



## Stop Breast Cancer Newsletter - Special Edition - Not For Women Only

Since October is **Breast Cancer Awareness Month**, (Breast **Health** Awareness Month, to me) you are receiving this special edition of the Breast Cancer Newsletter to read and share with friends and colleagues. I hope you find it interesting and of value.

Why "**Not for Women Only**"? Because there are expected to be 1450 cases of invasive breast cancer in MEN in 2004. The American Cancer Society predicts 215,900 cases of invasive breast cancer in women this year. So men, this Newsletter informs you too!

Thanks to many of you for sending such kind comments about the former issues of the "Stop Breast Cancer" Newsletter. Please send me suggestions and articles for inclusion in next month's issue by emailing [t@BreastCancerCoach.com](mailto:t@BreastCancerCoach.com)

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**This Sunday - Free Teleclass** (Sorry, you missed it. The next call is on Sunday **January 9th!**)

Who Do You Know That Wants to Avoid Breast Cancer? Learn what to eliminate IN , ON, and NEAR your body to Stay Healthy!

You can help prevent breast cancer and other diseases.



### **"Preventing Breast Cancer Recurrence - Wisdom for Survivors and Thrivers"**

This free teleclass offered in conjunction with the Breast Cancer Support Center, is scheduled for **Sunday November 14th at 5:00 pm PST**. The next seminar is on **January 9th 2005 at 5:00 pm PST**.

This is a 60 minute no-cost class by phone. You are invited to join a community of women interested in preventing cancer and its recurrence. You will hear facts which are generally unavailable to the public. During the phone call, you can remain quiet and simply listen, or you can participate by sharing your knowledge as well.

Join Breast Cancer Recovery Coach, Dr. Talia Miller by sending an email to [director@BreastCancerSupportCenter.org](mailto:director@BreastCancerSupportCenter.org) or calling **559-683-7004** to register. Once registered, you'll receive the call-in phone number and access code for the informative and lively "class-by-phone."

Invite your friends and colleagues. This is valuable, no-cost information brought to you as a public service by the Breast Cancer Support Center. Contact us now for the phone number and code so you can receive this important information.

### [Teleclass Registration](#)

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## Why Bother with Self-Exams?

According to Samuel Epstein MD., ninety percent of all breast cancers are found by women during their monthly self-exams. I personally have heard many stories from women who found their own lumps, undetected by mammograms. This is really important - do your self examination every month! You are checking to notice that there are no changes in your breasts. Have the attitude, "I'm looking to see if everything is the same as last month." You are not looking for lumps, you are looking for wellness.

In order to notice changes, you have to be very familiar with your breasts. To tell the truth, until I became a volunteer with the Komen Foundation's education committee, I was pretty haphazard about monthly self-exams. I just didn't bother. After seeing the models of lump sizes found by self-exam, vs. those found by doctors and mammography, I no longer procrastinate. The lumps found by women themselves were much much smaller!

Do yourself, your family and friends a favor, schedule your monthly self-exam as an important ritual. Perhaps you'll want to invite a friend to be your buddy. Every month on the designated day, call each other and verify that your BSE (breast self-exam) has been done.

There are several good resources for learning how to conduct effective exams. My favorite book is *Women's Wisdom Women's Bodies* by Dr. Christiane Northrup, MD. The best site for learning how to conduct your monthly checkup, is the Komen website where you can view an interactive video - while doing your own exam in the privacy of your home. (This is one time not to use the computer at the public library!)

### [Interactive self-exam instruction](#)

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## Awareness Signs

Breast Self Exams are the number one method for detecting changes in breast health. Finding any symptoms does not mean you have cancer. It does mean it's time to have a thorough medical exam by a trained practitioner, commonly referred to as a CBE – Clinical Breast Exam.

Early detection means your survival and thriver rate, is very high. Very high! It also means you have a broad range of treatment option choices. So learn the signs.

1. A lump, hard knot or thickening
2. Swelling, warmth

3. Redness or darkening
4. Change in size or shape
5. Dimpling or puckering of the skin
6. Rash
7. Itching or scaling, especially on the nipple
8. Pulling in of your nipple or other breast areas
9. Sudden discharge from the nipple
10. New pain in one spot

Clients have reported one or more symptoms to their medical practitioners, and been told it's "Nothing." That may be true. But use your inner knowing. If it feels "not right" then keep getting other medical opinions until you're satisfied.

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## Scholarships Offered to Help Beat Breast Cancer



The Breast Cancer Support Center is taking applications for scholarship recipients beginning October 1, 2004, in recognition of Breast Cancer Awareness Month.

The scholarships are designed to help meet the needs of women dealing with breast cancer – those who are either newly diagnosed or who have been survivors for up to two years. Each applicant will be interviewed by phone to determine eligibility.

Two recipients will receive three months of holistic wellness coaching by phone, from the Breast Cancer Recovery Coach. Because the coaching program is delivered by phone, applicants are not limited by geographical location.

Survivors will be helped to become "thrivers" by transforming and integrating the three major areas of human development – body, mind and spirit. The women will be coached in the 12 components of healing and wellness as outlined in the powerful holistic program, **From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer** .™

The scholarships are made possible by generous financial contributions received recently, and the service grant donated by the breast cancer recovery coach. The "liveline" for applications is Nov. 15, 2004.

To apply for the scholarship for breast cancer coaching, receive further information or make a donation, contact Dr. Talia Miller, 559-683-7004 or send an email to [Director@BreastCancerSupportCenter.org](mailto:Director@BreastCancerSupportCenter.org)

[Scholarships](#)

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## End-of Year Tax Planning

It's time to consider tax deductible donations for 2004. Please reflect on the benefits of contributing to the Breast Cancer Support Center. All monies received go directly to client services.

We currently have women waiting for coaching service in Japan and in the Azores. Once the two scholarships are awarded, we expect to have a waiting list of potential recipients.

Your tax deductible donations could save a life. Please help by sending a check or credit card transaction through PayPal. You'll find the Donations area as you scroll through the Support Center site (link is at the end of this section).

Thank you for your heartfelt offerings.

### [Tax-Deductible Contributions](#)

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## Invitation to Former Clients - October Special

Remember how supported you felt when you had your weekly coaching sessions? Remember how great you felt as you deepened your inner wisdom? Enhanced self-esteem? Co-created better health? Enhanced your relationships? Improved your sense of well-being? Realized your potential? Had a problem solver and a cheerleader to encourage and help empower you?

Everyone needs a holistic "booster shot" once in a while. This is your chance to reenter the coaching relationship at a cost-effective price.

Returning clients will receive twenty percent (20%) discount on their phone coaching. This offer is available to former clients only. Choose month-by-month, or a longer term agreement.

Call Dr. Talia Miller, 559-683-7004 or email the Breast Cancer Recovery Coach [t@breastcancercoach.com](mailto:t@breastcancercoach.com)



This invitation is for returning clients who are readers of the *Stop Breast Cancer Newsletter*, only.

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## Thriver's Group

The Breast Cancer Support Center, a 501c3 non-profit organization, is now offering a **THRIVERS Group** for Madera and Fresno County CA, residents. The group will meet on the second Wednesday evening of the month, from 7:15 pm - 8:45 pm PT at the Center in Oakhurst, CA.

The purpose of the group is to help women THRIVE by sharing success stories, techniques for body-mind healing, and by enjoying the company of other women survivors. There is no charge for the meetings although donations are gratefully accepted.

The Center's purpose is to offer cutting-edge healing resources, holistic life coaching, and private retreats for women breast cancer survivors who otherwise would not be able to avail themselves of these services.



Established in 2003 by Dr. Talia Miller, breast cancer recovery coach, the organization's mission is to eradicate cancer as a life-threatening disease through the advancement of holistic life coaching, education, training and complementary healing approaches to wellness.

Email [Director@breastcancersupportcenter.org](mailto:Director@breastcancersupportcenter.org) or call 559-683-7004 for more information and directions.

[Support Center Website](#)

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## Lessons Learned from Breast Cancer

These "Lessons" are gleaned from talking with hundreds of breast cancer patients. Often the ten elements listed below, become part of the survivor's focus for daily living. Being a thriver means they have taken responsibility for their lives. By transforming and integrating body, mind and spirit, women move from surviving, to THRIVING. They recover gracefully, and heal.



### 1. Health can not be taken for granted.

Many survivors who have become "thrivers", wake up some time after surgery, realizing how precious life is. This realization stays with them. From then on, most moments become filled with appreciation for the small things in life, the beauty of nature, animals, people, ideas, sounds. Joy abounds.

### 2. You are not a victim.

The choice is whether to believe you are a victim, or a victor. Just being born, being alive now, is cause for celebration. Choices empower us. The choice to see things outside of the perception of victimhood, is freedom.

### 3. You have inner strength and courage.

Thrivers discover a part of themselves they may not have accessed before. They find the courage to make wise decisions and to heal, despite the odds. They find that willingness and intention carry them through the rough spots.

### 4. You can "battle" breast cancer, and win.

Most women do! With the right lifestyle changes, holistic healing techniques, wise decisions, support and determination, breast cancer, especially when found in its early stages, is powerless over you.

### 5. Acceptance is a doorway to healing.

Fighting against anything, consumes vast amounts of energy - depleting your body of the resources it needs to heal. There is a balance between acceptance and denial, a midpoint, which when initiated, produces a state of well-being that positively affects healing and recovery.

### 6. Your heart opens to be able to receive from others.

Many women with breast cancer are excellent givers. They've been giving to others their entire life. Now they learn to receive gifts and love and kindness from others. It's often a challenge at first, to ask for, or receive help. It gets easier with practice, and the rewards are amazing.

## 7. You get to choose how you want to spend your time.

The “to do” list diminishes as the value of every moment increases. Things that seemed essential suddenly take on a new perspective. Time is made for the really important things – being with things and places you love, sleeping, spending leisurely time with friends, deepening your spiritual practice, even going back to school.

## 8. You may be compelled to try new hobbies, even a new career.

Since life is now a gem with many interesting facets to discover, explorations of interests that were previously just dreams, ideas or yearnings, are unearthed and explored. Often this leads to new careers. (It did for me. I went from being a school administrator to being the breast cancer recovery coach)

## 9. Who you are, is not how you look.

Since your body may change significantly from surgeries and medications, you feel motivated to find your inner beauty. Often with the help of support groups, deeper spiritual work, and private coaching or counseling, you begin to recognize your inner beauty and get in touch with your Essence. Some women then move “from ego to Essence”.

## 10. Death is not an end, but an aspect of the cycle of life.

Exploring the principles of life, the evolutionary truths, helps bring solace and understanding. Although loss may be experienced, the understanding that life is a continuing process, allows acceptance to bring peace to all situations.

## Newletter Subscription Information

- To join, click the link below.
- For questions or comments email [t@breastcancercoach.com](mailto:t@breastcancercoach.com) or call 559-683-7004.
- The following link is for you to send your friends and family who would like to have better health and/or help stop breast cancer or breast cancer recurrence. [www.BreastCancerCoach.com](http://www.BreastCancerCoach.com)

### Free Newsletter Subscriptions for Friends

## Questions, Comments and Concerns

Who do you know that could use a support system, a problem-solver, a method for breaking through obstacles, for creating better health, for effectively dealing with crisis or creating extraordinary relationships? Please refer them to me for a complimentary coaching consultation

If they qualify, I will implement the appropriate components of my phenomenal program, **From Survivor to Thrive - The Breakthrough Program for Beating Breast Cancer™**, the most cost-effective holistic transformational program available anywhere.

They may be forever grateful.

