to three weeks, with a success rate of around 99 percent.

## Use of hidden incisions

Minimizing scars and hiding incisions in the fold UNDER the breast provides the best aesthetic results for breast reconstruction and avoids distortion of the breast shape and nipple-areola complex position. Although scars for nipple-sparing mastectomy can be oriented beside the nipple or around the areola, the scar hidden in the inframammary fold does not risk pulling the nipple sideways and preserves the best blood supply to the breast skin.

## “Pre-pectoral” (subcutaneous) implant reconstruction – on top of the muscle

Placing implants ON TOP top of the pectoralis muscle (subcutaneous) was routine in the past as part of the treatment for chronic breast pain with no identifiable cause. Surgeons moved away from this technique and instead starting placing implants under the muscle (submuscular) when skin-sparing mastectomy was popular, because the incision lay in the center of the breast at the point of maximal tension over the implant. By placing the implant under the muscle, a layer of muscle protected the implant from exposure, should there be wound healing problems at the incision. However, now that most nipple-sparing mastectomy procedures are utilizing an inframammary fold incision, placing the implant under the muscle offers no potential wound protection.

Implants placed UNDER the muscle can create unwanted aesthetic and physical sequelae, including “animation” or “motion deformity” (contraction and distortion of the breast skin with pectoralis muscle motion) and widely set and high positioned implants. Submuscular implants follow the direction of the muscle vector, which pulls in an up-and-out position. Stretching this flat muscle out by inflating a tissue expander can be painful and chronic tightness can occur in the long term. Although

some doctors recommend injections of Botox to help to relax muscle fibers and treat pain associated with submuscular implant placement, why not avoid putting implants under the muscle altogether?

Subcutaneous implant placement has been recently rebranded as “pre-pectoral reconstruction” in the academic literature. The aesthetic outcome is much more natural when implants are placed on top of the muscle (where the breast tissue lies – which just makes sense!), and the discomfort level is significantly less when the muscle is spared. Most women take plain Tylenol after surgery and their recovery is swifter and more straightforward. I have been doing this technique for over 12 years, and patients have a quick recovery and a natural aesthetic result, without the animation deformity, pain or tightness commonly associated with submuscular implant reconstruction.

## “Direct to implant reconstruction”

Some surgeons opt to place a full-sized permanent silicone gel implant in the space on top of the muscle at the time of mastectomy. This is a single-stage surgery, but not all women are ideal candidates for this procedure. Many surgeons place a layer of acellular dermal matrix (ADM), known by brand names like Alloderm®, around the implant or at the bottom of the breast. They believe it helps to reinforce the fold of the breast. Complication rates are actually higher when this expensive piece of tissue is placed<sup>1,2</sup> but it is popular in many academic centers.

## Permanent, postoperatively adjustable saline implants

In my practice, instead of flat tissue expanders under the muscle, I place a permanent, postoperatively adjustable smooth walled saline implant on top of the muscle that allows my patients to participate in their reconstruction results. A temporary injection dome (“port”) is placed under the skin in the breast fold that enables us to adjust the implant volume after surgery. The implant is filled at least 80 percent of the way at the time of reconstruction, with 1-2 inflations after surgery until the implant is filled (by 2-3 weeks postoperatively). Advantages of this technique include empowerment of my patients to choose how full they want their breast reconstructions to be, the ability to increase or decrease the volume for at least 3 months after surgery (at the time of port removal), and the option to keep this permanent implant in place if they have a satisfactory result and wish to minimize the number of surgeries.

In reality, silicone gel breast implants have a more natural look and feel when compared to saline implants, and most of my patients choose to swap out their saline for silicone at the time of port removal. By then, they know the size and volume they are most comfortable with. Silicone is more viscous, and moves and



feels more like breast tissue when compared to the water balloon texture of saline implants. Silicone implants cannot be modified after surgery; this is why I prefer adjustable implants with a switch to silicone once the mastectomy swelling has resolved and patients can “try on” different sizes in their own body.

### Newest generation silicone gel breast implants

Over the last year, three new “generations” of silicone gel breast implants were released in the U.S. (although they have been widely used for several years in Canada and Europe). These newest implants have higher fill volumes (96 percent as opposed to 85 percent) with less visible implant “rippling” or “wrinkling” under the skin – an issue in very thin women or when the mastectomy skin is very thin. Several options are now available, with increased cross-linking and “stiffness” of smooth walled implants for a more cohesive gel texture and more stable form.



### Safety concerns—Breast implant associated Anaplastic Large Cell Lymphoma (BIA-ALCL) and textured implants

Recently, a new safety concern has been introduced to the public concerning a very rare subtype of lymphoma with a potential but unproven association to breast implants, known as Breast implant associated Anaplastic Large Cell Lymphoma (BIA-ALCL). To date, only a small number of cases of this rare but treatable T-cell lymphoma have been identified. The symptom associated with BIA-ALCL is a “late seroma,” or fluid development around an implant more than ten years after placement. The estimated risk is 0.003 percent. Of cases identified where the identity of the implant was known, all were textured devices. The treatment is removal of the implant and the surrounding scar tissue. The FDA is not recommending removal of current textured implants, but rather to contact your surgeon for evaluation if you develop asymmetric swelling or any other concerns.



### Summary

Science and technology are amazing! That’s why it’s wise to keep up-to-date with developments in breast reconstruction. There are more options available now for women facing breast cancer or who choose to have a risk-reducing mastectomy and reconstruction. When an implant is chosen, do your homework and find a surgical team who is experienced in the option(s) you are interested in. Ask to see several before and after photos (not just the best results but average results as well). Request patient references who have had the same procedure and who can further educate you about what to expect during the recovery and in the long-term.

### References:

1. Implant-based breast reconstruction using acellular dermal matrix and the risk of postoperative complications. Chun YS, Verma K, Rosen H, Lipsitz S, Morris D, Kenney P, Eriksson E *Plast Reconstr Surg.* 2010 Feb; 125(2):429-36.
2. Postoperative complications in prosthesis-based breast reconstruction using acellular dermal matrix. Liu AS, Kao HK, Reish RG, Hergrueter CA, May JW Jr, Guo L *Plast Reconstr Surg.* 2011 May; 127(5):1755-62.

### Additional Resources:

American Society of Plastic Surgeons, Information on BIA-ALCL: [www.plasticsurgery.org/patient-safety/information-on-bia-alcl](http://www.plasticsurgery.org/patient-safety/information-on-bia-alcl)

Breastcancer.org, Breast Reconstruction: [www.breastcancer.org/treatment/surgery/reconstruction](http://www.breastcancer.org/treatment/surgery/reconstruction)

Breastreconstruction.org

# BCC Team Spotlight:



**Catherine Coe**  
Volunteer  
Leads Knit One, Purl Two

### What brought you to BCC?

When I started looking around for a place to volunteer regularly, BCC floated to the top of the list. A friend had raved about how friendly and caring they’d been when she visited, and their list of programs was impressive! After I walked through the door, it was an easy choice!

### What makes Knit One, Purl Two unique?

I find knitting to be almost meditative. The rhythms are soothing and there is the promise of a finished project at the end. The reason I started the group was so that women had a

place to learn or practice a craft among others who have been touched by cancer.

Our conversations move through a variety of topics in a relaxed atmosphere. Beginners can start off on a simple washcloth project, we have a few charity patterns for more advanced knitters, or you’re welcome to bring your own project. We hope you will join us!

*Knit One, Purl Two meets on the second Tuesday, 2:00-4:00 p.m. and fourth Thursday, 6:00-8:00 p.m. Snacks provided!*



**Erika Bell, Ph.D.**  
Manager of Medical Information Services

### What brought you to BCC?

I joined the BCC staff in January 2011, after earning my Ph.D. in Biochemistry and Molecular Biology at the University of California, San Francisco (UCSF). I joined BCC because I wanted to use my scientific knowledge to help people in a more direct way. While earning my Ph.D., I worked in a laboratory designing and conducting experiments to better understand how cells behave. While I enjoyed this work intellectually, it was difficult to see how my work was impacting people’s lives on a day-to-day basis. In my role at BCC, it is fulfilling to see how my work makes an immediate difference to our clients.

a specific question or informational need. Our MIS team can research the question and provide quality resources to address such a request.

Clients also often contact BCC with a more general need for understanding their cancer diagnosis and treatment recommendations. In these cases, I usually meet with clients to review their pathology reports or other medical reports and to explain current standard treatment guidelines. In cases where a client is given a choice between treatment options, I can provide information to help her understand the pros and cons of each option. Additionally, I can help clients identify and understand clinical trials for which they may be eligible. In a nutshell, the MIS team can help alleviate the stress of finding and understanding reliable health information. Rather than searching Google, please call us!

### How does BCC’s Medical Information Service (MIS) work?

BCC’s Medical Information Service provides personalized information, education, and decision-making support. We have a lending library (now available to browse online at: [www.librarycat.org/lib/bayareacancer](http://www.librarycat.org/lib/bayareacancer)) and an extensive collection of free pamphlets, brochures, and articles that are organized by topic. Sometimes clients contact BCC with



*To schedule a Medical Information Service appointment, please call the Helpline at (650) 326-6686.*

*Register Today!*

**Interested in attending?**  
Please call (650) 326-6686 to register for programs marked with ☎

Check our online calendar for additional details and any changes to the programs at:  
[www.bconnections.org/our-services/calendar](http://www.bconnections.org/our-services/calendar)

All programs are FREE of charge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Yoga for Healing & Recovery 8:45–9:45 a.m.  DCIS Support Group ☎ 5:30–7:00 p.m.	<b>3</b>	<b>4</b> Healthy Steps 8:45–9:45 a.m.  Healing & Guided Imagery 5:30–7:00 p.m.	<b>5</b> Ask an Expert: Breast Cancer Q&A ☎ John Griffin, M.D. <i>Plastic Surgeon</i> 5:30–7:00 p.m.  Tai Chi/Qi Gong 6-Week Series 5:30–6:30 p.m.  Young Women’s Breast Cancer Group ☎ 7:00–8:30 p.m. <i>Mills-Peninsula Cancer Center 100 S. San Mateo Dr., San Mateo</i>	<b>6</b> Pilates Matwork 12:00–12:45 p.m.	<b>7</b> <span style="border: 1px solid black; padding: 2px;"><i>BCC Open: 9:00 a.m.–3:00 p.m.</i></span>  Ovarian Cancer Networking Group ☎ 9:30–11:00 a.m.  Recovery & Renewal Support Group ☎ 1:00–2:30 p.m.  Breast Cancer Newly Diagnosed & In-Treatment Support Group ☎ 3:00–4:30 p.m.  Young Women’s Breast Cancer Group ☎ 3:00–4:30 p.m.
<b>8</b>	<b>9</b> Yoga for Healing & Recovery 8:45–9:45 a.m.  Metastatic Breast Cancer Support Group ☎ 6:30–8:00 p.m.	<b>10</b> Knit One, Purl Two ☎ 2:00–4:00 p.m.	<b>11</b> Healthy Steps 8:45–9:45 a.m.  Mindfulness Meditation 5:00–6:15 p.m.  Writing Through Cancer 6:30–8:00 p.m.  <i>PJCC Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group Canceled</i>	<b>12</b> Tai Chi/Qi Gong 6-Week Series 5:30–6:30 p.m.  <b>Special Presentation</b> The Power of Raw, Plant-Based Oils to Protect, Nourish & Repair Your Skin ☎ 5:30–7:00 p.m.	<b>13</b> Pilates Matwork 12:00–12:45 p.m.  Young Women’s Breast Cancer Group ☎ 5:30–7:00 p.m.	<b>14</b> <i>Coffee Connections at Coupa Café, Palo Alto (ovarian cancer)</i> ☎ 9:30–10:30 a.m.  Recovery & Renewal Support Group ☎ 1:00–2:30 p.m.  Breast Cancer Newly Diagnosed & In-Treatment Support Group ☎ 3:00–4:30 p.m.
<b>15</b>	<b>16</b> Yoga for Healing & Recovery 8:45–9:45 a.m.  Metastatic Breast Cancer Support Group ☎ 6:30–8:00 p.m.	<b>17</b> Hereditary Cancer Support Group ☎ 7:00–8:30 p.m.	<b>18</b> Healthy Steps 8:45–9:45 a.m.  Healing & Guided Imagery 5:30–7:00 p.m.	<b>19</b> Ask an Expert: Breast Cancer Q&A Sharon Leslie, RPT <i>Physical Therapist</i> 5:30–7:00 p.m.  Young Women’s Breast Cancer Group ☎ 7:00–8:30 p.m. <i>Mills-Peninsula Cancer Center 100 S. San Mateo Dr., San Mateo</i>	<b>20</b> Pilates Matwork 12:00–12:45 p.m.  Healing Touch ☎ 6:30–8:30 p.m. (1-hr appointments)	<b>21</b> Triple Negative Breast Cancer Support Group ☎ 10:45 a.m.–12:45 p.m.  Recovery & Renewal Support Group ☎ 1:00–2:30 p.m.  Breast Cancer Newly Diagnosed & In-Treatment Support Group ☎ 3:00–4:30 p.m.
<b>22</b>	<b>23</b> Yoga for Healing & Recovery 8:45–9:45 a.m.  Metastatic Breast Cancer Support Group ☎ 6:30–8:00 p.m.	<b>24</b> <b>Special Presentation</b> Disability Benefits and Employment Leave Laws ☎ 5:30–7:00 p.m.	<b>25</b> Healthy Steps 8:45–9:45 a.m.  Mindfulness Meditation 5:00–6:15 p.m.  Writing Through Cancer 6:30–8:00 p.m.	<b>26</b> Knit One, Purl Two ☎ 6:00–8:00 p.m.	<b>27</b> Pilates Matwork 12:00–12:45 p.m.	<b>28</b> <span style="border: 1px solid black; padding: 2px;"><i>BCC Open: 9:00 a.m.–3:00 p.m.</i></span>  Spanish Language Breast Cancer Support Group Mujeres unidas: grupo de apoyo emocional de cáncer de seno ☎ 11:00 a.m.–12:30 p.m.  Breast Cancer Newly Diagnosed & In-Treatment Support Group ☎ 3:00–4:30 p.m.  <b>Benefit Event! The B4 Party</b> Bowling, Bocce, Billiards, & Bites At Bowlmor, Cupertino 8:00–10:30 p.m. See back page for details.
<b>29</b>	<b>30</b> Yoga for Healing & Recovery 8:45–9:45 a.m.  Metastatic Breast Cancer Support Group ☎ 6:30–8:00 p.m.	<b>31</b>	 <b>WE OUR PARTNERS!</b>			
			<p><b>October is Breast Cancer Awareness Month!</b></p> <p>This October, Bay Area Cancer Connections is proud to join forces with several community partners to raise awareness for breast cancer.</p> <p>We are grateful to our partners who are hosting special events this month in support of BCC, including: Botanic Organic, Glassybaby, Frank &amp; Ron Hotel-Motel Supply, Inc., GiggleMug, Pure Barre Palo Alto, Kendra Scott, Patxi’s Pizza, Illuminate Plastic Surgery, NORCAL Ambulance, Grand National Rodeo’s <i>Tough Enough to Wear Pink</i>, and many more!</p> <p>Check out the dates for the events hosted by our Breast Cancer Awareness Partners at: <a href="http://www.bconnections.org/events/awareness">www.bconnections.org/events/awareness</a></p> 			

*Register  
Today!*

**Interested in attending?**  
Please call (650) 326-6686 to register  
for programs marked with ☎

Check our online calendar for additional  
details and any changes to the programs at:  
[www.bconnections.org/our-services/calendar](http://www.bconnections.org/our-services/calendar)

**All programs are FREE of charge.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Special Presentation</b> <b>Fat: Friend or Foe?</b> Tuesday, November 14, 5:30-7:30 p.m. Nancy Birang, BS, MT(ASCP), NC</p> <p>Since the 1960s, fat has been consistently demonized as the main culprit for heart and other diseases. Despite the lack of substantiating science, low fat and nonfat diets are routinely recommended as the basis of a healthy, disease-preventing diet. In this talk, we will discuss what fat actually is, why we need it, and how to enjoy high-quality fat as part of a health-promoting diet.</p>			<p><b>1</b> Healthy Steps 8:45-9:45 a.m.</p> <p>Healing &amp; Guided Imagery 5:30-7:00 p.m.</p>	<p><b>2</b> Ask an Expert: Breast Cancer Q&amp;A <i>Canceled</i></p> <p>Young Women's Breast Cancer Group ☎ 7:00-8:30 p.m. Mills-Peninsula Cancer Center 100 S. San Mateo Dr., San Mateo</p>	<p><b>3</b> BCC Closed</p> <p>14<sup>th</sup> Annual Cancer Conference: Sharing Knowledge &amp; Inspiring Hope</p>	<p><b>4</b> <span style="border: 1px solid black; padding: 2px;">BCC Open: 9:00 a.m.-3:00 p.m.</span></p> <p>Ovarian Cancer Networking Group ☎ 9:30-11:00 a.m.</p> <p>Recovery &amp; Renewal Support Group ☎ 1:00-2:30 p.m.</p> <p>Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00-4:30 p.m.</p> <p>Young Women's Breast Cancer Group ☎ 3:00-4:30 p.m.</p>
<p><b>5</b></p>	<p><b>6</b> Yoga for Healing &amp; Recovery 8:45-9:45 a.m.</p> <p>DCIS Support Group ☎ 5:30-7:00 p.m.</p>	<p><b>7</b></p>	<p><b>8</b> Healthy Steps 8:45-9:45 a.m.</p> <p>Mindfulness Meditation 5:00-6:15 p.m.</p> <p>Writing Through Cancer 6:30-8:00 p.m.</p> <p>Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 6:30-8:00 p.m. PJCC 800 Foster City Blvd. Foster City</p>	<p><b>9</b></p>	<p><b>10</b> Pilates Matwork <i>Canceled</i></p> <p>Young Women's Breast Cancer Group ☎ 5:30-7:00 p.m.</p>	<p><b>11</b> Coffee Connections at Coupa Café, Palo Alto (ovarian cancer) ☎ 9:30-10:30 a.m.</p> <p>Recovery &amp; Renewal Support Group ☎ 1:00-2:30 p.m.</p> <p>Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00-4:30 p.m.</p>
<p><b>12</b></p>	<p><b>13</b> Yoga for Healing &amp; Recovery 8:45-9:45 a.m.</p> <p>Metastatic Breast Cancer Support Group ☎ 6:30-8:00 p.m.</p>	<p><b>14</b> Knit One, Purl Two ☎ 2:00-4:00 p.m.</p> <p><b>Special Presentation</b> <b>Fat: Friend or Foe?</b> ☎ 5:30-7:30 p.m.</p>	<p><b>15</b> Healthy Steps 8:45-9:45 a.m.</p> <p>Healing &amp; Guided Imagery 5:30-7:00 p.m.</p>	<p><b>16</b> Ask an Expert: Breast Cancer Q&amp;A ☎ Lisa Boohar M.D. Radiation Oncologist 5:30-7:00 p.m.</p> <p>Young Women's Breast Cancer Group ☎ 7:00-8:30 p.m. Mills-Peninsula Cancer Center 100 S. San Mateo Dr., San Mateo</p>	<p><b>17</b> Pilates Matwork 12:00-12:45 p.m.</p> <p>Healing Touch ☎ 6:30-8:30 p.m. (1-hr appointments)</p>	<p><b>18</b> Triple Negative Breast Cancer Support Group ☎ 10:45 a.m.-12:45 p.m.</p> <p>Recovery &amp; Renewal Support Group ☎ 1:00-2:30 p.m.</p> <p>Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00-4:30 p.m.</p> <p>Caregivers &amp; Loved Ones Support Group ☎ 3:00-4:30 p.m.</p>
<p><b>19</b></p>	<p><b>20</b> Yoga for Healing &amp; Recovery <i>Canceled</i></p> <p>Metastatic Breast Cancer Support Group ☎ 6:30-8:00 p.m.</p>	<p><b>21</b></p>	<p><b>22</b> Healthy Steps 8:45-9:45 a.m.</p> <p>Mindfulness Meditation 5:00-6:15 p.m.</p> <p>Writing Through Cancer 6:30-8:00 p.m.</p>	<p><b>23</b> <i>Closed</i></p>	<p><b>24</b> <i>Closed</i></p>	<p><b>25</b> Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group <i>Canceled</i></p>
<p><b>26</b></p>	<p><b>27</b> Yoga for Healing &amp; Recovery 8:45-9:45 a.m.</p> <p>Metastatic Breast Cancer Support Group ☎ 6:30-8:00 p.m.</p>	<p><b>28</b></p>	<p><b>29</b> Healthy Steps 8:45-9:45 a.m.</p>	<p><b>30</b></p>	<div style="background-color: #f0e68c; padding: 10px; border: 1px solid #ccc;"> <p style="text-align: center;"><i>Happy Thanksgiving!</i></p> <p>We are grateful for the mission we are able to work towards every day and we thank you for allowing us to be a part of your journey. We wish you and your families a very Happy Thanksgiving!</p> <p>Bay Area Cancer Connections will be closed on Thursday, November 23 and Friday, November 24 in observance of Thanksgiving. We will resume our regular business hours on Monday, November 27.</p> <p style="text-align: right;"><i>Gratefully, BCC Staff and Volunteers</i></p> </div>	




*Register Today!*

**Interested in attending?**  
Please call (650) 326-6686 to register for programs marked with ☎

Check our online calendar for additional details and any changes to the programs at:  
[www.bcconnections.org/our-services/calendar](http://www.bcconnections.org/our-services/calendar)

All programs are FREE of charge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Special Presentation</b> <b>Surviving the Holidays</b> Tuesday, December 5 5:30–7:00 p.m.</p>  <p><i>Janet Childs, D.D. (Doctor of Divinity), Director of Education, Training and CISM, Centre for Living with Dying Program of Bill Wilson Center</i></p> <p>Help untangle the stress and impact of the holiday season. We will discuss tools for survival and building meaning when we are navigating the holidays, with its many triggers, expectations, and hopes. We will discuss tools for managing loss and techniques for surviving this season that can bring both joy and stress. Join us for a healing and uplifting time where we will explore how we can individually and collectively create action steps to bring new light to this season.</p>			<p><b>1</b> Pilates Matwork 12:00–12:45 p.m.</p>	<p><b>2</b> <b>BCC Open: 9:00 a.m.–3:00 p.m.</b> Ovarian Cancer Networking Group ☎ 9:30–11:00 a.m. <b>Special Presentation</b> Breast Cancer Fitness ☎ 11:15 a.m.–12:45 p.m. Recovery &amp; Renewal Support Group ☎ 1:00–2:30 p.m. Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00–4:30 p.m. Young Women's Breast Cancer Group ☎ 3:00–4:30 p.m.</p>
<b>3</b>	<p><b>4</b> Yoga for Healing &amp; Recovery 8:45–9:45 a.m. DCIS Support Group ☎ 5:30–7:00 p.m.</p>	<p><b>5</b> <b>Special Presentation</b> <b>Surviving the Holidays</b> ☎ 5:30–7:00 p.m.</p>	<p><b>6</b> Healthy Steps 8:45–9:45 a.m. Healing &amp; Guided Imagery 5:30–7:00 p.m.</p>	<p><b>7</b> Ask an Expert: Breast Cancer Q&amp;A ☎ Jocelyn Dunn, M.D. <i>Breast Surgeon</i> 5:30–7:00 p.m. Young Women's Breast Cancer Group ☎ 7:00–8:30 p.m. Mills-Peninsula Cancer Center 100 S. San Mateo Dr., San Mateo</p>	<p><b>8</b> Pilates Matwork 12:00–12:45 p.m. Young Women's Breast Cancer Group ☎ 5:30–7:00 p.m.</p>	<p><b>9</b> Coffee Connections at Coupa Café, Palo Alto (ovarian cancer) ☎ 9:30–10:30 a.m. "Treasures and Tea" Young Women's Holiday Social ☎ 11:00 a.m.–12:30 p.m. Recovery &amp; Renewal Support Group ☎ 1:00–2:30 p.m. Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00–4:30 p.m.</p>
<b>10</b>	<p><b>11</b> Yoga for Healing &amp; Recovery 8:45–9:45 a.m. Metastatic Breast Cancer Support Group ☎ 6:30–8:00 p.m.</p>	<p><b>12</b> Knit One, Purl Two ☎ 2:00–4:00 p.m.</p>	<p><b>13</b> Healthy Steps 8:45–9:45 a.m. Mindfulness Meditation 5:00–6:15 p.m. Writing Through Cancer 6:30–8:00 p.m. Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 6:30–8:00 p.m. PJCC, 800 Foster City Blvd. Foster City</p>	<b>14</b>	<p><b>15</b> Pilates Matwork 12:00–12:45 p.m. Healing Touch ☎ 6:30–8:30 p.m. (1-hr appointments)</p>	<p><b>16</b> Triple Negative Breast Cancer Support Group ☎ 10:45 a.m.–12:45 p.m. Recovery &amp; Renewal Support Group ☎ 1:00–2:30 p.m. Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00–4:30 p.m.</p>
<b>17</b>	<p><b>18</b> Yoga for Healing &amp; Recovery 8:45–9:45 a.m. Metastatic Breast Cancer Support Group ☎ 6:30–8:00 p.m.</p>	<b>19</b>	<p><b>20</b> Healthy Steps 8:45–9:45 a.m. Healing &amp; Guided Imagery 5:30–7:00 p.m.</p>	<p><b>21</b> Ask an Expert: Breast Cancer Q&amp;A ☎ Howard Kleckner, M.D. <i>Medical Oncologist</i> 5:30–7:00 p.m. Young Women's Breast Cancer Group ☎ 7:00–8:30 p.m. Mills-Peninsula Cancer Center 100 S. San Mateo Dr., San Mateo</p>	<p><b>22</b> Pilates Matwork 12:00–12:45 p.m.</p>	<p><b>23</b> <i>Office closed</i> <i>Helpline open 9:00 a.m.–3:00 p.m.</i> <i>Please call (650) 326-6686.</i> Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group ☎ 3:00–4:30 p.m.</p>
<b>24/31</b>	<i>Closed</i>	<i>Closed</i>	<p><b>27</b> Healthy Steps 8:45–9:45 a.m. Mindfulness Meditation 5:00–6:15 p.m. Writing Through Cancer 6:30–8:00 p.m.</p>	<p><b>28</b> Knit One, Purl Two ☎ 6:00–8:00 p.m.</p>	<p><b>29</b> <i>Pilates Matwork Canceled</i></p>	<p><b>30</b> <i>Breast Cancer Newly Diagnosed &amp; In-Treatment Support Group Canceled</i></p>



# PROGRAM CALENDAR

October-December 2017

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## The B4 Party

BOWLING,  
BOCCE,  
BILLIARDS,  
& BITES

SATURDAY  
OCTOBER 28

8:00–10:30 p.m.

Bowlmor Cupertino, CA

### Put the “FUN” back in fundraiser!

Treat yourself and a friend, or better yet, a group of friends, to a spooky night out!

Bowling, bocce, billiards, and bites are just the beginning.....sip on a Halloween themed signature cocktail, show off your creativity in our costume contest, take goofy photos in our photobooth and bid on some fabulous items at our silent auction. Costumes encouraged, but not required.

*This special event is for adults 21 and over.*

We look forward to seeing you there!

### BUY TICKETS

Before October 1: \$50/person

Prices go up after October 1!

[www.bcconnections.org/theb4party](http://www.bcconnections.org/theb4party)