

BY AMY SPAGNOLA

A Woman's Guide to Beating Breast Cancer



October is National Breast Cancer Awareness Month and *Denver Life* is proud to present a special health focus—A Woman's Guide to Beating Breast Cancer. This 3rd annual health guide examines the latest breast cancer screening technologies and cutting-edge treatments as well as an inspiring story of one local woman's personal journey through breast cancer diagnosis and her story of survival. We've also compiled the most current breast cancer awareness information, national and local resources, support groups and local events to help you lead a healthy lifestyle, lower your risk and make informed choices about your health.

Editor's Note: The information contained in this special editorial section has been researched by the *Denver Life* editorial team and is intended to increase awareness about breast cancer and encourage women to take charge of their health through informed decision-making. The information contained in this section is not a substitute for regular checkups or the advice of a medical doctor. If you have any health concerns, please consult with your doctor.

Crusade Against Breast Cancer

New Treatments, New Technologies, New Hope

Over the course of a lifetime, 1 in 8 women will be diagnosed with breast cancer. In the U.S. today, there are 2.5 million survivors of the disease and since 1990 breast cancer mortality has declined 3.2 percent per year among women younger than 50 and 2 percent per year in women aged 50 and older. In the United States in 2010, there will be approximately 207,000 new cases of women diagnosed with the disease as well as nearly 2,000 males. There will be approximately 40,000 females who will die of the disease this year and almost 400 males. Breast cancer represents the fifth most common cause of cancer death and the most common cancer in women with the exception of skin cancer.

The causes of breast cancer are still not fully understood. Women are 100 times more likely to develop the disease than men; factors that play a role include age (the majority of advanced breast cancer cases are found in women over 50), family history of breast cancer (about 20-30 percent of women with breast cancer have a family history of the disease) and genetics. Genes play a significant role in the odds of breast cancer risk; those with certain gene defects have up to an 80-percent chance of acquiring the disease. Lastly, there are possible correlations between age at first menstruation (women with periods that began before age 12 or those who went through menopause later in life, as in after age 55) are at an increased risk. Other factors may include overconsumption of alcohol, childbirth (women who have never had children or had them after the age of 30), obesity, hormone replacement therapy and exposure to radiation.

Technology continues to improve and offer hope for those battling breast cancer. There are new and improved options for those seeking treatment. The most common medical treatments available today include chemotherapy medicines (which are designed to kill cancer cells), radiation therapy to destroy cancerous tissues and surgery to remove cancerous tissues (a lumpectomy removes the breast lump while a mastectomy removes all or part of the breast also possibly including the removal of nearby structures). Other treatment methods include hormonal therapy to block certain hormones that fuel cancer growth as well as targeted

therapy to interfere with cancer cell growth and function. Radiation and surgery offer localized treatment options (effective for removing cancer from a limited local area such as the breast, lymph nodes or armpit); while systemic therapy aims to remove cancer cells that have spread from the breast to other parts of the body and this usually consists of drug therapy.

Targeted therapy, a relatively new treatment, uses special anti-cancer drugs that identify certain changes in a cell that can lead to cancer. The drug Herceptin has been used for many years to treat metastatic breast cancer and is now being utilized to treat early breast cancer including lymph-node positive and some lymph-node negative cancers. Studies have shown that this type of treatment, when paired with chemotherapy, cuts the risk of cancer reoccurrence by 50 percent and has very high success in increasing survival rates.

There are even more new treatments on the horizon for breast cancer patients. These include sentinel lymph node biopsy followed by surgery (which involves injecting the tumor with a radioactive substance that flows into the lymph nodes followed by tumor removal surgery). While another new treatment option is called high-dose chemotherapy with stem cell transplant, and involves replenishing the patient's stem cells after they're destroyed by cancer treatment.

There are many complementary and alternative medicine applications that might be useful in conjunction with modern medicine—"natural" options must be used with caution however, and depend on the patient, the stage of the cancer and other health concerns. There is research that flax oil, soy, vitamin D supplementation and even acupuncture and yoga can be beneficial during cancer treatment and as helpful healing tools. Anything that strengthens the immune system such as a diet of fruits, vegetables, whole grains and legumes is also prudent and even massage, calcium D-glucurate and green tea could be utilized as part of a diet and health improving program. Other alternative treatments growing in popularity include homeopathy, music therapy, enzymes, progesterone creams, mushroom extracts and reflexology.

SHOP FOR A CURE

Every three minutes a woman in the United States is diagnosed with breast cancer. This staggering statistic is why so many generous companies are committed to the power of positive change. October is National Breast Cancer Awareness Month and each year, hundreds of companies around the nation unite in support of funding research and prevention, promoting awareness and finding a cure for breast cancer. They do this by donating a portion of proceeds from the sale of their wonderful products—most with special edition Pink Ribbon Collections—to various breast cancer foundations, organizations and research programs. There are numerous non-profit breast cancer organizations around the globe and companies vary in those that they support, BUT all of them share one common goal: to find a cure and eradicate this disease. Read on and discover how you can Shop for a Cure!



PRETTY IN PINK Give cancer the "kiss-off" with this limited-edition **Clarisonic Mia Sonic Skin Cleansing System**. With every purchase, Clarisonic will donate \$50 to Look Good...Feel Better, a national public service program dedicated to helping women offset appearance-related changes from cancer treatment. \$149 at nordstrom.com



Bobbi Brown limited-edition **Pink Shimmer Brick Compact** contains five bars of iridescent color. Bobbi Brown will be donating \$35,000 in connection with the sales of the compact to The Breast Cancer Research Foundation® through the month of October. \$38 at all Bobbi Brown counters and bobbibrown.com



Purchase Clinique's Great Lips, Great Cause limited-edition lip trio key ring featuring an exclusive Pink Ribbon heart charm and three mini lip favorites and \$4 per key ring purchased during the month of October will be donated to The Breast Cancer Research Foundation®, while supplies last. \$16 at Macy's and clinique.com



In October, each online purchase of Bumble and bumble's Spray de Mode hairspray will help Bumble and bumble donate \$25,000 to The Breast Cancer Research Foundation®, \$15(4 oz)/ \$25 (10 oz) at bumbleandbumble.com

Darphin will donate \$20 for each Intral Soothing Cream sold in North America throughout October which will go toward a \$6,000 donation to The Breast Cancer Research Foundation®, \$70 at darphin.com



As part of Estée Lauder's Pink Ribbon Collection, the Evelyn Lauder Lip Design Collection features three lipstick shades that were hand-picked by Evelyn Lauder, along with a pink accessory bag. Estée Lauder will donate \$500,000 in connection with the sales of its Pink Ribbon Collection to The Breast Cancer Research Foundation®, \$25 at all U.S. Estée Lauder counters and esteelauder.com

For every purchase of AHAVA Hope Blossoms mineral bath salts, AHAVA will make a donation to the National Breast Cancer Foundation. \$22, at ahava.com



Denver County had a high percentage of women with no mammogram in the last 12 months (38%) yet also had a high breast cancer incidence rate.

Resource: Komen Denver

CUTTING EDGE CLINICAL TRIALS

Clinical trials are carefully controlled research studies conducted with people who volunteer to participate. These studies test the safety and potential benefits of new drugs and treatments as well as ways to prevent, detect, diagnose or treat disease. They also identify risks of a specific drug or treatment that may not yet be known. The following are drug treatments currently being tested in clinical trials.

~ This information has been provided by Susan G. Komen for the Cure.

Anti-angiogenesis agents: Blood vessels supply cancer cells with the nutrients they need to grow, so without them, cancer cells cannot grow as quickly. These drugs work by preventing cancer cells from developing new blood vessels. There are over a dozen anti-angiogenesis agents currently in clinical trial testing in people with advanced breast cancer. For example, the anti-vascular endothelial growth factor antibody, is now being tested in women with advanced breast cancer in combination with chemotherapy.

Monoclonal antibodies: Normally the body's immune system recognizes a foreign invader such as an infection and will produce antibodies to help fight it off. Since the body does not recognize cancer cells as a type of foreign invader, antibodies are often not produced. Monoclonal antibodies, which are produced in a laboratory, are being developed to work alone or together with chemotherapy and radiation to seek out and specifically attack cancer cells.

Bisphosphonates: A bone-strengthening drug has been an effective treatment for women with metastases in the bone. The drug is now being tested in women with early breast cancer to lower the risk of bone disease and prevention of bone metastases. Because these findings are preliminary, much more research is needed.

The following are therapies currently being tested in clinical trials.

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Immunotherapy (Biological Therapy): Activates the cells. One type of immunotherapy being evaluated in clinical trials is cancer vaccines. Cancer vaccines seek to stimulate the immune system so that it can more effectively kill cancer cells.

Bone marrow or stem cell transplantation: Bone marrow containing stem cells is collected from your body, stored and then returned to your body following high-dose chemotherapy. Bone marrow and stem cells are important in making blood. By removing them prior to chemotherapy, they are not damaged by the treatment and can then help your body recover after the chemotherapy is given.

Brachytherapy: A procedure that uses targeted radiation therapy from inside the tumor bed. Implantable radiation "seeds" or a single small balloon device can be used to deliver the radiation. Brachytherapy is also being studied as an alternative to standard radiation therapy. This may eliminate the need to give radiation to the entire breast.

Gene expression profiling: This treatment tool uses the genetic profiles of cancer tumors to predict which cancers may be more aggressive and, therefore, more likely to benefit from chemotherapy. One large study found that certain genes in a tumor may indicate which women have a high risk of distant recurrence. Such findings suggest that gene expression profiling may one day help people living with cancer and their health care providers make better informed decisions about therapy.

RESOURCES

American Cancer Society cancer.org

CenterWatch Clinical Trials Listing Service™ centerwatch.com

breastcancertrials.org

For more information, call Susan G. Komen for the Cure® at 877.465.6636 or visit komen.org

Jan's Story

As told to Denver Life writer, Amy Spagnola



PHOTO BY PHIL MUMFORD

Jan Anderson, a Denver native was born and raised in the shadows of the Rocky Mountains. She grew up coveting Colorado sunshine and the breathtaking vistas of Aspen trees, glistening snow and peaks dipped in white. During her youth, she attended Thomas Jefferson High School and went on to declare her Ram pride when attending Colorado State University, where she received an English degree in 1971. Her fondness for education led her to teach at both South and East High School for the entirety of her career. Jan retired in the spring of 2003 after teaching English for 22 years and acting as Student Activities Director for an additional 10. She just blew out the candles on her 61st birthday cake and recalls being diagnosed with breast cancer at age 51. Here's Jan's story, in her own words...

"In July 2001, I was diagnosed by a woman doctor (whose name I have since forgotten), who was spending some time in Dr. Peter Monheit's (my GP) office. She found a lump and suggested that I get a biopsy. We were leaving for a week's vacation, so I had the biopsy, then we left town. When we returned, there was a message on my answering machine asking me to come back in to the doctor's office. That was when they informed me that I had breast cancer. Of course, I was shocked and in shock, and didn't quite know what to think. I remember the office staff taking immediate action, contacting an oncologist's office and setting up an appointment for me, and recommending both a radiologist and a surgeon. I remember thinking how efficient they were.

Telling my husband and the rest of my family was extremely difficult, because I didn't really believe it. I went home and my husband and I went over to my mother's house where many tears were shed. I remember that one of my first calls was to a teaching colleague who had been diagnosed with breast cancer five years before me. Not only did she become a sounding board throughout my treatment, but she immediately informed all of the teachers/administrators at East of my diagnosis. I never had to tell anyone else. That was wonderful!

From that day on, all I wanted to do was move forward as soon as possible. I met with my oncologist, Dr. Nadine Mikhaeel, the radiologist, Dr. Seth Reiner and with a surgeon, Dr. Steven DeLine. I remember my colleague telling me to have someone along with me at all preliminary doctor's meetings because the information was so overwhelming. My husband accompanied me to all meetings, took notes and made sure that we asked all the questions we needed to ask before we proceeded. However, I chose to put my faith in my doctor's recommendations and when Dr. Mikhaeel recommended a lumpectomy (which was performed by Dr. DeLine), followed by chemotherapy (eight treatments, one every three weeks), followed by 36 radiation treatments, that's what I did. Emotionally, I just wanted to move on as quickly as possible. In looking back, I think I believed that as long as I was moving forward, I wouldn't have to think about what was really happening to me. I underwent surgery in late August, missed the first two weeks of school, started chemo as soon as my drainage tube was removed, completed chemo in February, 2002, immediately began radiation which I did Monday through Friday before I went to school. I finished all treatments in May 2002 and have been cancer-free since. I still see my oncologist annually.

Family and friends were extremely supportive throughout all of my procedures. Teachers brought over meals and donated their sick days to me whenever I needed them. One of my retired colleagues was my substitute for the two weeks I missed and as a result of her hard work, I was able to smoothly move in and continue with the instruction when I returned. Students were compassionate and understanding and they even forgot I had cancer unless I did something to remind them, like grabbing my wig and pulling it away from my forehead when it got really hot in the classroom. We

Synonymous with skin care miracles and ultimate luxury, the legendary **Crème de la Mer** comes in a special pink box created especially for Breast Cancer Awareness Month. La Mer will make a donation of \$30,000 to The Breast Cancer Research Foundation® in connection with North American sales of the product. \$230 (2 oz) / \$1,390 (16.5 oz) at Neiman Marcus, Saks Fifth Avenue and select Nordstrom stores in the USA. lamer.com



Purchase **Philosophy's Shower for the Cure** and all proceeds benefit the Women's Cancer Research Fund. \$20 at philosophy.com

Throughout October, **Aveda** will donate \$4 from each sale of the limited-edition **Breast Cancer Awareness Hand Relief** moisture therapy to The Breast Cancer Research Foundation® to fund cruelty-free environmental research to help find a cure, with a maximum donation of \$300,000. \$21 at Aveda Experience Centers, participating salon locations in the USA and aveda.com



The **Conair Corporation** proudly supports The Breast Cancer Research Foundation with its custom designed **Conair Power of Pink Ceramic Straightener** \$19.99 and the **Conair Power of Pink Ionic Hairdryer** \$19.99 at conair.com and at mass retailers nationwide.



Purchase this lightweight linen-rayon blend **Wrapped in Love Scarf**, and **Red Envelope** will donate 10% of the retail price to Susan G. Komen for the Cure. \$39.95 at redenvelope.com





Red Envelope's Friendship Knot Bracelet is part of the company's Pink Ribbon Collection and available year-round.

Ten percent of the retail price from each Pink Ribbon purchase goes directly to Susan G. Komen for the Cure. \$24.95 at redenvelope.com



As a private, not-for-profit corporation, **Save the Ta-tas Foundation** is committed to battling breast cancer at every stage, and supports breakthrough cancer research through a partnership with The Concern Foundation. The Save the Ta-tas Foundation is determined, like its founder **ta-tas® Brand Clothing**, to end this devastating disease, with a smile of course! Laughter heals, save the ta-tas! Check out their web site for women's, men's and children's clothing and accessories. Every purchase goes toward funding critical breast cancer research. savethetatas.com Save the tatas Pink Camo Cap \$19.99 Save the tatas Black Cap \$16.50 Save the tatas Long Sleeve Black Shirt \$29.50 Save the tatas ECO Tote \$12



When you purchase **Reebok's Pink Ribbon Premier Road Supreme** running shoes, Reebok will donate a minimum of \$400,000 up to \$750,000 to the Avon Breast Cancer Crusade. \$100 at reebok.com



had good laughs about that and it worked to keep them 'off-balance' and 'in control,' although they were great students and I seldom had discipline problems."

Do you have a family history of breast cancer?

"The only person in my family with breast cancer was my maternal grandmother."

Did you associate with other survivors or those battling breast cancer?

"Only the one colleague who had been through all of the treatments five years prior to my diagnosis. I relied on her expertise throughout the entire process. She was of immense help to me."

What things were most beneficial to your recovery?

"Definitely family support and work support. I am known for my positive attitude so I firmly believe that my positive attitude through the surgery, the chemo and the radiation helped me to survive it with a minimum of difficulty. I continued teaching while undergoing chemo. After two of the chemo treatments, I knew which days would be difficult and I treated myself very gently on those days taking any and ALL of the drugs that were provided to me to avoid nausea and took a day off when/if needed. The rest of the time between treatments was just allowing my body to recover and eating ice cream to keep my weight up. One of the downsides of chemo is weight loss, up to two pounds a week, so the doctor recommended ice cream as a way to keep my weight up. I loved our nightly trips to Dairy Queen but I didn't like the fact that the weight came back quickly when I finished with the chemo and I couldn't keep going to DQ. That I didn't like. I had excellent insurance, which covered all of my medical costs with the exception of co-pays."

What advice would you offer other women about screenings?

"Definitely get regular screenings. I had semi-annual mammograms for five years after my treatment. Now, I get annual mammograms, annual physicals with my GP and annual appointments with my oncologist."

How was your view on life changed?

"I appreciate my life more. I live each day knowing that my cancer could return, but I don't dwell on it. Basically, I am a firm believer that positive attitudes in negative situations work wonders. I also believe that eliminating stress can go a long way to keeping cancer at bay. Also, I can't say enough about my husband who was by my side through thick and thin. It is more difficult for spouses/family to be around a cancer patient because there is absolutely nothing they can do except to provide moral support. I knew how I felt and when I didn't feel good, there was nothing any of them could do to help me. I took many tearful showers! But, family support is essential, even if there isn't really anything they can do to help."

BREAST CANCER AWARENESS EVENTS

SEPTEMBER 11, 2010

11th Annual Tee It Up for a Cure The Pinery Country Club, Parker, CO
This wonderful woman's golf tournament benefitting the Denver Metropolitan Affiliate of Susan G. Komen for the Cure, generates funds specifically for life-saving education, research, screening and treatment of breast cancer. 303.840.1884, pineryLGA@aol.com and komendenver.org

SEPTEMBER 14, 2010

Massage for the Cure
Massage Envy Massage for the Cure to benefit the local affiliates of Susan G. Komen for the Cure®. Simply call your local Massage Envy and make an appointment for a \$49, one-hour massage on September 14th. 100% of the funds raised during this one-day event will be used for education, screening and treatment programs through the Denver Metropolitan Affiliate of Susan G. Komen for the Cure®. massageenvy.com

OCTOBER 3, 2010

Komen Denver Race for the Cure Pepsi Center
There were 55,000 participants in 2009. The Denver event is one of the largest Race for the Cures in the world! komendenver.org

OCTOBER 8, 2010

Lee National Denim Day

Lee Jeans invites people across the nation to go casual for the cause. Simply wear jeans to work on Denim Day (Oct. 8th) and raise money to fight breast cancer and support breast cancer awareness. Learn more, coordinate a team or donate now by visiting denimday.com

NOVEMBER 6, 2010

A Pink Tie Affair™ Sheraton Denver Hotel

The Denver Metropolitan Affiliate of Susan G. Komen for the Cure® hosts this annual event featuring an elegant evening of dinner, entertainment, dancing and exciting casino games! 303.367.1367 komendenver.org

MARCH 5, 2011

Colorado Romp to Stomp Frisco Nordic Center, CO

Strap on your snowshoes for this fun, family-friendly snowshoe event (benefiting Denver Metropolitan Affiliate of Susan G. Komen for the Cure) that is truly in a class of its own! With the majestic Rockies raising high above, thousands of people decked out in pink will participate in a 3K or 5K Snowshoe Walk or a 3K Snowshoe Race. A festive atmosphere complete with live entertainment and FREE breakfast, this event is not to be missed! tubbsromptostomp.com

APRIL 2011

Making Strides Against Breast Cancer of Denver

The American Cancer Society's premier event to raise awareness and funds to fight breast cancer, this spirited, non-competitive walk helps save lives and provide hope. cancer.org

AUGUST 7, 2011

Tri For The Cure

Founded in 2004 with the goal of creating an event where women of all kinds could test their limits and meet new goals, this triathlon experience proves the great power of women helping women! Benefiting the Denver Metropolitan Affiliate of the Susan G. Komen for the Cure, join thousands of women to end breast cancer forever! trifortheCure-denver.com

AUGUST 26-28, 2011

Susan G. Komen 3-Day for the Cure™ Denver

The Susan G. Komen 3-Day for the Cure is a 60-mile walk for women and men who want to make a personal difference in the fight against breast cancer. Participants commit to fundraising, training and dedicating an entire weekend to the cause. the3day.org



PHOTO COURTESY OF DENVER METROPOLITAN AFFILIATE OF SUSAN G. KOMEN FOR THE CURE



With the purchase of these stylish **Ida Breast Cancer Flip Flops** from **Lindsay Phillips**, 25% of your purchase will be donated to Young Survival Coalition and The Mammography Voucher Program at Morton Plant Mease Hospital. \$37 at lindsay-phillips.com

During the month of October, 20% of all sales of **Coach's Maggie Bag** will benefit The Breast Cancer Research Foundation®. \$358 at **Coach stores and coach.com**



New Balance will donate 5% of the sales from the **Lace Up for the Cure® Collection** (available year-round) to Komen. The official shoe of the Susan G. Komen Race for the Cure®, the

New Balance Lace Up for the Cure® 760 is \$89.95 and **The New Balance Lace Up for the Cure® ½ Zip** is \$50 at newbalance.com



Oakley will donate \$20 from the sale of each of its **Commit SQ Breast Cancer Awareness Edition** sunglasses to the Young Survival Coalition® (YSC). \$160 at oakley.com and Optique of Denver 303.844.3937, optiqueofdenver.com



Get a shot of vitamin C, seven B vitamins and electrolytes galore with **Emergen-C Pink** featuring a wonderfully sweet pink lemonade flavor and 24 nutrients! For every box sold, 20¢ is donated to Keep A Breast Foundation and other various breast cancer awareness/research organizations. \$10.99 for a 30-packet box, available wherever vitamin C products are sold and emergenc.com





WEAR PINK PROUDLY A portion of the proceeds from the sale of **Swarovski's Pink Ribbon Bracelet** will benefit The Libby Ross Breast Cancer Foundation. \$70 at the Swarovski boutique at Cherry Creek Mall 303.321.4338 and swarovski.com



With the purchase of **Glowology's Love Light Candle**, 50% of proceeds will go to The Breast Cancer Research Foundation® in the month of October. \$24 at noodleandboo.com

During the month of October, purchase the **Eco Clean All Purpose Cleaner** and 30% of the proceeds will be donated to **CANCER101**. \$3.99 at alice.com



The fabulous **Pink Ribbon Wine Glass by Lolita** comes with a special wine cocktail recipe on the bottom of the glass. A portion of proceeds from the sale of this glass will go to Susan G. Komen For the Cure. \$23.95 at lolitawineglasses.com



Purchase a bouquet of **ProFlowers** lovely **Pink Ribbon Tulips** and 10% of the retail price will benefit Susan G. Komen for the Cure. \$49.99 at proflowers.com

Sip pink for the cure with **TalkingRain's Pink Artesian Water**. Twenty-five cents per case of PINK™ sales will go to support various national and local breast cancer research, screening, education and awareness programs. \$.69 each or 2 for a \$1 at talkingrain.com



RESOURCES

NATIONAL INFORMATION SERVICES

American Cancer Society 800.227.2345; cancer.org

BreastCancer.org breastcancer.org

Cancer Care 800.813.4673; cancercares.org

Cancer Treatment Centers of America 800.931.9299; cancercenter.com

Inflammatory Breast Cancer Research Foundation 877.786.7422; ibcresearch.org

Living Beyond Breast Cancer 888.753.5222; lbbc.org

Making Memories Breast Cancer Foundation 503.829.4486; makingmemories.org

National Alliance of Breast Cancer Organizations 888.806.2226; nabco.org

National Breast Cancer Coalition (NBCC) 800.622.2838; natlbcc.org

National Breast Cancer Foundation (NBCF) nationalbreastcancer.org

National Cancer Institute 800.422.6237; cancer.gov

National Coalition for Cancer Survivorship (NCCS) 888.650.9127; canceradvocacy.org

National Women's Health Network womenshealthnetwork.org

Susan G. Komen for the Cure The world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cure. 877.465.6636; komen.org

LOCAL INFORMATION SERVICES

American Cancer Society, Denver 720.524.5400; cancer.org

Andre Center for Breast Cancer Education and Navigation Provides clinical education and navigation services for women and men diagnosed with breast cancer. Reaching more than 500 clients in 54 counties throughout the State of Colorado. Client benefits include improved access to treatment, care coordination, reduced anxiety and the promotion of strong trusting relationships with the health care team. andrecenter.org

Cancer League of Colorado cancerleague.org

Colorado Breast Cancer Resources Directory breastcancercolorado.org

Colorado Cancer Research Program Provides information about clinical trials in Colorado. 303.777.2663; co-cancerresearch.org

Colorado Department of Public Health and Environment – Women's Wellness Connection (WWC) 800.692.2600 or 303.692.2600

Komen Denver Helpline: 877.465.6636; komendenver.org

Swedish Medical Breast Care Program swedishhospital.com

The Women's Imaging Center Offering digital mammography at three locations throughout Denver. 303.321.2273 thewomensimagingcenter.com

Women's Resource Center 970.484.1902; womens-resource.org

SUPPORT GROUPS

Colorado Breast Cancer Resources Directory breastcancercolorado.org

Rocky Mountain Cancer Centers rockymountaincancercenters.com

Porter Hospital Breast Cancer Support Group porterhospital.org

National Breast Cancer Foundation, Inc. nationalbreastcancer.org

Breast Cancer Network of Strength networkofstrength.org

HER2support.org HER2support.org

MyLifeline.org mylifeline.org

Inflammatory Breast Cancer (Help & Support) ibcsupport.org