



Sharing *with* Friends

Jan., Feb., & March 2024

A Newsletter for Breast Cancer Survivors

The Cancer Cow, AKA, Milking Cancer

Are there risks associated with milk intake? The ongoing debate:

Reducing the risk of breast cancer requires understanding and eliminating its causes.

Pinkwashers are companies that claim to care about breast cancer but make or sell products that are linked to the disease. rBGH (recombinant bovine growth hormone) is one of those products.

rBGH is an artificial hormone given to cows to make them produce more milk. It's been linked to breast cancer and other health problems. It has been banned entirely in Canada, Australia, Japan, and all countries in the European Union.

Studies show milk from cows treated with rBGH/Posilac contains increased levels of IGF-1, a hormone linked to cancer. Its potentially carcinogenic dairy hormone makes millions of dollars; therefore, the term was born, "milking cancer". Take a closer look at the ongoing debate, the linking evidence, and you decide.

Bovine Growth Hormone (rBGH) or Recombinant Bovine Somatotropin (rBST) at a glance:

Recombinant Somatotropin, rBST (previously called bovine growth hormone), is a genetically engineered hormone injected into dairy cows to increase milk production. Milk from rBST-treated cows is used in dairy products including ice cream, butter, cheese, and yogurt.

The United States does not require companies to label the use of rBST in their products, although it was banned in the European Union in 1990. The use of rBST in dairy cows has been shown to increase the concentrations of IGF-1, a protein naturally found in milk.

Though research is mixed on the extent to which dairy consumption is linked to increased cancer risk, higher blood levels of IGF-1 (a natural milk protein which is increased in rBST-treated cows) have been linked to increased risk for pre-menopausal breast cancer. Research is mixed on links between dairy consumption and breast cancer.

continued on next page



Sharing & Caring®

Breast Cancer Education and Support

**You can make
a difference.**

Sharing & Caring is a non-profit organization devoted to the education and support of breast cancer survivors.

Donations support programs for others who follow in the same footsteps and can be made by check payable to **Sharing & Caring**.

Checks can be mailed to:
Sharing & Caring program
Beaumont Physician's
Office Bldg.
44344 Dequindre Rd.,
Suite 140
Sterling Heights, MI 48314

Phone **248.551.8585**

Email
**CHesharingandcaring@
corewellhealth.org**



Let's delve a little deeper into this debate. What exactly is rBST? It is a synthetic (man-made) hormone created to increase milk production in dairy cows. In 1993, the U.S. Food and Drug Administration (FDA) approved Monsanto's genetically modified variation of the natural hormone for dairy cow usage. rBST is widely used in the U.S. dairy industry, yet it is not permitted in the European Union, Canada, and many other countries. It is injected into dairy cows and has been shown to increase milk production by 10 to 15 percent. This document summarizes what is known about the product and its potential effects on health.

The synthetic hormone rBST is found in items that use milk in their formation, previously mentioned, but milk derivatives are used in many other food products such as candy bars, chocolate, cakes and even some chips.

Research on the link between rBST and breast cancer has produced mixed results, and more study is needed to evaluate the potential association before a clear evidence can be claimed. Studies have shown that rBST raises the concentration of insulin-like growth factor-1 (IGF-1) in treated cow milk. During development of the mammary system, IGF-1 increases cell proliferation and the formation of mammary ducts.

IGF-1 has been shown to stimulate growth of human breast cancer cells. Furthermore, research has revealed an increased risk for pre-menopausal breast cancer in women with higher levels of IGF-1 in their blood. Another study found that high total dairy intake reduced the risk for pre-menopausal breast cancer. More research is needed to determine the overall effects of dairy-specific nutrients and IGF-1 on breast cancer risk.

A recent review of the relevant epidemiological data revealed no associations between consumption of cow milk and breast cancer. Differences in results may reflect different kinds of dairy consumed and measured, with milk, and especially low-fat milk, being more likely to offer some protective effect than higher-fat (and containing higher-IGF-1-containing) milk or other dairy products. This may be due to a potential protective effect of calcium, an important component of dairy products.

People who consume dairy products are most likely to be exposed. The United States does not require labeling of products from hormone-treated cattle, so individuals may be unknowingly exposed to rBST.

Bovine growth hormone levels are not significantly higher in milk from rBGH-treated cows. On top of this,

BGH is not active in humans, so even if it were absorbed from drinking milk, it wouldn't be expected to cause health effects.

Of greater concern is the fact that milk from rBGH-treated cows has higher levels of IGF-1, a hormone that normally helps some types of cells to grow. Several studies have found that IGF-1 levels at the high end of the normal range may influence the development of certain tumors. Some early studies found a relationship between blood levels of IGF-1 and the development of prostate, breast, colorectal, and other cancers, but later studies have failed to confirm these reports or have found weaker relationships. While there may be a link between IGF-1 blood levels and cancer, the exact nature of this link remains unclear.

Some studies have shown that adults who drink milk have about 10% higher levels of IGF-1 in their blood than those who drink little or no milk. However, this same finding has also been reported in people who drink soy milk. This suggests that the increase in IGF-1 may not be specific to cow's milk, and may be caused by protein, minerals, or some other factors in milk unrelated to rBGH. There have been no direct comparisons of IGF-1 levels in people who drink ordinary cow's milk vs. milk stimulated by rBGH.

At this time, it is not clear that drinking milk, produced with or without rBGH treatment, increases blood IGF-1 levels into a range that might be of concern regarding cancer risk or other health effects.

A couple questions immediately arise. Concerns about possible health effects on humans from milk produced using rBGH have focused on two main issues. First, does drinking milk from rBGH-treated cows increase blood levels of growth hormone or IGF-1 in consumers? If it does, would this be expected to have any health effects in people, including increasing the risk of cancer? Several scientific reviews have looked at these issues and are the main focus of this document.

Second, cows treated with rBGH tend to develop more udder infections (mastitis). These cows are given more antibiotics than cows not given rBGH. Does this increased use of antibiotics lead to more antibiotic-resistant bacteria, and is this a health concern for people? This remains a concern, but it has not been fully examined in humans.

The question remains, who is most vulnerable to the health effects? Research has shown an increased risk of pre-menopausal breast cancer in women with high IGF-1 in their blood, which can be increased by rBST,

Raising MBC Awareness

Did you know that only about 5% - 7% of funds raised for breast cancer research goes to research for metastatic breast cancer (MBC)? Most research dollars are spent on early stage detection and treatment. Considering it is metastatic breast cancer that kills, it is a sadly small portion earmarked for treating cancer that has spread. The ladies of Sharing & Caring's Stage IV support

group have teamed up with Metavivor, to help raise awareness of MBC and funding for research. This past year, they participated in Light Up MBC and Night at the Races, both events sponsored by Metavivor. If you happened to be driving along I94 just outside of Detroit on October 13th, you likely saw the UniRoyal Tire lit in the colors of Metastatic Breast Cancer Awareness. It was one of only several landmarks in the metro Detroit area that the group had a hand in getting to join in the awareness campaign.

Additionally, group member Amy Arini spearheaded a local fundraising event, Night at the Races, a virtual horse racing evening. She, with the help of many of our group, managed to raise over \$22,000 for Metavivor and MBC research. It was a wonderful evening of fellowship, fun and fundraising. Amy says she had hoped to raise somewhere around \$10,000 and clearly she far surpassed that goal. Congratulations to our Stage IV group for their advocacy and activism.



Milking Cancer cont'd from previous page
though studies seem inconclusive.

The top tips to avoid risk of exposure are to use products labeled rBST free. Labeling products containing rBST is not required, but many companies voluntarily indicate that they do not use dairy from rBST treated cows.

In summary, the available evidence shows that the use of rBGH can cause adverse health effects in cows. The evidence for potential harm to humans is inconclusive. It is not clear that drinking milk produced using rBGH significantly increases IGF-1 levels in humans or adds to the risk of developing cancer. More research is needed to help better address these concerns.

The increased use of antibiotics to treat rBGH-induced mastitis does promote the development of antibiotic-resistant bacteria, but the extent to which these are transmitted to humans is unclear. (And the debate continues...)

Compiled from 2010 Think Before You Pink® campaign, Breast Cancer Prevention Partners and The American Cancer Society (ACS). ACS has no formal position regarding rBGH.

Registration Required!

Virtual Programs

We use the Microsoft Teams App for our virtual programming. Anyone can download a Teams meeting on their personal PC or laptop. When you register for a program, you will receive an email approximately one week prior to the virtual session. This email will include a link to the session, or if you prefer, you can also use a conference call-in line, which is included in the email.

To Register

Please email CHesharingandcaring@corewellhealth.org with your name, phone number and email address at which to contact you. Let us know which program(s) you would like to register for. We will send you a confirmation with a link and call-in line for the requested program(s).

Cancellations

If you find it necessary to cancel after signing up for a virtual session, please email us at CHesharingandcaring@corewellhealth.org or call 248-551-8585 and leave us a message. We must have an accurate count for our speakers who give so generously of their time. On the rare occasion that we cancel a program last minute, if you have registered, we will call and let you know.

These support programs, along with most of Sharing & Caring's programming are free of charge. They are open to all patients, regardless of where they have had their treatment.

Breast Cancer Support

Finding Support Within Newly Diagnosed Support Group
Wednesdays, January 17, February 21 & March 20 • 10:30 a.m.

Receiving a breast cancer diagnosis can be a complete derailment of life. The sudden and unexpected upheaval is very stressful. This group, led by Jillian Cloutier, LMSW, Clinical Oncology Social Worker, Beaumont, Troy, provides an opportunity to discuss your diagnosis, treatment and new experiences or concerns.

Never Alone Peer to Peer Survivor Support Group

Wednesday, January 3, February 7 & March 6 • 5:30 p.m.

Wednesdays, January 17, February 21 & March 20 • 1:00 p.m.

After the storm of a breast cancer diagnosis and treatment, you may be left with a lot of unanswered questions and feelings. Sometimes it's just nice to talk to others who may be dealing with some of the same emotions. Topics of discussion will include dealing with fatigue, fear of recurrence, body image concerns, managing anxiety and finding a renewed sense of purpose. Facilitated by Jan Crawford, Corewell Health Sharing & Caring staff.

Stage 4 A Group for Women with Metastatic Breast Cancer

Tuesdays, January 2, February 6 & March 5 • 4:00 p.m.

Meets at Gilda's Club, 3517 Rochester Road, Royal Oak, 48073

Thursdays, January 18, February 15 & March 21 • 6:30 p.m.

Evening program meets virtually.

This group provides an opportunity for women who have metastatic breast cancer to discuss the unique challenges and issues they face. Women with stage four breast cancer often feel unable to talk about their cancer. This format provides a safe arena to converse about what is on your mind and weighing on your heart. You are welcome to attend one or all meetings. Facilitated by psychologist Dr. Sally Smolen of Mercy Works in Farmington Hills and Jeanne Seitz, Corewell Health Sharing & Caring staff.

This group is intended only for women diagnosed with Stage IV disease.



Please "friend" us on Facebook!

Look for "Sharing & Caring: Breast Cancer Education and Support" and click to join us.



You can also access our web page where you'll find information on all of our programming.

Just scan the QR code below.



Subscribe to our mailing list

If you would like this newsletter sent to your home, call us at 248.551.8585 and leave a message with your name and address, or email CHesharingandcaring@corewellhealth.org. We would be happy to add your name to the mailing list! Our newsletter is printed four times a year.

Sharing & Caring Programming

Survivorship Workshop Series: Moving Beyond Breast Cancer

Don't forget to register for these programs.
Email CHesharingandcaring@corewellhealth.org in
order to receive your link to a
Microsoft Teams meeting.

Women's Urology Related to Breast Cancer Survivors, Treatment, Menopause/Aging

Tuesday, January 30 • 6:30 p.m.

Many women are reluctant to ask their doctors about how to manage urologic problems that can result from breast cancer treatment, such as menopause, or general female yeast infections/UTI issues. Many suffer from these conditions needlessly. Urologists are trained in these sensitive issues and having appropriate discussions, targeting the situation, and curing these conditions.

Women Urology physicians/surgeons specialize in the treatment of incontinence and pelvic reconstruction including urge and stress incontinence, neurogenic urinary dysfunction, prolapse, urethral diverticula, fistulae, mesh complications and urethral stricture disease.

Join Urology Surgeon, Dr. Priya Padmanabhan, to further understand about these issues, treatment, and more. Dr. Padmanabhan is additionally trained in minimally invasive and robotic techniques for the treatment of stress incontinence and prolapse repair. She also offers intravesical Botox®, tibial nerve stimulation, neuromodulation, and Bulkamid® for urinary incontinence. Hear more about these great techniques and how your stress in this area of specialty can be relieved.



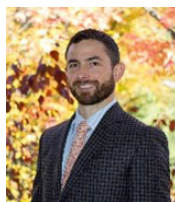
Priya Padmanabhan, MD, MPH, FACS
Female Pelvic Medicine & Reconstructive
Surgery and Urology Fellowship Director
Corewell Health Women's Urology and
Pelvic Health Center, Royal Oak

Managing Side Effects of Cancer, and its Treatments, into Long-Term Survivorship

Thursday, February 15 • 6:30 p.m.

An Integrative Oncology approach for survivorship can assist in conventional cancer treatments. Breast cancer treatments continue to improve, but often cause side effects that may persist during or even after treatment. Integrative approaches can be individualized to safely reduce these side effects (in conjunction and communication with your oncology team). These approaches include herbal medicine, homeopathy, diet, and nutritional supplements.

Lifestyle counseling and stress management can also be important elements in healing. The addition of an Integrative approach to breast cancer is an evidence-informed field that uses lifestyle modifications, mind-body practices, and natural products to address symptoms and adverse effects that arise from cancer itself, or its treatment, that can continue into long-term survivorship. Powerful integrative adjuvants include sleep, diet issues, and exercise/stretching to improve outcomes, and encourage both optimism and resilience in survivors. Join Naturopathic Oncologist, Michael Walker, ND, FABNO, to better understand the full healing process, what can reduce side effects from treatment, and how you can continue on the path to long-term survivorship.



Michael Walker, ND, FABNO
Integrative Medicine
Corewell Health, Royal Oak and
Medical Park, Sterling Heights

Oncology Rehabilitation for Breast Cancer Survivors, Part II: "Building Your Strength"

Thursday, March 28 • 6:30 p.m.

Join us to learn what physical and occupational therapists can offer you to optimize your health. It is normal to experience some losses in physical mobility and function during and after breast cancer treatment. Physical and occupational therapy can help to minimize the side effects of the disease and its treatment. Especially at the end of your treatment, therapists can help you to safely restore your body to pre-treatment levels even if you are several years out from completed treatment.

Learn how highly skilled therapists will guide you with an exercise prescription developed just for you. Find out how they will monitor your progress and work with your physicians when needed. Learn more about improving your quality of life, reducing fatigue, monitoring for lymphedema, staying strong and healthy while improving your flexibility and balance. Physical Therapist, Candra Walters will touch on a few of her exercises demonstrated in part I (held in August 2023) and lead everyone into part II, "Building your Strength" long-term. No matter if you attended Part I or not, you will receive a quick review of the last session before the workshop moves on to Part II.



Candra A. Walters
Physical Therapist
Beaumont Physical Therapy, Lake Orion

Additional Programming

The Benefits of Qigong - Relating to Cancer and Treatment, Part II

Monday, February 12 • 5:30 p.m.

Qigong pronounced “chee gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

Qigong encompasses the regulation of the mind, breath, and body’s movement and posture. This practice combines slow movements, breathing, stretching, and meditation to help lower stress, anxiety, and focus the mind. The practice can aid in joint health, a decreased risk of falling (by increasing balance), an increase in energy, reduced systolic and diastolic blood pressure, and improved sleep.

The easy to learn movements can be done standing or sitting and is safe for all activity levels. Only five to ten minutes of daily Qigong practice is all you need to begin feeling the benefits. The practice of Qigong is helpful in managing physical and psychological symptoms related to cancer and its treatment. Join Daniel J. Devine, who has completed a clinical doctorate degree in medical Qigong and master’s degree in traditional Chinese medicine, as he leads everyone in this part II program showing that you too can benefit from this ancient proven practice. Part I was held in July 2023 and will be briefly reviewed.



Daniel J. Devine, MTCM, L.Ac
Integrative Medicine
Corewell Health, Royal Oak

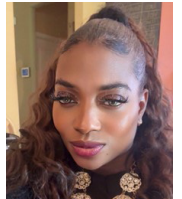
Understanding Her2+ Breast Cancer - Stages I, II, III: Facts to Help Reduce Your Risk

Monday, January 22 • 5:30 p.m.

What are HER2-Positive, HER2-Negative, and HER2-Low Breast Cancers? This presentation will provide you with information about early-stage Her2 breast cancer and help you understand more ways to reduce your risk of recurrence and suggestions to cope with side effects that can occur. Her2 is a protein that helps breast cancer cells grow quickly especially in tested cases resulting in Her2 positive. Her2 negative results are much more likely to respond to treatment.

About 15 to 20 % of breast cancers are HER2-positive. Some breast cancers may have too much of a protein called HER2 (human epidermal growth factor receptor 2) sitting on the surface of their cells. If doctors find that you have high levels of this protein, your tumor will be categorized as HER2-positive. If you have very low levels of the HER2 protein, your tumor may be classified as HER2-low breast cancer. If your tumor has little or none of the protein, your tumor will be classified as HER2-negative.

The combination of treatments, as well as the kinds of targeted therapies you’re given, will depend on how advanced the cancer is and whether it’s hormone-sensitive or recurrent. Join Marnae Colston-Jackson, RN, BSN, MBA-MHA to become more aware of Her2 protein information in this non-branded program. Any questions or concerns you may have regarding treatment for early-stage Her2 breast cancer should be discussed with your oncology team.

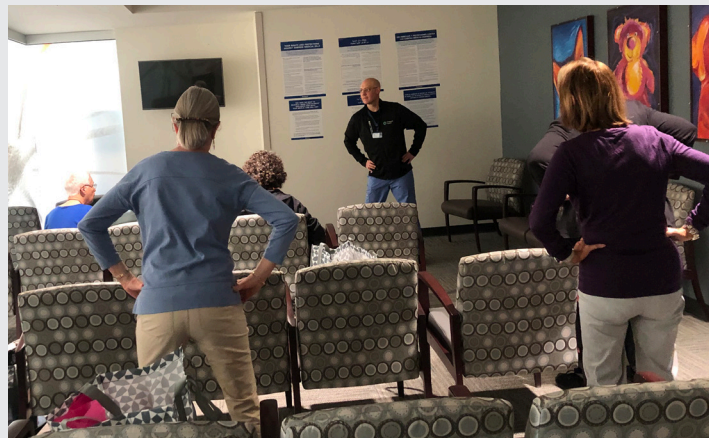


Marnae Colston-Jackson, RN, BSN,
MBA-MHA
Clinical Nurse Educator:
Great Lakes Region
Puma Biotechnology, Inc.

SAVE THE DATE! - 2nd Annual Women’s Wellness Day

Saturday, April 20, 2024

This fun, educational, and complimentary-no fee event will again be held LIVE in the Corewell Health Neuroscience Center building on the Royal Oak campus from 10:00 a.m. – 1:00 p.m. (check-in starts at 9:30 a.m.). This highly attended event will again feature interactive health check tables, vendor, and internal department educational tables, both physician and panel presentations, “Ask the Doc”, Integrative Medicine program sessions, food, and gift bags for all. Look for more updates coming in the next Sharing & Caring newsletter distributed in early March and plan on registering to attend!



Chicken & Pumpkin Bake

Won't weigh you down!

568 calories per serving

Ingredients:

2 cups butternut pumpkin, peeled, deseeded, coarsely chopped
1 ¼ cups heavy cream
1 tbsp extra virgin olive oil
1.75 Lbs. chicken thigh fillets, excess fat trimmed, cut into 1" pieces
1 leek, trimmed, thinly sliced

2 garlic cloves, finely chopped
½ cup white wine
1 cup cream cheese
¾ cup chicken stock
1 tbsp chopped sage leaves, plus extra, to sprinkle
3 cups baby spinach
1/3 cup finely grated parmesan cheese

Instructions:

Cook the pumpkin in a medium saucepan of boiling water for 15 minutes or until very tender. Drain and use a potato masher to mash until smooth. Season and stir in 1/3 cup of the cream. Set aside.

Heat the oil in a large non-stick frying pan over high heat. Add the chicken and cook for 2 to 3 minutes each side until browned. Use tongs to transfer to a plate.

Add the leek and garlic to the frying pan. Reduce heat to low and cook, stirring often, for 2 minutes, or until the leek has softened. Add the wine and simmer for 2 minutes or until reduced. Fold in the cream cheese, add stock, and remaining cream then stir to combine. Return the chicken to the pan along with the chopped sage. Season and simmer for 5 minutes or until the mixture has thickened. Add the spinach and stir until just wilted.

Preheat the oven to 400F / 350F fan forced. Transfer the chicken mixture to a 7-cup baking dish. Top with pumpkin mash and smooth the surface. Bake for 20 minutes or until the pumpkin is starting to turn golden. Sprinkle with the parmesan and sage leaves. Spray with oil and bake for 10 more minutes or until golden. Allow to stand 5 minutes before serving.



Light the Path Annual Luminary Fundraiser

The American Medical Women's Association and Oncology Interest Group at Oakland University William Beaumont School of Medicine held the annual Light the Path Luminary fundraising event on October 12. Once again, the student groups partnered to raise funds for the Sharing & Caring program that continues to provide education and support to breast cancer survivors in the program's 25th year. The event was held in the

evening at Elliott Tower on the Oakland University campus in Rochester Hills. A physician, who is also a survivor, came to purchase several luminaries to hand write and decorate each herself to set out. Several attended the event to see the lighting of these heartfelt messages. Funds raised exceeded last year and thank you to all who attended and supported!



Additional Programs & Events

The following programs are not affiliated with Sharing & Caring. Each listing contains separate contact information.

CENTER FOR MINDFULNESS

The Center for Mindfulness offers life changing, experiential community learning to diverse populations that addresses the causes of suffering and illness rather than treating the symptoms. Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Mindfulness training also supports a non-pharmacological approach to pain management. Led by Ruth Lerman, MD, Director of the Center for Mindfulness, MBSR Certified Teacher and Authorized Teacher Trainer. For more information, visit: <https://www.beaumont.org/services/center-for-mindfulness> or call 947-522-1674. You can also email CHEcenterformindfulness@corewellhealth.org

A MOTHER'S WISH

A Mother's Wish embraces and supports Oakland County, Michigan women and families impacted by breast cancer. The program was created to ease the day-to-day burdens associated with a diagnosis, while offering opportunities for hope, comfort, family togetherness and healing.

To qualify for assistance, you must be a resident of Oakland County, recently diagnosed with breast cancer, currently going through breast cancer treatment, or are continuing to deal with the physical, emotional, or financial effects of a previous breast cancer diagnosis. A doctor's signed note on physician letterhead must be submitted with application. For more information and application, visit: <https://www.amotherswishmichigan.com>

THE TRIPLE NEGATIVE BREAST CANCER FOUNDATION

Is a credible source for triple negative breast cancer information, a catalyst for science and patient advocacy and a caring community with meaningful services for patients and their families. Patients can call the TNBC Helpline to speak with oncology social workers specifically trained to address the needs of the triple negative breast cancer community. Regular hosted symposiums or "think tanks" are attended by the top doctors and researchers in the field, creating roadmaps for a cure for triple negative breast cancer. Efforts are made to continue to expand this website and offer an ever-growing resources section and up-to-the-minute information about the disease. Visit: <https://www.tnbcfoundation.org> Helpline toll free: 1-877-8622

INTEGRATIVE MEDICINE

Combines traditional and holistic treatment options to help optimize overall health and promote well-being. Offerings include: Massage, Acupuncture, Physician Consultations & Naturopath Consultations. Integrative Medicine can help those living with chronic pain, anxiety, insomnia, and GI issues. For more information, visit: <https://www.beaumont.org/services/integrative-medicine> or call 248-964-9200

GILDA'S CLUB OF METRO DETROIT

Information and links to their virtual support and education programs can be found on their Facebook page (Gilda's Club Metro Detroit) and website at <https://www.gildasclubdetroit.org>

Royal Oak: 248-577-0800
St. Clair Shores: 586-777-7761
Gilda's Detroit: 313-356-7600

BREAST CANCER SURVIVORSHIP CLINIC

The long-term effects of breast cancer and cancer treatment can be challenging. To meet these unique needs, the Survivorship Clinic offers a comprehensive, multi-disciplinary approach for survivors. One of the main goals is to provide guidance to live a healthy life after treatment, including lifestyle recommendations, nutritional counseling, wellness education, and more. Held the 4th Thursday of each month. Appointment required. Call 248-964-3430

METAVIVOR

METAvivor exists to sustain hope for those living with stage 4 metastatic breast cancer (MBC). We are a volunteer-led, non-profit organization that funds vital research to help improve the longevity and quality of life for MBC patients. Passionately committed patients ourselves, we rally public attention to the urgent needs of the MBC community, help patients find strength through support and purpose, and make every dollar count as we work with researchers to extend and improve quality of life for MBC patients. <https://www.metavivor.org>

LOOK GOOD, FEEL BETTER LIVE!

Look Good Feel Better Live! Virtual Workshops provide live instruction, tips, and tricks for dealing with visible side effects of cancer treatment. These free, one-hour, online group workshops can be done from the comfort and privacy of home. To view information, visit: <https://lookgoodfeelbetter.org/alliance-partner-virtual-workshops> To register, call the Wilson Cancer Resource Center at 248-964-3430 (Code is needed to apply online.)