



Wellness for
Women

Pink-Link

By Vicki Channing Tashman, Phi-University of Colorado

When I pledged Delta Gamma in 1977, I never thought that at age 44, I would get breast cancer. I was diagnosed with stage one breast cancer in February 2004, had my lumpectomy that March, stomached my chemotherapy, tackled my radiation and was cancer-free by the beginning of December 2004. I wanted to start 2005 on a new path. My journey with the treatment of Breast Cancer had ended, but little did I know that breast cancer was going to become an integral part of my life.

I thought being a mom of two teenagers was tough. Breast cancer and its treatment gave me a challenge I was determined to not only overcome, but control. I joined every support group available, went to an acupuncturist regularly, continued working out, playing tennis and diligently kept every doctor's appointment. I documented my ordeal with a scrapbook and I took pictures of everything. I was the only patient taking pictures of myself, my friends, family members and the nurses while receiving chemotherapy. I took pictures of the radiation machine as well as the technicians. I took pictures of all my doctors and my friends who brought dinner for me and my family. And when it was all over, I had a huge party, sushi chef and pianist included.

During my treatment, my oncologist gave me a generic list of side effects for a drug she wanted me to take, but I wanted to know how the drug would affect me specifically, since every cancer is so unique. My oncologist couldn't answer this question. I thought maybe the women from my support group would have experience. But, although these women were all honest with each other, going through treatment, comparing wigs, they couldn't answer my question either because they didn't have my type of breast cancer.

That's when I recognized a fault in the way that support groups are formed. No one sitting around the table had the same breast cancer that I did.

Everyone had different surgeries; some had cancer in their lymph nodes or were going through different chemotherapies as well as radiation. Every woman's breast cancer was different, and every woman's treatment for that cancer was her own.

So, I came up with the idea of a central, on-line database of breast cancer survivors. These women would complete a form detailing various aspects of their type of cancer. Then, a woman undergoing treatment can search this database and find other women with very similar breast cancer issues and connect with them. She would then be able to ask questions specific to her needs and have them answered, honestly, by someone who experienced what she had.

Pink-Link is a non-profit organization founded as an on-line support for women being treated for breast cancer. Along with this innovative database, Pink-Link also has a personal journal system that patients can use to keep in touch with friends and relatives as well as a planning organizer to help schedule treatments, babysitters, drivers and dinners. Pink-Link is dedicated to fulfilling a need in breast cancer support by providing a warm and nurturing on-line environment for those women who need extra support and mentoring.

For more information, you can contact **Vicki Channing Tashman** at vtashman@pink-link.org or go to www.Pink-Link.org.

WELL-AWARE

Brought to you by the Delta Gamma Foundation

Shine Like the Sun: Follow Your Passion

By PRO Leanne Cusumano Roque, Beta Rho—George Washington University

Have you ever spoken with someone about a subject and known immediately how passionately the person feels? I recently met a woman who is employed by a large company and as she described her job, I understood exactly what she does. As we chatted further, she mentioned that she is taking classes on how to run a small business. When I asked why, she talked about how she would like to help people organize photos. In answer to a few more questions, she told me that she really wanted to be a photographer. As she talked about photography, she spoke more quickly, sat up straighter, and became much more animated. At this point, I knew that taking photographs was what she was really passionate about.

In a conversation with another woman, I learned about her work, as well. As we chatted further, she discussed why she wanted to be successful in her existing work. She wants to make money so she can create schools for underprivileged children. In talking about the schools, she too became much more animated and excited. It was also at this point, I knew that creating the schools was what she was really passionate about.

What would these women accomplish if they took the time and energy they spend on their existing jobs and put the same time and energy into doing what they are passionate about? Why is it any harder

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to succeed at an existing job than at the job you really want?

Sometimes, we make what we want seem unreachable, yet there are people doing what we want to do. If they can do it, why can't we?

Perhaps an easier way to think about this is to use an example that does not represent as large a part of our lives. For example, do you have curly hair that you always wished was straight? Do you have straight hair that you always wished was curly? Do people tell you that they love your hair natural, but you just don't see it? What would your life look like if you accepted your hair as it is and played to its strengths? Would you suddenly have an extra half hour every day? Would

you have an additional \$125 a month that you would otherwise spend on styling? Would you feel better about yourself each day as you looked in the mirror and saw that your hair is beautiful, as it is?

You can use this same philosophy in considering your talents. If accepting your hair and playing to its strengths can make a big difference, imagine what a difference accepting your talents and playing to their strengths can make in your

life! You have talents that no one else has in the same way; what are you doing with them? Embrace your talents! When you do, you will find yourself focused, time will lose meaning, and those around you will comment on how you radiate confidence and certainty. You will shine like the sun!

Leanne Cusumano Roque is a Success Coach passionate about supporting her clients in following their passion. Visit her web site at www.crcconsultinginc.com

The new, improved and easy-to-navigate **Leadership for Life** web site will be available to all members in mid-August. Don't forget to check it out in the Anchored Area of Anchors Online!

from the PROfiles



Leanne Cusumano Roque

Beta Rho—
George Washington University
Success Coach

Workshop and Presentation Topics:

- Communication
- Active Listening
- Motivation
- Goal Setting
- Self-Esteem
- Leadership
- Stress Management
- Time Management
- Healthy Pregnancy

PROs are a special group of alumnae who volunteer as resources the Fraternity. They make up Delta Gamma's speakers' bureau and are available to alumnae and collegiate chapters for presentations and workshops. We will feature PROs in this and up coming Well Aware issues. For information about scheduling a PRO to visit your group, contact Leslie Loop, Coordinator of Resource Development, at lesliel@deltagamma.org

Thrombophlebitis

By Alice Ashmore, Beta Tau-University of Miami, Co-president of the Northern Colorado alumnae chapter

Blood clots claimed the life of NBC reporter David Bloom while he was embedded with U.S. troops in Iraq. Professional football player Derrick Thomas, 33, of the Kansas City Chiefs also died when he suffered an embolism attributed to blood clots. These high-profile deaths have helped focus attention on thrombophlebitis; a common but serious illness.

What is thrombophlebitis?

Pain and swelling in the legs from blood clots is called "thrombophlebitis" by the medical community. These blood clots can involve either superficial or deep veins. Physicians become especially suspicious of thrombophlebitis when the pain and swelling is confined to one limb. The occurrence of thrombophlebitis increases as people age, and odds grow to two in 1,000 per year for those over age 70 from one in 1,000 for those under age 70.

Deep Vein Thrombosis

The risk for DVT can be inherited or attributed to a number of other factors. The more risk factors you have, the greater your chances of developing DVT. The National Heart, Lung and Blood Institute lists the following as risk factors for DVT:

- Low blood flow in a deep vein due to injury, surgery or immobilization
- Cancer and its treatment
- Presence of varicose veins
- Sitting for a long period of time – long trips via car or airplane
- Pregnancy, especially during the first six weeks after giving birth
- Being over age 60
- Being overweight
- Taking birth control pills or hormone replacement therapy.

Symptoms of DVT can include:

- swelling of the leg
- pain or tenderness, usually in one leg, that may only be present when standing or walking
- feeling of increased warmth and red or discolored in the area that is painful

Seek immediate medical help if these symptoms are accompanied by a fever, severe pain and shortness of breath.

DVT can occur in young, healthy people if their legs are confined for a considerable length of time, say on an overseas flight. Travelers are urged to walk or exercise their lower leg muscles while sitting for extended periods of time. Try exercises like foot flexes

(think pressing the gas pedal) and alternating bringing each knee toward your chest. For couch potatoes and desk-bound office workers, your sedentary lifestyle may also put you at risk!

When clots cause a Pulmonary Embolism

The most serious complication of deep vein thrombosis is a pulmonary embolism. It is possible for an individual to have a "silent" embolism and not realize what has happened to them. However, most pulmonary embolisms are impossible to miss, and symptoms include shortness of breath, chest pain and coughing up blood.

A diagnosis of DVT usually results in hospitalization, and after the initial diagnosis the typical patient is placed on an anticoagulant, or blood thinner, for several months or perhaps for a lifetime.

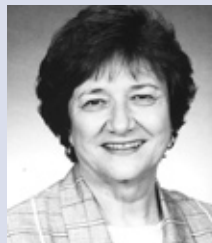
Survival tips

Know the signs of blood clots in the legs and pay attention to your body. Inform your doctor of any unexplained leg pain, or changes that affect only one leg. It is also important to tell your physician of any personal or family history of unusual bleeding or clotting, especially if you are considering surgery.

What can you do to reduce your risk of thrombophlebitis? Walk, use your legs more, avoid obesity and simply stay active.

Alice Ashmore is a freelance writer and health educator based in Loveland, Colo.

from the PROfiles



**Joyzelle "Joy"
Herod McCreary**

Gamma Nu-North Texas State,
*Clinical Psychologist,
Management Consultant*

Workshops and Presentation Topics:

Fraternity Heritage
Fraternity Lifetime/Opportunities
Panhellenic Structures/Relations
Communication
Group Behavior
Friendship
Team Building
Confrontation
Conflict Resolution
Motivation
Goal Setting
Active Listening
Gender Relations
Leadership
Career Development
Time Management
Self-Esteem
Stress Management
Life Stages

Monthly Observances and Contacts

Each organization has materials available unless otherwise noted.

AUGUST

August 1

National Minority Donor Awareness Day

National Minority Organ Tissue Transplant Education Program
Ambulatory Care Center,
Suite 3100, 2041 Georgia Ave., N.W.
Washington, DC 20060
800 393-2839

Contact: Norman Brooks
nbrooks@nationalmottep.org
www.nationalmottep.org

August 1–7

World Breastfeeding Week

World Alliance for Breastfeeding Action and La Leche League International
1400 N. Meacham Road
Schaumburg, IL 60173-4840
847 519-7730 x286

Contact: Mary Hurt
PRAssociate@lilli.org
www.lalecheleague.org

August 7–12

National Health Center Week

National Association of Community Health Centers
7200 Wisconsin Ave., Suite 210
Bethesda, MD 20814, 301 347-0400

Contact: Marilyn Mikulich
contact@nachc.com
www.healthcenterweek.com

August 1–31

Children's Eye Health and Safety

Prevent Blindness America
211 W. Wacker Drive, Suite 1700
Chicago, IL 60606, 800 331-2020
Contact: PBA Consumer and Patient Hotline, info@preventblindness.org
www.preventblindness.org

National Immunization Awareness Month

National Partnership for Immunization
121 N. Washington St., Suite 300
Alexandria, VA 22314, 703 836-6110
Contact: NIAM Resource Center
npi@hnhb.org
www.partnersforimmunization.org

Eye Injury Prevention Month

American Academy of Ophthalmology
P.O. Box 7424
San Francisco, CA 94120-7424
415 447-0213
Contact: Georgia Alward,
Communications Department
eyemd@aao.org | www.aao.org

SEPTEMBER

September 4–10

Suicide Prevention Week

American Association of Suicidology
4201 Connecticut Ave.,
N.W., Suite 408
Washington, DC 20008
202 237-2280, Contact: Amy Kulp
info@suicidology.org
www.suicidology.org

September 28

National Women's Health and Fitness Day

Health Information Resource Center
1850 W. Winchester, Suite 213
Libertyville, IL 60048
800 828-8225, Contact: Tina Godin
info@fitnessday.com
www.fitnessday.com

September 1–30

Home and Sports Eye Safety Month

Prevent Blindness America
211 W. Wacker Drive, Suite 1700
Chicago, IL 60173, 800 331-2020
Contact: PBA Consumer and Patient Hotline
info@preventblindness.org
www.preventblindness.org

Gynecologic Cancer Awareness Month

Gynecologic Cancer Foundation
230 W. Monroe, Suite 2528
Chicago, IL 60606, 312 578-1439
Contact: Karen Carlson
info@thegcf.org | www.thegcf.org

Healthy Aging Month

Educational Television Network, Inc., P.O. Box 442
Unionville, PA 19375, 610 793-0979
Contact: Carolyn Worthington
info@healthyaging.net
www.healthyaging.net

Leukemia & Lymphoma Awareness Month

The Leukemia & Lymphoma Society
1311 Mamaroneck Ave.
White Plains, NY 10605
800 955-4572
Contact: Information Resource Center
infocenter@leukemia-lymphoma.org
www.lls.org

National Cholesterol Education Month

National Heart, Lung, and Blood Institute Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

301 592-8573

Contact: Information Specialist
nhlbiinfo@rover.nhlbi.nih.gov
www.nhlbi.nih.gov

Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition
500 N.E. Spanish River Blvd., Suite 8
Boca Raton, FL 33431
888 OVARIAN
Contact: Shelly Rozenburg
nocc@ovarian.org | www.ovarian.org

National 5-A-Day Month

National Cancer Institute/
Produce for Better Health Foundation
6130 Executive Blvd., EPN 4050
Bethesda, MD 20892
800 4-CANCER (422-6237)
Contact: NCI 5-A-Day Program Office
www.5aday.gov

National Menopause Awareness Month

Office of Women's Health
U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857
888 463-6332
Contact: none available
www.fda.gov/womens/menopause

OCTOBER

October 6

National Depression Screening Day

Screening for Mental Health, Inc.
1 Washington Street, Suite 304
Wellesly Hills, MA 02481
781 239-0071, Contact: Anne Keliher
info@mentalhealthscreening.org
www.mentalhealthscreening.org

October 1–31

Domestic Violence Awareness Month

National Coalition Against Domestic Violence
P.O. Box 18749
Denver, CO 80218-0749
303 839-1852
Contact: none available
mainoffice@ncadv.org
www.ncadv.org

Healthy Lung Month and Clean Air Month

American Lung Association
61 Broadway, 6th Floor
New York, NY 10006
800 LUNG-USA (586-4872)
Contact: Communications Dept
info@lungusa.org | www.lungusa.org

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month Board of Sponsors
1800 Concorde Pike, DIC 712 A
Wilmington, DE 19850-5437
312 596-3557
Contact: Kathym Mckemzie
kathryn.mckemzie2@astrazeneca.com
www.nbcam.org

National Dental Hygiene Month

American Dental Hygienists' Association
444 N. Michigan Avenue, Suite 3400
Chicago, IL 60611, 312 440-8900
Contact: Communications Division
media@adha.net | www.adha.org

Sudden Infant Death Syndrome (SIDS) Awareness Month

First Candle/SIDS Alliance
1314 Bedford Ave., Suite 210
Baltimore, MD 21208
800 221-7437, Contact: Laura Reno
info@firstcandle.org | www.firstcandle.org

"Talk About Prescriptions" Month

National Council on Patient Information and Education
4915 St. Elmo Ave., Suite 505
Bethesda, MD 20814-6082
301 656-8565

Contact: Information Specialist
ncpie@ncpie.info | www.talkaboutrx.org

National Liver Awareness Month

American Liver Foundation
75 Maiden Lane, Suite 603
New York, NY 10038-4810
800 465-4837, Contact: Information Distribution Center
webmail@liverfoundation.org
www.liverfoundation.org

National Glaucoma Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606, 800 331-2020
Contact: PBA Consumer and Patient Hotline
info@preventblindness.org
www.preventblindness.org

Source: 2005 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, D.C