

If You Are Not Ready To Die You Need To Read This Message
If You Do Not Want Your Son To End Up in Prison You Need To Read This Message
If You Do Not Want Your Daughter To Be a Prostitute You Need To Read This Message
The Greatest Gift To Give Your Children Is You
Fight to Stay Alive Live Long Enough To Watch Your Children Grow



Make A Lifestyle Change

Do Not Ignore This Information

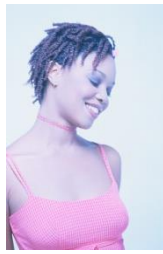
You may not like to read or you may have difficulty reading but this is information you can ill afford to ignore. Reading gives you information to develop thoughts. In this circumstance the thoughts you develop may save your life. Your survival and the lives of your children depend on your ability to think clearly. You need to read information such as this. Any Day Now you maybe told you have breast cancer then what are you going to do. Are you going to fall down on your knees and shout Oh Lord, Why Me, or are you going to read this information using the eyes and ears God gave you so you can accumulate information to fight for your life. You gain intelligence through reading, collecting bits and pieces of knowledge assimilating this knowledge into a life worth living. Do not let the bad habits of avoidance and not reading destroy your life. If you want to live until tomorrow read. Sit down take your time and spend days reading this information. Read on your lunch hour. Read on the bus. Read anywhere so you can gain the knowledge you need to fight for your life. To make competent decisions regarding your life you need information. You can get this information by reading and asking questions. Do it today. Develop a fondness for reading. What happened to you in grade school or high school should not impact your life today. You do not have time to feel ashamed that you cannot read. What you cannot do to day you can learn to do tomorrow. The person you were in grade school or high school is not the person you are today. Your destiny is in your hands. Prophesize your own destiny do not let others who spoke negativity into your life rule you forever. Do not let people who said you would not amount to anything continue to rule your life. **Do Not Let Fear** rule your life. Stop imagining what will happen if you are diagnosed with breast cancer. Stop imagining you will have to have your breasts removed. Stop imagining your husband leaving you because you have been disfigured. Stop imagining how you will look without hair. Stop imagining. Your children do not care if you have two breasts, one breast or no breasts. They just want to wake in the morning and see your face. Do not have your children imagining living a life without you. When you stand up to breast cancer your children stand a chance of not being left motherless. Think of your children get a mammogram. Ordinary men and women have done extraordinary things though out history. You can too. You can change. You can take responsibility for your health. You possess the strength and the resiliency to face up to breast cancer. Make your greatest change today. Begin Reading. Start with this packet on breast cancer. God sent you this information now read it and from this day forth start a reading campaign. You will be surprised by what you will learn and gain in understanding. Besides the world is a better place with you in it. We should not stop talking about breast cancer until there are no longer women dying from this disease. Every day you need to do something to help yourself and other women because therein lies our protection and welfare. Go to our website download the information send it to five friend of family member and purchase one of our books to help some one else. Then ask your friends and family to like you send our

information to (5) other women, spreading the word about breast cancer. You do not have time to sit and cringe in fear. You need to be busy accumulating knowledge to stand up to breast cancer. If you do not want to face an angry young man with a gun in his hands because he was raised in foster care, you will help us with this project. Children need their mothers. Two of the most brutal murders committed in this country were committed by a man raised in foster care separated from his brother and family. Say what you like about foster care it is not substitute for family. Foster care breeds anger, fear distrust and hatred and provides a constant supply of prostitutes for pimps. Children in foster care pray day in and day out asking God to help them because they are being raped in their beds. That help never comes. What do you think those children grow up thinking about God? Foster care is a monster growing larger and larger in our country creating people who will never join our society as health people. If 200 women email our 48 page booklet to 5 women, 1000 women will have the information in minutes. If those 1,000 women email out booklet to 5 more women 5,000 women will have our information in minutes. If those 5,000 women email our information, 25,000 women will have our information in minutes. If the women continue the process over 1 million Black women will have this breast cancer information by the end of the week. At least 10% of those women will not know they are harboring the disease in their bodies. If they go immediately to get a mammogram the disease will be discovered and our efforts would have save countless lives. Should you not participate in this effort?

We should not stop talking about breast cancer until there are no longer women dying from this disease. Every day you need to do something to help yourself and other women because therein lies our protection and welfare. Go to our website download the information send it to a friend, family member, coworker, or church member and purchase one of our books to help some one else. Thank you for your attention Thank you for your attention. It was our pleasure to collect and bring this information to you. This program is being supported by the Touched By The Light Foundation, 734 786 3233, MCS Multimedia, 248 336 2529 Muse Income Tax Service 313 273 3064 - Menzie Salon and Spa, 586 510 4545 and the Trendsetters

The information in this booklet was collected from various websites to provide insight into the subject of breast cancer. We tried to list all websites so you can visit for more detail information on the subject. This booklet will never be sold. It is available to be downloaded to simplify the subject of breast cancer and to make this disease less frightening to women of color.

Sincerely, Minister Gloria G. Lee, yithril11@netzero.net 734 786 3233
<http://www.touchedbythelight.us>



Too Many Black Women Are Still Dying of Breast Cancer

We Need to Be More Aggressive in Our Fight

*Please Join with the
Touched By The Light Foundation
to Help Save Women from Breast Cancer*

African-American women don't fit the profile of the average American woman who gets breast cancer. For them, putting off the first mammogram until 50 — as recommended by a government task force — could put their life in danger. "One size doesn't fit all," says Lovell Jones, director of the Center for Research on Minority health at Houston's M.D. Anderson Cancer Center. African American women ages 35 to 44 have a death rate from breast cancer twice that of white women the same age. Let the Women in our community know you care. Help us fight this disease. Go to our website www.touchedbythelight.us and download our brochure on breast cancer. Read the brochure several times then

Email this brochure to 5 women asking them to do the same. **Then purchase one of our books to help us help other women. No one should lose their life because they do not have health insurance or the means to pay for Health Care. Share this packet with 5 other women. Come to our free workshop. Purchase a book. Invite us to speak. Do something to fight this disease**



To further the fight against breast cancer and to participate with us in disseminating information on breast cancer to 1,000,000 Black women go to www.touchedbythelight.us and download the information and email it to five Black women. You Can Help Save a Life by Spreading the Word.

As a thank you for helping us get the word out we are inviting all business owners to send us information regarding your company and we will post it free of charge on our website for women at www.puttingwomenintouch.com. /This opportunity should help you reach more and more customers. Email information to yithril11@netzero.net

Touched By The Light Foundation

Online Bookstore and Publishing Services

This packet represents approximately three to four days of intensive reading but when you finish you will be so glad you took the time to learn more about breast cancer. It is imperative that you make the right decisions regarding your health. Your life as well as the lives of your children is at stake when you decide to put off getting a mammogram or ignore examining your breasts every month. We ask that you share this information with five other women. Go to Office Depot and copy this packet and give it to five other women. Your action can save a life. Our entire announcement (48 pages) can be downloaded as a pdf file from our site that you can email to family and friends all across Michigan and the country. We are trying to get the word out that early detection saves lives. Please call us at 734 786 3233 and sign up for a free breast cancer work shop. There is much to learn we discuss medication, labeling, side affects and understanding what you have read regarding your medication and what it does in the body.

Recently, Angelina Jolie had a double mastectomy to avoid suffering through breast cancer like her mother -New York Times. She also plans to have her ovaries removed. Jolie's mother, Marcheline Bertrand, died of breast cancer in 2007 at age 56. Angelina Jolie's aunt, her mother's sister, Debbie Martin, died of breast cancer May 26, 2013 of the defective BRCA1 gene at age 61. Ms. Jolie wants to avoid their fate. Women should know Obamacare is important to women. President Barack Obama's health law made coverage of the BRCA test mandatory as a preventive health service since August 2012. New health plans that will be offered to millions of uninsured Americans in October must also cover the service for free. Mutations in the BRCA 1 and BRCA 2 genes can increase a woman's risk of breast cancer by 60 to 80 percent. According to the National Cancer Institute, preventive mastectomy can reduce the risk of developing breast cancer in moderate- and high-risk women by 90 percent. But there is no guarantee that the procedure will completely protect a woman. Breast tissue can sometimes be found in the collarbone or chest wall, for example. And like any surgery, there are is a risk of infection or excessive bleeding. Myriad Genetics owns the patents for these gene tests, which cost between \$3,000 to \$4,000 each. In April the U.S. Supreme Court took up the issue of whether human DNA can be the subject of a patent and a decision in the case is expected next month. Experts believe a decision against Myriad would help reduce the cost of the tests and increase access. For women with private insurance, the cost of treatment is usually covered, especially if they test positive for a BRCA mutation. CNN anchor Zoraida Sambolin, of *Early Start*, has announced she'll also undergo the procedure. She was recently diagnosed with breast cancer. On *Early Start* today, Sambolin shared a perspective much like Jolie's: "I have two kids that are my world, like any woman, and it's what you think about." Her choice leaves her "confident that [cancer is] not something that I'm going to have to deal with that much more in the future." She also revealed that diagnosis was challenging due to her history of fibrocystic breast tissue, but "I didn't mess around. **I [got mammograms] when I was supposed to go, and I followed it diligently.**" Sambolin's surgery is scheduled for May 28. **Cancer affects everyone** - Christina "Chrissy" Amphlett—front woman for the Australian rock band the Divinyls, whose "I Touch Myself" went to number four on the Billboard Hot 100 singles chart in 1991--died Sunday at her home in New York. Amphlett was 53 years old. Amphlett's husband of 14 years, former Divinyls drummer and multi-instrumentalist/producer Charley Drayton, confirmed in a statement that the charismatic singer died after battling multiple sclerosis since 2007 and breast cancer since 2010. "Chrissy's light burns so very brightly," Drayton stated. "Hers was a life of passion and creativity; she always lived it to the fullest...With her force of character and vocal strength she paved the way for strong, sexy, outspoken women." Drayton also revealed that Amphlett had "expressed hope that her worldwide hit 'I Touch Myself' would remind women to perform annual breast examinations." Christina Amphlett was "surrounded by close friends and family" at the time of her passing. Warrant Officer Charlie Morgan died of breast cancer February 10, 2013 in a hospice in Dover. She was 48 years old. She was a tireless [advocate](#) fighting to repeal the federal law that bars her wife from receiving benefits to help care for their daughter after her death. The federal law DOMA only recognizes a spouse as someone of the opposite sex, thus prohibiting recognition for lawful marriages between same-sex couples. Her wife, Karen, who will not be eligible for the survivor benefits allowed to heterosexual male or female military spouses, nor for social security benefits that would help her take care of her 5-year-old daughter, Casey. <http://www.nisv.info/bookstore.html>

Do It For Your Children



The Touched By The Light Foundation is looking for women like you to help get the message out, that Early Detection is the way to fight breast cancer. When you volunteer you will be helping every woman in the country. We should not keep breast cancer a secret. We must expose women to the truth about this disease. White women get this disease earlier than Black women but Black women die more often than Whites from breast cancer because they are more likely to be Diagnosed with Triple-Negative Disease. There is no happy medium so breast exams should not be ignored. **You can help us in any capacity:**

- You can help us design our T-Shirt. You can help us find those women in the community who do not have health insurance or who are working but cannot afford to get a mammogram. You can help us design flyers to deliver our message. You can arrange speaking engagements for us. You can help develop our email list. You can provide emotional support to people were diagnosed with breast cancer. You can design a Facebook Page for us. You can help develop our twitter messages. There are hundreds of things you can do. All you have to do is get started. You can volunteer as many or as few hours as you desire, even if you are unemployed. You can work from home via email.
- We also would like for you to do three things for yourself. Begin self breast exams today and do these exams every month. Ask your doctor to referral to for a diagnostic mammogram today and sign up for one of our free workshops.

One of our campaigns is to get the word out about **motherless children** and why women must fight to stay healthy for their children. Here are a few short stories of motherless children see if these stories do not motivate you to get out and help. **Doris Ann McLeod age 16** was placed in foster care. A pimp lured her from the home. He got her to prostitute once of twice then she refused. When she became adamant and wanted to return home he took her to the basement hung her from the pipes and beat her to death. He did this in front of his three year old son. The man is now serving life in a Wisconsin prison. The judge ordered that every day on the young woman's birthday the man is shown a picture of his victim. **Sherri Canterbury age 11** lived in a foster care home in Lynn, Massachusetts. February 24, 1980 she was strangled to death after arguing with an eighteen-year-old male living in the group home. After she was murdered, her body was placed in the trunk of his car. He drove around for two days with her body in his car. **Brittany Scott age 5 was murdered while in state custody. Her foster care provider beat her to death in January 1993.** A 12-year-old foster child in Essie Scott's care refused to return home from school, saying that her foster mother had been beating her. The girl told social workers that Ms. Scott had hit her because two cans of peaches were opened and left in the basement and that she and other foster children were beaten with extension cords after their clothing was removed. **Ariel Catherine Shaw 19 months** died in a Georgia foster care home January 26, 2000. **Kevin King, 20**, was convicted in 1992 of the death Patricia Urbnski, 15. She died of blunt head trauma, strangulation and stab wounds to the chest. He was raised in foster care. **Wendy Joy Dansereau age 19** and a mother lived in Worchester, Massachusetts. She was strangled to death in a hotel on March 18, 1980. A hotel employee found her body. She was raised in state foster care. **Lemarius Davidson, 28**, of Knoxville, Tennessee orchestrated two of the worse murders in state's history. He was sentenced to death in 2010. He was raised in foster care apart from his brother. Two-year-old Isaac Lethbridge died on August 16, 2006 because child welfare caseworkers took him from his parents and placed him in an unsafe foster home environment. He had been beaten and burned while in state custody foster "care". His fosterer, Charlise Adams-Rogers, 59, is on trial for manslaughter. Every year foster children run away to escape only to be found prostituting and or murdered. A foster child running away is an ongoing problem. At the age of 18 foster children are dumped on the street without family or friend's education or resources to support themselves to begin a life. This is frightening.

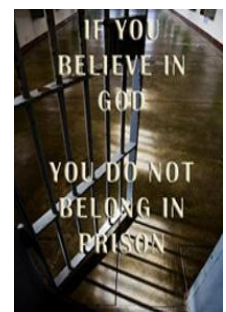
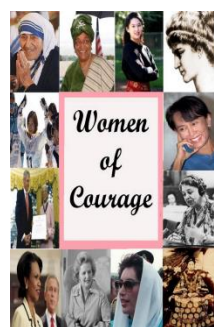
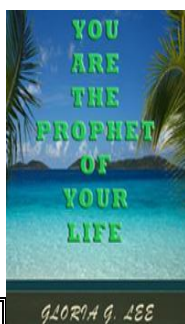
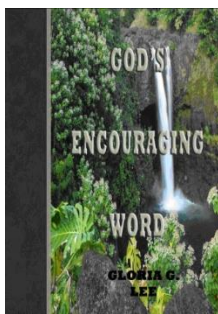
Volunteer to reduce the number of women dying thereby reducing the number of children entering foster care. We do not need any more children in foster care. They are prone to victimization.

- **Volunteer and help** us stop women from dying of **breast cancer**. When a woman dies the destiny of her children is no longer in her control. Remain an influence in your child's life. Live and be healthy. Volunteer today. We can be reached at 734 786 3233. When you volunteer you get more than a pat on the back, you get an opportunity to change the world. When you save a woman's life you are saving her children for generations to come. Please copy this information Make 10 copies at Office Depot give to 10 women. Ask the 10 women to do the same. This will help get the word out. Thank you. Our email is yithril11@netzero.net Ask to speak to Gloria

This Information Can Save Your Life
Do Not Assume You know All of The Ramifications of Breast Cancer
Early Detection Can Saves Lives

My name is Gloria G. Lee. I am a breast cancer survivor. I am also the CEO of Touched by The Light Publishing. I am writing to ask you to purchase a book to further the fight against breast cancer and to participate with me in disseminating information on breast cancer to 1,000,000 women. Charlie Morgan, a chief warrant officer in the New Hampshire Army National Guard, died February 10, 2013 of breast cancer leaving a 4 year old daughter. Her dedication as a soldier, parent and patriot has spurred me to act and to raise my voice against this disease. We shall be diminished without her. She died at the age of 48 because we have not defeated breast cancer. Her child is now left without the benefit of a parent and financial support. This should not be. No child should have to grow up without both parents. The death of a mother is devastating. We can stop this misery by working together to get the word out that early detection saves lives.

It is my goal to reach 1,000,000 women across the country to insure their better health. Breast cancer found early is easier to resolve than breast cancer found in stage 4. My cancer was found in stage 1. I am now a survivor. Will you join with us and fight this disease? Cancer is an unpleasant subject that most women want to avoid but we must muster our courage and fight with everything we have so we both can see another day. We should not fight alone. If we work together more and more women can be survivors because their cancers will be detected earlier. We need to gather together to think not gather together to mourn. With breast cancer it is truly a matter of life and death for the mother and her children. Breast cancer is a devastating disease and it is destroying families. Too many young children are being left motherless. These children are being lured in to prostitution and drug addiction. We must prevent this lost. Ladies we do have the talent among us to defeat this disease and to save lives. We must redouble our effort and get the word out that early detection saves lives. Please join me in this fight. We must now join together to fight and stay healthy. Take care and read this information carefully. You have much to learn. You will feel better walking into a doctor's office or taking a mammogram or an ultra sound if you know what to expect. Attend our work shop. It helps to talk to other women. Just as fear can be translated in hard times strength can be translated between people causing them to win. In every war fought and won in the world people gained the upper hand when strength was translated through a gathering. This is why you should attend our free workshop. We ask that you purchase a book to further the fight against breast cancer and to participate with me in disseminating information on breast cancer to 500,000 Michigan women. We can reach our goal of reaching 1,000,000 women if you copy this information and give it to 5 women and ask them to do the same. Do not lay this information aside saying you are too busy. You will not be too busy to die. You will die of breast cancer or another disease if you do not attend to your health. The point is you are to seek knowledge so you can live a better life and knowledge comes through reading. Gain the upper hand and read for your health. Six interesting reads are: Hands Across America – God's Encouraging Word – You Are The Prophet of Your Life – Women of Courage – The Devil's Cauldron – and If You Believe in God You Do Not Belong in Prison. Excerpts of our books can be read on line on our websites



Our Tree of Life: When one woman tells 10 women about breast cancer and early detection and those ten women tell another ten women about breast cancer and early detection and those 10 women tell another 10 women about breast cancer and early detection **we shall then begin to win.** We must redouble our

efforts to fight this disease every chance we get. Tell someone they are important to the world by standing up and talking about this disease. The more we discuss our problems the easier it gets to confront our fears. Breast cancer is a difficult subject to discuss but we must gather our strength, perform self breast exams every month, get referrals from our doctors for mammograms and we should educate ourselves so we can competently explain breast cancer to our daughters. We should not stop talking about breast cancer until there are no longer women dying from this disease. Thank you for your attention sincerely Minister Gloria G. Lee, yithril11@netzero.net 734 786 3233

Cancers and Black Women

By [Beatrice Motamedi](#)

June 12, 2000 -- While cancer takes a heavy toll on all Americans, research shows that black women are at greater risk than white women of developing or dying from a handful of cancers, including those of the breast, colon/rectum, lungs, and cervix.

On the other hand, data from the National Cancer Institute (NCI) also show that black women are less likely than white women to be diagnosed with other cancers that can be harder to detect, grow more rapidly and defy treatment, such as [ovarian cancer](#), melanoma, and leukemia.

Black [women's health](#) advocates say the single best thing you can do to lower your risk of cancer is to sit down with your elders and get a sense of your family's medical history. Knowing your family tree can help you decide what kinds of screening tests to ask for and lifestyle changes to make.

"I happened to know that my grandmother had breast cancer because she showed me the scar," says Faith Fancher, a breast cancer survivor whose mother was among the first black family practitioners in the state of Tennessee. "But that is something that I think most (black) women don't know."

Here are four of the most common cancers among black women, along with what you can do to protect yourself:

1. Breast cancer is a leading cause of cancer death among black women and by far the most common cancer among all women, black or white. The incidence of breast cancer is lower among African-American women, [yet this group has a higher rate of breast cancer deaths](#) -- possibly because cancers tend to be detected at a later stage in blacks than whites.

Consequently, black women are less likely to survive when cancer strikes: Their 5-year survival rate is 71%, compared with 87% for white women. The survival rate for black women jumps to 89% if the cancer is diagnosed before it has spread. Yet 44% of newly diagnosed breast cancers found in African-American women have spread to areas beyond the breast compared with 35% for white women.

What to do: Breast self-exam and mammography are vital; early diagnosis is critical. Charles J. McDonald, MD, past president of the American Cancer Society (ACS), says black women should undergo their first mammograms at age 30, a full 10 years before the recommended age for white women. The National Medical Association, a national organization for African-American physicians, also supports early screening. Breast self-exam should begin as soon as a girl menstruates, McDonald says. Black women might also consider a low-fat diet and regular exercise, both of which have been shown in studies to lower a woman's risk of breast cancer, decrease heart disease, and improve overall well-being.

2. [Colorectal cancer](#) is a case of good news, bad news: The drop in deaths from colorectal cancers since the early 1990s is the second-biggest reason for the overall decline in cancer deaths among

women. Yet black women continue to be at greater risk for this disease, with a reported 46.7 cases per 100,000 women for the period from 1987 to 1991, compared with a rate of 39.9 among white women.

As in any other type of cancer, it's important to be tested early, and here, African-Americans have more reason to be vigilant: One reason that colorectal cancer deaths are higher among black Americans is that they are not being screened for the disease as often as other populations, says Deborah Kirkland, manager of the colorectal cancer division for the ACS. A recent study by researchers at Wake Forest University found that the main reason that many low-income, African-American women do not have sigmoidoscopies is that their doctors don't recommend the exam, possibly because they believe that the patient will not be able to pay the cost.

What to do: Talk to your doctor about the three standard screening options for colorectal cancer: a yearly fecal occult blood test plus a flexible sigmoidoscopy every 5 years, a colonoscopy every 10 years, or a barium enema every 5 to 10 years.

Currently, the ACS recommends that testing begin at age 50, but screening can start as early as age 21 for those with a family history of the disease. If you're African-American and you have even one first-generation family member who has been diagnosed with this cancer (a mother, an aunt, and male relatives, too), that's all the reason you need to learn about the tests and ask your doctor when you should begin getting them.

3. Lung cancer is the third most common cancer among black females. It is also one of the most preventable; tobacco smoking is the principal culprit. Unfortunately, lung cancer deaths among black women may grow, given that smoking rates among African-American teenagers have increased over the past 10 years, according to McDonald.

What to do: Don't smoke. If you do, quit. And if your partner or your teenagers smoke, consider asking them to stop, for your benefit as well as their own. Unfortunately, there is no screening test for lung cancer before symptoms develop, so proactive steps are the only option.

4. [Cervical cancer](#) is one cancer that "we're well on the way, in this country, of conquering," says McDonald. Why? Yearly pelvic exams and Pap smears are effective screening techniques, and thanks to a massive public service campaign during the 1990s, more and more women -- black and white -- are beginning to get the message that these simple tests save lives.
5. Nevertheless, the incidence and mortality rates for cervical cancer are higher among black women than for white women. This is likely because black women tend to have fewer Pap smears and not because of genetics. Two studies presented at the annual meeting of the Society of Gynecologic Oncologists in February 2000 found that there was no difference in survival rates among black and white women after controlling for factors such as sexual history and access to appropriate medical care.
6. The incidence of invasive cervical cancer among black women also increases rapidly with age. So older women need to be just as vigilant as young women about getting screened.
7. What to do: Get your Pap smear regularly -- be religious about it. Don't put it off for any reason. And while you're at it, take your mother with you.
8. Beatrice Motamedi is a health and medical writer based in Oakland, Calif., who has written for *Hippocrates*, *Newsweek*, *Wired*, and many other national publications.

**Health conditions common in
African-American women:**



Breast cancer

Cancer is a disease in which cells become abnormal and form more cells in an uncontrolled way. With breast cancer, the cancer begins in the tissues that make up the breasts. The cancer cells may form a mass called a [tumor](#). Getting a mammogram (x-ray of the breast) can help find the cancer early. This gives a woman more treatment options and makes it more likely she will survive the cancer.

African-American women **are more likely than all other women to die from breast cancer**. Their tumors often are **found at a later, more advanced stage**. So, there are fewer treatment options. Some other reasons for this may include not being able to get health care or not following-up after getting abnormal test results. Other reasons may include distrust of the health care system, the belief that mammograms are not needed, or not having insurance. Also, research has shown **that African-American women are more likely to get a form of breast cancer that spreads more quickly**.

We do not know how to prevent breast cancer. But there are things you can do to reduce your risk, such as limiting how much alcohol you drink and being physically active.

There also are things you can do to find breast cancer early. Breast cancer screening looks for signs of cancer before a woman has symptoms. Screening can help find breast cancer early when it's most treatable. Two tests are commonly used to screen for breast cancer:

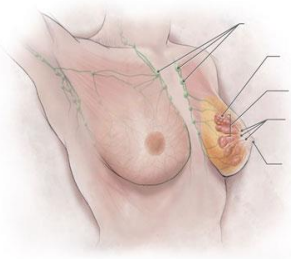
- **Mammograms.** A safe, low-dose x-ray exam of the breasts to look for changes that are not normal. Starting at age 40, women should have screening mammograms every 1-2 years. Depending on factors such as family history and your general health, your doctor may recommend a mammogram before age 40.
- **Clinical breast exam (CBE).** The doctor looks at and feels the breasts and under the arms for lumps or anything else that seems unusual. Ask your doctor if you need a CBE.

Regular screening is the best way to find breast cancer early in most women. If you are at higher risk you may need mammograms at an earlier age or more often. Or, your doctor might want to use other tests too. Let your doctor know if you find a change in your breast, such as a lump or nipple discharge that isn't breast milk.

Free or low-cost mammograms

Some women do not get regular mammograms because of cost and lack of insurance. There are free and low-cost programs to help women get breast cancer screening. You can learn more by contacting the [National Breast and Cervical Cancer Early Detection Program](#). **For more information, please contact: Touched By The Light Foundation Phone: 734 786 3233 We can use some help to get the word out.**

Learning About Breast Cancer



Lymph nodes
Lobule
Lobe
Ducts
Nipple

What is breast cancer?

Breast cancer is cancer that forms in any part of the breast. Breast cancer happens most often in the ducts (the tubes that carry milk to the nipple) and the lobules (the glands that make the milk). Metastatic breast cancer is cancer that has spread from the breast to another part of the body, such as the bones.

How common is breast cancer?

Breast cancer can happen to both men and women. In 2010, it was expected that more than 200,000 women and nearly 2,000 men in the United States would be diagnosed with breast cancer. Ask your healthcare provider about your risk for breast cancer.

What is HER2-positive breast cancer?

HER2-positive (HER2+) breast cancer is a type of breast cancer that has high levels of a type of protein called human epidermal growth factor receptor type 2 (known as HER2). The HER2 protein tells cells to grow and divide. Having too much HER2 protein can cause cancer cells to grow and spread quickly. Your healthcare provider will test your tumor to find out if it is HER2+. Ask him or her if your breast cancer is HER2+ and about the treatment that may work best for you.

You cannot be scared. You must Stand up and fight this disease.

DETECTION, DIAGNOSIS AND PREVENTION OF BREAST CANCER

Early detection of breast cancer is a significant issue for Black women and all women. One of the most powerful steps to take for good health is to get regular checkups and ask for tests that will detect cancer. Cancer at its earliest stage rarely has warning signs. Hence, the best protection against breast cancer is early detection and prompt treatment. Numerous studies have shown that early detection increases survival and treatment options. **If the cancer is detected and has not spread, the survival rate is 94%; if it has spread to nearby organs, the survival rate is 73%; if it has spread throughout the body, the survival rate is 18%.**

Mammograms are essential for identifying breast abnormalities at early states before any physical symptoms develop. Mammography can detect breast cancer 1.7 years before a woman can feel a lump in her breast. In addition, breast self-examinations are responsible for detection of a large percentage of breast abnormalities. Coupled together, mammograms and breast self-examinations have proven to be the most effective methods of detecting and diagnosing breast cancer.

It is impossible to predict who will or will not get breast cancer. No woman is exempt from the possibility of developing breast cancer. Therefore, it is very important that every woman become familiar with the disease, the measures they can take to reduce their risks and things they can do to increase their chance of detecting the disease at its earliest and most treatable stages. Outreach efforts have heightened to improve the perceived cultural barriers to breast cancer screenings among African American women by linking cultural intervention strategies to breast cancer screening initiatives.

Breast Cancer Signs and Symptoms

Knowing the signs and symptoms of breast cancer may help save your life. When the disease is discovered early, you have more treatment options and a better chance for long-term recovery. Most breast lumps aren't cancerous. Yet the most common sign of breast cancer for both men and women is a **lump** or **thickening** in the breast. Often, the lump is painless. Other signs of breast cancer include:

- **A spontaneous clear or bloody discharge from your nipple**
- **Retraction or indentation of your nipple**
- **A change in the size or contours of your breast**
- **Any flattening or indentation of the skin over your breast**
- **Redness or pitting of the skin over your breast, like the skin of an orange**

A number of factors other than breast cancer can cause your breasts to change in size or feel. In addition to the natural changes that occur during pregnancy and your menstrual cycle, other common noncancerous (benign) breast conditions include:

- **Fibrocystic changes.** This condition can cause your breasts to feel lumpy or granular. Fibrocystic changes are extremely common, occurring in at least half of all women. In most cases the changes are harmless. And they don't mean you're more likely to develop breast cancer. If your breasts are very lumpy, performing a breast self-exam is more challenging. Becoming familiar with what's normal for you through self-exams will help make detecting any new lumps or changes easier.
- **Cysts.** These are fluid-filled sacs that frequently occur in the breasts of women ages 35 to 50. Cysts can range from very tiny to about the size of an egg. They can increase in size or become more tender just before your menstrual period, and may disappear completely after it. Cysts are less common in postmenopausal women.
- **Fibroadenomas.** These are solid, noncancerous tumors that often occur in women during their reproductive years. A fibroadenoma is a firm, smooth, rubbery lump with a well-defined shape. It will move under your skin when touched and is usually painless. Over time, fibroadenomas may grow larger or smaller or even disappear completely. Although your doctor can usually identify a fibroadenoma during a clinical exam, a small tissue sample is necessary to confirm the diagnosis.
- **Infections.** Breast infections (mastitis) are common in women who are breast-feeding or who recently have stopped breast-feeding, although you can also develop mastitis when you're not nursing. Your breast will likely be red, warm, tender and lumpy, and the lymph nodes under your arm may swell. You also feel slightly ill and have a low-grade fever.
- **Trauma.** Sometimes a blow to your breast or a bruise also can cause a lump. But this doesn't mean you're more likely to get breast cancer.
- **Calcium deposits (microcalcifications).** These tiny deposits of calcium can appear anywhere in your breast and often show up on a mammogram. Most women have one or more areas of microcalcifications of various sizes. They may be caused by secretions from cells, cellular debris, inflammation, trauma or prior radiation. They're not the result of calcium supplements you take. The majority of calcium deposits are harmless, but a small percentage may be precancerous or cancer. If any appear suspicious, your doctor will likely recommend additional tests and sometimes a biopsy.

If you find a lump or other change in your breast and haven't yet gone through menopause, you may want to wait through one menstrual cycle before seeing your doctor. If the change hasn't gone away after a month, have it evaluated promptly.

Inflammatory breast cancer

Inflammatory breast cancer is a rare cancer that gets its name from the appearance of the skin on the breast. Inflammatory breast cancer is an aggressive type of locally advanced cancer that occurs in a very small percentage of women with breast cancer.

Typically women with inflammatory breast cancer are diagnosed at a younger age than those diagnosed with other forms of breast cancer. They're more likely to experience cancer spread (metastasis), and they have a greater chance of succumbing to the disease than women with noninflammatory breast cancer. In very rare circumstances, inflammatory breast cancer is diagnosed in men. Historically, survival statistics have been grim for women diagnosed with inflammatory breast cancer, but there's hope. New approaches in treatment offer greater odds for survival than ever before. Mayo Foundation for Medical Education and Research, Tools of Healthier Lives, by Mayo Clinic Staff, 2006

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For Black Women, Breast Cancer Strikes Younger

by Brenda Wilson



A group of African-American breast cancer survivors pose at the 10th annual African-American Breast Cancer Conference in April 2009. Courtesy Sisters Network

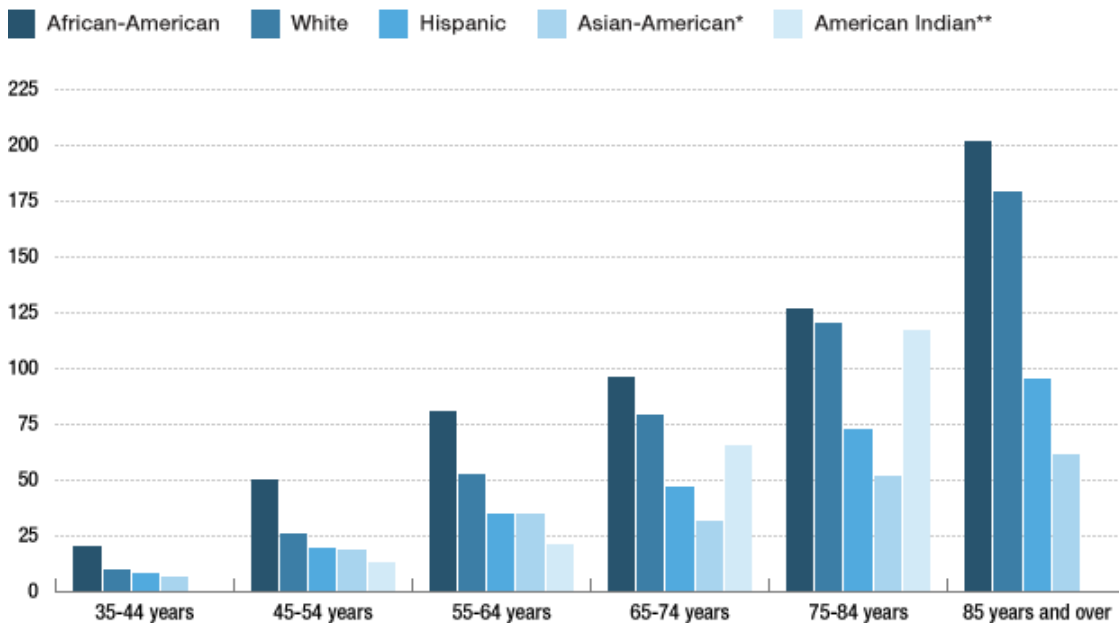
Many African-American women don't fit the profile of the average American woman who gets breast cancer. For them, putting off the first mammogram until 50 — as recommended by a government task force — could put their life in danger.

"One size doesn't fit all," says Lovell Jones, director of the Center for Research on Minority health at Houston's M.D. Anderson Cancer Center. Jones says the guidelines recently put out by the U.S. Preventive Services Task Force covered a broad segment of American women based on the data available. "Unfortunately," he says, "the data on African-Americans, Hispanics and to some extent Asian-Americans is limited."

So while the recommendations may be appropriate for the general population, he says, it could have a deleterious affect on African-American women who appear to have a higher risk of developing very deadly breast cancers at early in life.

Breast Cancer Death Rates By Race And Age

African American women ages 35 to 44 have a death rate from breast cancer twice that of white women the same age. Below, a look at how many deaths are caused by breast cancer per 100,000.



Notes: *Includes Alaska Native; **includes Pacific Islander
Source: Office Of Minority Health Resource Center; Credit: Alyson Hurt

When you look at the death statistics for breast cancer in African-American women and compare them to white women, it's stunning. Beginning in their 20s, into their 50s, black women are twice as likely to die of breast cancer as white women who have breast cancer. In older black women, cases of breast cancer decline, but the high death rates persist.

Overall, breast cancer deaths have been declining for nearly a decade (by 2 percent annually), yet deaths of African-American women have been dropping at a much slower pace. In 2009, an estimated 40,170 women will die from breast cancer. Nearly 6,000 will be African-American women.

Dr. Vanessa Sheppard, a behavioral scientist at the Lombardi Comprehensive Cancer Center at Georgetown University, has been conducting a study to understand the response of African-American women to treatment for breast cancer, so she's seen this up close.

"We've lost eight African-American women," she says. "That's a pretty high mortality rate in about 200 women."

Personally, Sheppard says, she's lost friends who were 32, 36 and 40 from breast cancer. Studies estimate that 20 to 30 percent of breast cancers in African-American women are triple-negative breast cancers. This means the cancers lack estrogen and progesterone receptors and won't respond to drugs that work by preventing the hormones from reaching the cancer cells. Triple-negative cancers also are HER-2 negative, another hormone, and therefore don't respond to any of the treatments known to block the cancer's growth.

"The breast cancer is more aggressive," says Sheppard, "The tumors are harder to treat. They're larger."

Similar types of aggressive breast cancers have been found in other ethnic groups — including Africans — suggesting perhaps a genetic link. But no one knows exactly why this is happening. And there's probably no one explanation. There are known risk factors for breast cancer and combinations of risk factors — a family history of the disease, age at which menstruation and menopause start. But scientists have found it difficult to come up with a satisfactory model that predicts breast cancer in black women.

Causes Unknown

The deadly breast cancers in black women remind Jones of the higher infant mortality rate in the African-American community, which has yet to be fully explained. Researchers have the same difficulty determining what combination of factors causes low birth weights and infant deaths in African-Americans. For example, the age of child birth with the lowest infant mortality rate in white women is about 30. In black women it's around the ages of 16 to 19. Jones suspects the stress that African-Americans experience in this society is contributing to premature aging. It's not a popular theory, but even after adjustments are made for education, poverty and other factors, infant mortality remains high.

"It could be induced by discrimination or perceived discrimination," says Jones. "It could be due to living in an environment that produces stress." He offers the example of recent stories about the many young kids being killed in Chicago and says. "Well, that adds stress — community stress."

More Routine Screening Could Help

Studies suggest, in addition to higher risks factors, African-American women aren't getting screened for breast cancer as often as white women and when they do it is later in life. Often the mammograms are not routine screening mammograms, but rather they're done because the woman or her doctor felt a mass in a woman's breast. These cases happen all too often, says surgeon Dr. Regina Hampton. She says that vital time has passed by the time they show up in her office with a mammogram in hand.

"Because of their young age, many practitioners don't believe that a young woman can get breast cancer," Hampton says. "These cancers then, once they come to me, are at a later stage. So, we're kind of running behind the 8-ball trying to get the patient treated."

There are also questions about the care that African-American women are receiving, whether they are referred to cancer specialists in a timely way, and understand that they will need therapy after surgery. With all the issues surrounding black women and breast cancer, health professionals argue there should be separate guidelines for African-American women — and say they should get mammograms earlier and more frequently than the task force's recommendation of age 50.

Sheppard even wonders if the old guideline of routine screening every year beginning at age 40 is good enough. "The tumors are growing fast and the intervals that we prescribe may not work," she says. "How can we have better diagnostic tools, better screening tools that can capture the women that aren't the average woman?"

It's a challenge many African-American women will have to come to grips with. About one-third who get breast cancer are younger than 50 years old.

African American Women More Likely to be Diagnosed with Triple-Negative Disease

Published on March 25, 2009 at 12:00 am modified on November 19, 2012 at 5:14 pm

A study found that African American women are 3 times more likely than white or Hispanic women to be diagnosed with triple-negative breast cancer.

Triple-negative breast cancer is:

- estrogen-receptor-negative
- progesterone-receptor-negative
- HER2-negative

Triple-negative breast cancers are usually more aggressive, harder to treat, and more likely to come back (recur) than cancers that are hormone-receptor-positive or HER2-positive. Triple-negative breast cancers don't usually respond to hormonal therapy medicines or the targeted therapies Herceptin (chemical name: trastuzumab) and Tykerb (chemical name: lapatinib).

Researchers looked at the medical records of 415 women of various races who had been diagnosed with breast cancer and noted certain characteristics of each cancer:

- 11% to 13% of the breast cancers diagnosed in non-African American women were triple-negative; most of these women were white or Hispanic
- 30% of the breast cancers diagnosed in African American women were triple-negative

The differences in cancer characteristics weren't due to age or weight, both of which can affect hormone receptor and HER2 status. So, it's likely that genetic factors may be responsible for the higher incidence of triple-negative breast cancer in African American women.

Other research has shown that compared to women of other races, African American women are:

- less likely to be diagnosed with breast cancer
- more likely to be diagnosed with advanced stage breast cancer, if diagnosed
- more likely to be diagnosed with breast cancer that is aggressive and harder to treat, if diagnosed
- more likely to have breast cancer come back
- more likely to die from breast cancer

As this study shows, it's likely that the greater risk of triple-negative breast cancer faced by African American women partially explains why breast cancer in African American women tends to be more advanced, more aggressive and harder to treat. If you're an African American woman, you can't change your genes. But you can make sure that any breast cancer is diagnosed at its earliest, most treatable stage. If you're older than 40 with an average risk of breast cancer, this means getting a mammogram each year. If you have higher-than-average risk, you may have a more aggressive screening plan that starts at a younger age. Between mammograms, make sure your doctor or other healthcare provider does regular breast exams. You also should consider doing regular breast self-exams. Tell your doctor right away if you find anything you're concerned about. If you need to know how to do a self-exam, ask your doctor.

How Triple-Negative Breast Cancer Behaves and Looks

Last modified on September 17, 2012 at 6:56 pm

To understand triple-negative breast cancer, it's important to understand receptors, which are proteins found inside and on the surface of cells. These receptor proteins are the "eyes" and "ears" of the cells, receiving messages from substances in the bloodstream and then telling the cells what to do.

- Hormone receptors inside and on the surface of healthy breast cells receive messages from the hormones estrogen and progesterone. The hormones attach to the receptors and provide instructions that help the cells continue to grow and function well. Most, but not all, breast cancer cells also have these hormone receptors. Roughly 2 out of 3 women have breast cancer that tests positive for hormone receptors. (For a more complete explanation, see the previous section on [Hormone Receptor Status](#).)
- A smaller percentage of breast cancers — about 20-30% — have too many HER2 receptors. In normal, healthy breast cells, HER2 receptors receive signals that stimulate their growth. With too many HER2 receptors, however, breast cancer cells grow and divide too quickly. (For a more complete explanation, see the previous section on [HER2 Status](#).)

Hormonal therapies and HER2-targeted therapies work to interfere with the effects of hormones and HER2 on breast cancer, which can help slow or even stop the growth of breast cancer cells.

About 10-20% of breast cancers test negative for both hormone receptors and HER2 in the lab, which means they are triple-negative. Since hormones are not supporting its growth, the cancer is unlikely to respond to hormonal therapies, including tamoxifen, Arimidex (chemical name: anastrozole), Aromasin (chemical name: exemestane), Femara (chemical name: letrozole), and Faslodex (chemical name: fulvestrant). Triple-negative breast cancer also is unlikely to respond to medications that target HER2, such as Herceptin (chemical name: trastuzumab) or Tykerb (chemical name: lapatinib).

In addition, triple-negative breast cancer:

- **Tends to be more aggressive than other types of breast cancer.** Studies have shown that triple-negative breast cancer is more likely to spread beyond the breast and more likely to recur (come back) after treatment. These risks appear to be greatest in the first few years after treatment. For example, a study of more than 1,600 women in Canada published in 2007 found that women with triple-negative breast cancer were at higher risk of having the cancer recur outside the breast — but only for the first 3 years. Other studies have reached similar conclusions. As years go by, the risks of the triple-negative breast cancer recurring become similar to those risk levels for other types of breast cancer.

Five-year survival rates also tend to be lower for triple-negative breast cancer. A 2007 study of more than 50,000 women with all stages of breast cancer found that 77% of women with triple-negative breast cancer survived at least 5 years, versus 93% of women with other types of breast cancer. Another study of more than 1,600 women published in 2007 found that women with triple-negative breast cancer had a higher risk of death within 5 years of diagnosis, but not after that time period. The recurrence and survival figures in these and other studies are averages for all women with triple-negative breast cancer. Factors such as the grade and stage of the breast cancer will influence an individual woman's prognosis.

- **Tends to be higher grade than other types of breast cancer.** The higher the grade, the less the cancer cells resemble normal, healthy breast cells in their appearance and growth patterns. On a scale of 1 to 3, triple-negative breast cancer often is grade 3.
- **Usually is a cell type called "basal-like."** "Basal-like" means that the cells resemble the basal cells that line the breast ducts. This is a new subtype of breast cancer that researchers have identified using gene analysis technology. Like other types of breast cancer, basal-like cancers can be linked to

family history, or they can happen without any apparent family link. Basal-like cancers tend to be more aggressive, higher grade cancers — just like triple-negative breast cancers. It's believed that most triple-negative breast cancers are of the basal-like cell type.

It can feel upsetting and even scary to find out that you have a form of breast cancer that (1) is often more aggressive than other types and (2) isn't a good candidate for treatments such as hormonal therapy and Herceptin. But triple-negative breast cancer can be treated with chemotherapy and radiation therapy, and new treatments — such as PARP inhibitors — are showing promise. Researchers are paying a great deal of attention to triple-negative breast cancer and working to find new and better ways to treat it. “This is an exceptionally hot area of research in the breast cancer field,” says George Sledge, M.D., medical oncologist and Breastcancer.org Professional Advisory Board member. “There is immense interest among drug developers, pharmaceutical companies, and breast cancer laboratory researchers in finding targeted therapies for these patients.”

Treatment for Triple-Negative Breast Cancer

September 17, 2012

Triple-negative breast cancer is typically treated with a combination of therapies such as surgery, radiation therapy, and chemotherapy. Many women are worried when they find out that additional treatments such as hormonal therapy and Herceptin aren't likely to treat triple-negative breast cancer. But new treatments are being studied, and there is encouraging news about chemotherapy for triple-negative breast cancer.

Some research has shown that hormone-receptor-negative breast cancers — which triple-negative breast cancers are — actually respond better to chemotherapy than breast cancers that are hormone-receptor-positive. If you follow the treatment plan that makes the most sense for your specific situation, while doing your best to make healthy lifestyle choices such as eating a healthy low-fat diet, exercising regularly, and limiting alcohol, you're doing everything you can to treat the cancer.

You also may wonder whether you should have more aggressive treatment, such as mastectomy rather than lumpectomy, or more chemotherapy treatments or higher doses of chemotherapy. It's logical to assume that, since triple-negative breast cancer tends to be more aggressive, it should get more aggressive treatment. At this time, however, there is no standard recommendation that people with triple-negative breast cancer should have more treatment.

Some studies have looked at whether giving chemotherapy before surgery — called **neoadjuvant therapy** — may be a good option for women with triple-negative breast cancer. A [recent small study](#) of women with locally advanced triple-negative breast cancer found that for two-thirds of them, chemotherapy medications given before surgery resulted in no living cancer cells in the tumor when it was removed. Another study, published in 2008 by researchers at M.D. Anderson Cancer Center, found that chemotherapy before surgery benefited some women with triple-negative breast cancer, causing all evidence of disease to disappear. For these women, survival rates were similar to those of women with breast cancer that was not triple-negative. Another 2007 study of more than 100 women found that neoadjuvant chemotherapy did benefit some participants with hormone-receptor-negative and triple-negative breast cancer. These women had a complete response to chemotherapy (no evidence of disease) and then went on to have surgery. More research on neoadjuvant chemotherapy for triple-negative breast cancer is needed.

Because doctors are still developing their understanding of triple-negative breast cancer, they may vary in their treatment recommendations. You may find it helpful to get a couple of different opinions.

Research on New Treatment for Triple-Negative Breast Cancer

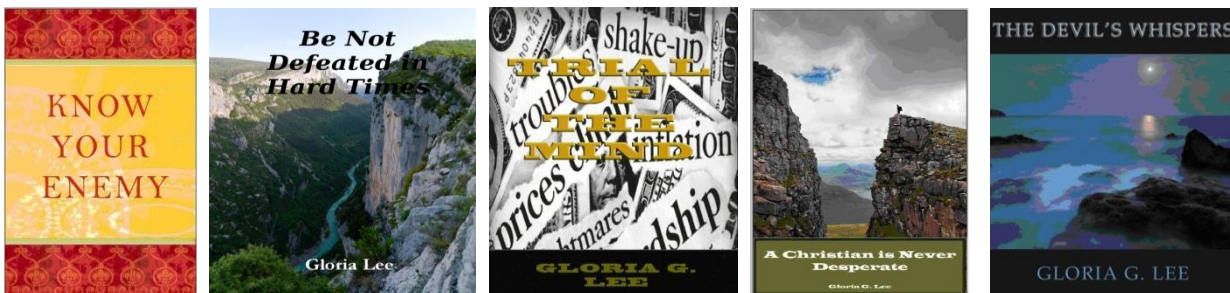
September 17, 2012

Researchers are working to find the best approaches to treating triple-negative breast cancer. Some clinical trials are comparing the effectiveness of various older and newer chemotherapy medications, used in different combinations, for treating triple-negative breast cancer.

Other clinical trials are trying to find out whether some targeted therapies are effective against triple-negative breast cancer. Unlike traditional therapies such as chemotherapy and radiation, which can't tell the difference between fast-growing healthy cells and cancer cells, targeted therapies work by "shutting down" a specific process the cancer cells use to grow and thrive. We know that targeting estrogen and progesterone receptors and HER2 isn't helpful for triple-negative breast cancer. Treatments that target other processes may be helpful in the future, but this research is still at an early stage.

- **PARP (poly ADP-ribose polymerase) inhibitors:** The PARP (poly ADP-ribose polymerase) enzyme fixes DNA damage in cells, including DNA damage caused by chemotherapy medicines. Scientists developed PARP inhibitors based on the idea that a medicine that interferes with or inhibits the PARP enzyme might make it harder for cancer cells to fix damaged DNA, which could make chemotherapy more effective. A [recent small study](#) of women with advanced triple-negative breast cancer found that those taking the PARP inhibitor called iniparib along with chemotherapy survived longer than those who took chemotherapy alone. [Other small, early studies](#) showed some benefit for using another PARP inhibitor, olaparib, in combination with chemotherapy for triple-negative breast cancer.
- **VEGF (vascular endothelial growth factor) inhibitors:** To get the oxygen and nutrients they need to grow and spread, tumors create new blood vessels through a process called angiogenesis. Avastin (chemical name: bevacizumab) is a medicine that interferes with the activity of the VEGF protein, which stimulates this process. Avastin attaches itself to VEGF, preventing VEGF from interacting with receptors on the blood vessels. By blocking this interaction, Avastin keeps VEGF from stimulating angiogenesis. Another therapy that works in a similar way is Sutent (chemical name: sunitinib).
- **EGFR (epidermal growth factor receptor)-targeted therapies:** Other treatments target a protein called epidermal growth factor receptor, or EGFR. Many triple-negative breast cancer cells are known to "overexpress" EGFR, meaning they have too many EGFRs. These receptors receive signals that spur the growth of the cancer. Erbitux (chemical name: cetuximab) is a medication that attaches to the EGFR. When this happens, growth signals can't attach to EGFR on the cancer cell, and so they cannot stimulate the cell to grow.

Clinical trials using these and other therapies could play a key role in improving the treatment of triple-negative breast cancer. Talk to your doctor if you think you might be interested in taking part in a [clinical trial](#). We offer 5 inspirational pocket size books that are excellent for down playing negative thinking.



Excerpts of each book can be read online at www.touchedbythelight.us.

Triple-Negative Breast Cancer

September 17, 2012

Your pathology report may say that the breast cancer cells tested negative for estrogen receptors (ER-), progesterone receptors (PR-), and HER2 (HER2-). Testing negative for all three means the cancer is **triple-negative**.

These negative results mean that the growth of the cancer is not supported by the hormones estrogen and progesterone, nor by the presence of too many HER2 receptors. Therefore, triple-negative breast cancer does not respond to hormonal therapy (such as tamoxifen or aromatase inhibitors) or therapies that target HER2 receptors, such as Herceptin (chemical name: trastuzumab). However, other medicines can be used to treat triple-negative breast cancer.

About 10-20% of breast cancers — more than one out of every 10 — are found to be triple-negative. For doctors and researchers, there is intense interest in finding new medications that can treat this kind of breast cancer. Early studies are trying to find out whether certain medications can interfere with the processes that cause triple-negative breast cancer to grow.

Who Gets Triple-Negative Breast Cancer?

September 17, 2012

Anyone can get triple-negative breast cancer. However, researchers have found that it is more likely to affect:

- **Younger people.** Triple-negative breast cancer is more likely to occur before age 40 or 50, versus age 60 or older, which is more typical for other breast cancer types.
- **African-American and Hispanic women.** **Triple-negative breast cancer most commonly affects African-American women, followed by Hispanic women.** Asian women and non-Hispanic white women are less likely to develop this type of cancer. **A recent study found that black women were 3 times more likely to develop triple-negative breast cancer than white women.**
- **People with a BRCA1 mutation.** When people with an inherited BRCA1 mutation develop breast cancer, especially before age 50, it is usually found to be triple-negative.

Like other forms of breast cancer, triple-negative breast cancer is treated with surgery, radiation therapy, and/or chemotherapy. Based on other features of the cancer, such as stage and grade, your doctor will work with you to determine the best treatment approach.

Breast Cancer Tests: Screening, Diagnosis, and Monitoring

January 8, 2013

Whether you've never had breast cancer and want to increase your odds of early detection, you've recently been diagnosed, or you are in the midst of treatment and follow-up, you know that breast cancer and medical tests go hand in hand. Most breast-cancer-related tests fall into one or more of the following categories:

- **Screening tests:** Screening tests (such as yearly mammograms) are given routinely to people who appear to be healthy and are not suspected of having breast cancer. Their purpose is to find breast cancer early, before any symptoms can develop and the cancer usually is easier to treat.
- **Diagnostic tests:** Diagnostic tests (such as biopsy) are given to people who are suspected of having breast cancer, either because of symptoms they may be experiencing or a screening test result. These tests are used to determine whether or not breast cancer is present and, if so, whether or not it has traveled outside the breast. Diagnostic tests also are used to gather more information about the cancer to guide decisions about treatment.
- **Monitoring tests:** Once breast cancer is diagnosed, many tests are used during and after treatment to monitor how well therapies are working. Monitoring tests also may be used to check for any signs of recurrence.

Fibrocystic breast disease: Does it increase the risk of breast cancer?

Does having fibrocystic breast disease increase the risk of breast cancer?

Answer

Fibrocystic breast changes do not increase the risk of breast cancer.

Women with fibrocystic changes have lumpy, tender breasts. These changes were once considered a disease and referred to as fibrocystic breast disease. But because this condition occurs so commonly in normal breasts, it is now considered a normal variation and most doctors refer to it as fibrocystic breast changes.

The most frequent cause of fibrocystic breast changes is fluctuations in hormone levels during a woman's menstrual cycle. These changes most often occur right before menstruation and include:

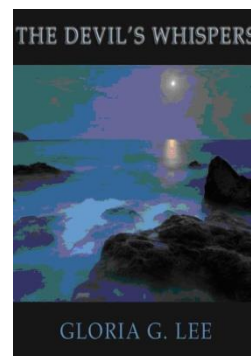
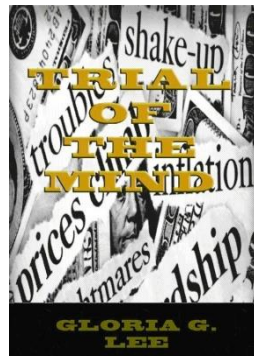
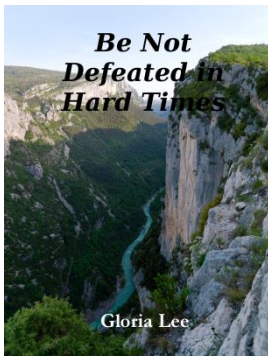
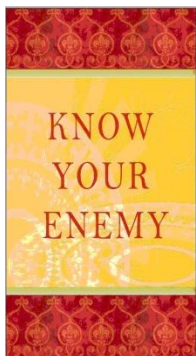
- Thickened, lumpy areas in the breast tissue
- Feeling of fullness in the breasts
- Pain and tenderness
- Noncancerous (benign) cysts
- Non-bloody nipple discharge

Although having fibrocystic breasts doesn't increase your risk of breast cancer, it may make it more challenging to do breast self-exams. For this reason, it is important to become familiar with how your breasts feel by monitoring for any new changes. If you choose to perform breast self-exams, review the technique with your doctor to ensure that you are doing it correctly. In addition, fibrocystic breast changes can make mammogram results more difficult to interpret due to increased breast density. Consult your doctor if you:

- Have severe or persistent breast pain that doesn't fluctuate with your menstrual cycle
- Find a new change or lump in your breast that persists for two menstrual cycles

Source: Mayo Foundation for Medical Education and Research, Tools of Healthier Lives, by Mayo Clinic Staff, 2006

Excerpts of each book can be read online at website. The following books:



- Provide information so you can learn to control your emotions!
- Show you how to defeat negative thinking and how to live life the way you want!
- Discuss how hope will bring possibilities into your life!
- Discuss how to have the courage to face any obstacle!
- Give details as to how to get to know the Lord in a deeper, more powerful way in these times. Man has only one challenge in life and that is to stand.
-

The Breast Cancer Myth

Finding a lump in your breast means you have breast cancer.

The Truth

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not.

Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms.

The Breast Cancer Myth

Men do not get breast cancer; it affects women only.

The Truth

Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

The Breast Cancer Myth

A mammogram can cause breast cancer to spread.

The Truth

A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread. According to the National Cancer Institute, "The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure. Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low."

The standard recommendation is an annual mammographic screening for women beginning at age 40. Base your decision on your physician's recommendation and be sure to discuss any remaining questions or concerns you may have with your physician.

The Breast Cancer Myth

If you have a family history of breast cancer, you are likely to develop breast cancer, too.

The Truth

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.

- **If you have a first degree relative with breast cancer:** If you have a mother, daughter, or sister who developed breast cancer below the age of 50, you should consider some form of regular diagnostic breast imaging starting 10 years before the age of your relative's diagnosis.
- **If you have a second degree relative with breast cancer:** If you have had a grandmother or aunt who was diagnosed with breast cancer, your risk increases slightly, but it is not in the same risk category as those who have a first degree relative with breast cancer.
- **If you have multiple generations diagnosed with breast cancer on the same side of the family,** or if there are several individuals who are first degree relatives to one another, or several family members diagnosed under age 50, the probability increases that there is a breast cancer gene contributing to the cause of this familial history.

The Breast Cancer Myth

Breast cancer is contagious.

The Truth

You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth of mutated cells that begin to spread into other tissues within the breast. However, you can reduce your risk by practicing a healthy lifestyle, being aware of the risk factors, and following an early detection plan so that you will be diagnosed early if breast cancer were to occur.

The Breast Cancer Myth

If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.

The Truth

According to the National Cancer Institute, regarding families who are known to carry BRCA1 or BRCA2, "not every woman in such families carries a harmful BRCA1 or BRCA2 mutation, and not every cancer in such families is linked to a harmful mutation in one of these genes. Furthermore, not every woman who has a harmful BRCA1 or BRCA2 mutation will develop breast and/or ovarian cancer. But, a woman who has inherited a harmful mutation in BRCA1 or BRCA2 is about five times more likely to develop breast cancer than a woman who does not have such a mutation." For people who discover they have the harmful mutation, there are various proactive measures that can be done to reduce risk. These include taking a hormonal therapy called Tamoxifen or deciding to take a surgical prevention approach which is to have bilateral prophylactic mastectomies, usually done with reconstruction. Most women will also have ovaries and fallopian tubes removed as well since there is no reliable screening test for the early stages of developing ovarian cancer.

The Breast Cancer Myth **Antiperspirants and deodorants cause breast cancer.**

The Truth

Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

Mommy Did You Get Your Mammogram This Year



African American women are:

- less likely to be diagnosed with breast cancer
- more likely to be diagnosed with advanced stage breast cancer, if diagnosed
- more likely to be diagnosed with breast cancer that is aggressive and harder to treat, if diagnosed
- more likely to have breast cancer come back
- **more likely to die from breast cancer**

Help Save A Woman's Life and Those of Her Children by inviting Gloria Lee from Touched By The Light Foundation to speak before your convention, women's group or club or church regarding Breast Cancer in Black women. Prevention Saves Lives

African-American women don't fit the profile of the average American woman who gets breast cancer. putting off the first mammogram until 50 — as recommended by a government task force — could put their life in danger. "One size doesn't fit all." The recommendations waiting until 40 may be appropriate for the general population could have a deleterious affect on African-American women who appear to have a higher risk of developing very deadly breast cancers at early in life. A study found that African American women are **3 times more likely than white or Hispanic** women to be diagnosed with triple-negative breast cancer. African-American women appear to have a higher risk of developing very deadly breast cancers at early in life. Beginning in their 20s, into their 50s, black women are twice as likely to die of breast cancer as white women who have breast cancer. In older black women, cases of breast cancer decline, but the high death rates persist. African-American women **aren't getting screened for breast cancer as often as white women** and when they do it is later in life. Often the mammograms are not routine screening mammograms, but rather they're done because the woman or her doctor felt a mass in a woman's breast.

Call 734-444-7821 or email us at Yithril11@netzero.net and invite us to speak at your next women's retreat or health event. The death of one woman to breast cancer from our community is one woman to many. No one should lose their life for lack of proper screening. Our women's coalition meets regularly the 2nd and 4th Sunday each month.

Children left Motherless

For every woman who is murdered or dies from breast cancer or HIV/Aids there is probably a child left behind. That child will be raised by a relative or placed in foster care. If placed in foster care the child languishes until adopted. As you continue to read you will learn the fate of several young girls living in foster care homes. Children who have lost their mothers do not always fair well in foster care even if adopted. Parentless children suffer. How would you like to be told your mother was murdered because your father was angry that the court gave her custody of you? How would you like to be told your mother died of breast cancer and you will never see her again? These children suffer from being left behind. Society has yet to deal with the children who are present during murder. How many people do you know who has received therapy due to the death of a love one? It does not matter how many uncles, cousins, sisters or brothers a child has; nothing takes the place of a parent. The function of a parent is to give a child a feeling of security, homeostasis and placement. No individual can take the place of a parent. The parent is the rock for the attachment of the child. A parent is the child's strength. A child is able to say no when a parent is present. The child is able to make choices and negotiate when their parents are present. Their sovereignty is taken away from them when they are motherless. Parents are the resolution of life for children and no child should be made to live without his or her mother. Do not count on the state to place your motherless child with one of your family members. Placing children in foster care has become as profitable as placing Black men in prison.

This nation apparently does not understand or does not want to understand the devastation visited upon society when the mother is missing from the home. Children need their mothers and they should not have to suffer all their lives by having their mothers taken away from them. There has been enough posturing by politicians and drug companies in this country for the past century. If Rogaine can be developed for male baldness and drugs to treat aids to protect males surely breast cancer in female should not be far behind. The problem of violence against women and women dying of HIV/Aids and breast cancer must be solved. Living without a mother is worse than living without food or water. Social scientists can design thousands of grieving programs for children who have lost their parents but nothing will replace the pain and void a child feels in not being able to see his or her mother again. There was a man sitting in a bar during a fund raising event. When he learned money was being collected for a little girl because her mother was recently murdered he openly wept in that bar. He said the child's life would never be the same, he knows because he had to live without his mother. Do you realize how powerful the pain was inside this man for him to weep openly in a bar? He was not only crying for that child he was crying for himself.

There is too much unresolved pain left behind when a parent dies. The murder of a woman is not an isolated event nor is the death of a woman from HIV/Aids or Breast cancer an isolated event. These deaths have a rippling effect; thousands and thousands of people are affected by one death. Murder is a scar on society. It is a signal that a conflict could not be resolved. Woman should not have to live in isolation fearing for their lives. A concerted effort should be launch to educate young males that women are not objects to be won or own. Young males should be taught women are sovereign individuals. Women have equal rights to determine their destiny. Society should also recognize the waste when a woman dies of breast cancer.

The reason why the decisions you make regarding your safety and your health are so important is because you are a mother and you are the only natural protector of your children. If you make the wrong decision regarding your safety or health, your children will be left motherless. A motherless child is the most wretched person in the world. Understand this, motherless children must do as they are told, they have no negotiator and no sovereignty over their bodies. The children that survive foster care are dumped onto our city streets with no family affiliations, support, or hope to begin a future. What are they to do? They are poorly educated and bruised and battered emotionally. Predators spend their days look for motherless

children. Motherless children are profitable. The predators use the naiveté of motherless children to their sexual and financial advantage. The motherless children are obliging because they have been trained to be conciliatory all their lives under the foster care system. Our society has moved so fast in the last fifty years that it has not considered those among us that are living in pain. The casualties are accumulating in our cemeteries. Many of these individuals were motherless children. It is not fair for you to leave your children motherless. Regardless of what society or your girlfriend says with respect to your responsibility toward your children you are intrinsically linked to the destiny of your child's life. The responsibility of a mother toward her child cannot be abdicated so every time you consider your safety you must ask yourself have I placed myself in a situation of danger (talking too much) by my decision or my failure to respond to a dangerous signal? If you choose to ignore this warning or if you feel insulted by our insolence, the next time you hear a child cry, stop and listen to the wailing when the child cries mommy.

One of our campaigns is to get the word out about motherless children and why women must fight to stay healthy for their children. Here are a few short stories of motherless children see if these stories do not motivate you to stand up and help. Doris Ann McLeod age 16 was placed in foster care. A pimp lured her from the home. He got her to prostitute once or twice then she refused. When she became adamant and wanted to return home he took her to the basement hung her from the pipes and beat her to death. He did this in front of his three year old son. The man is now serving life in a Wisconsin prison. The judge ordered that every day on Doris McLeod's birthday the man is shown a picture of his victim. Sherri Canterbury age 11 lived in a foster care home in Lynn, Massachusetts. February 24, 1980 she was strangled to death after arguing with an eighteen-year-old male living in the group home. After she was murdered, her body was placed in the trunk of his car. He drove around for two days with her body in his car. Brittany Scott age 5 was murdered while in state custody. Her foster care provider beat her to death in January 1993. A 12-year-old foster child in Essie Scott's care refused to return home from school, saying that her foster mother had been beating her. The girl told social workers that Ms. Scott had hit her because two cans of peaches were opened and left in the basement and that she and other foster children were beaten with extension cords after their clothing was removed. Ariel Catherine Shaw 19 months died in a Georgia foster care home January 26, 2000. Kevin King, 20, was convicted in 1992 of the death Patricia Urbnski, 15. She died of blunt head trauma, strangulation and stab wounds to the chest. Kevin King was raised in foster care.

Wendy Joy Dansereau age 19 and a mother lived in Worchester, Massachusetts. She was strangled to death in a hotel on March 18, 1980. A hotel employee found her body. She was raised in state foster care. Lemaricus Davidson, 28, of Knoxville, Tennessee orchestrated two of the worse murders in state's history. He was sentenced to death in 2010. He was raised in foster care apart from his brother. Two-year-old Isaac Lethbridge died on August 16, 2006 because child welfare caseworkers took him from his parents and placed him in an unsafe foster home environment. He was beaten and burned while in state custody foster "care". His fosterer, Charlise Adams-Rogers, 59, is on trial for manslaughter. Jazzmin Davis was 15 years old when she was beaten to death. On September 2, 2008, police found the dead teenager and her brother in their feces and urine-soaked bedroom where they were often locked in a closet for days, every month. They looked starved and emaciated. "They were about 80 pounds, give or take a few pounds. "It was as if they had come out of a concentration camp. It was that bad." The list goes on. Every year foster children run away to escape only to be found prostituting and or murdered. A foster child running away is an ongoing problem. At the age of 18 foster children are dumped on the street without family or friend's education or resources to support themselves to begin a life. This is frightening. Volunteer to reduce the number of women dying thereby reducing the number of children entering foster care. We do not need any more children in foster care. They are prone to victimization. We must now join together to fight and stay healthy. You decide, do you want your child standing over your casket crying or will you join us and fight against breast cancer. Join our breast cancer campaign and help save a life. Go to our website www.touchedbythelight.us and download our brochure on breast cancer. Read the brochure several times then Email this brochure to 5 women asking them to do the same. Then purchase one of our books to help us help other women. No one should lose their life because of lack of knowledge. Make a point to attend all of our 12 conferences to learn more how you can change yourself, your community and other women. Also join us in our 40 Days of Change Program. This program is designed to give you a new lease on life in 40 Days, based on the books A Christian is Never Desperate and Be Not Defeated In Hard Times. Email us at yithril11@netzero.net for more information. Tell A Friend About Us.

When There is NO Knowledge There is ONLY Fear.

Fear is defined as a state of anxiety or dread, uneasiness or concern, an unpleasant feeling of perceived risk or danger, whether real or imagined. It is one of the basic emotions. Fear can be learned (fear conditioning). Associated with fear are specific physiological responses through the sympathetic nervous system where epinephrine and norepinephrine are released. These visceral responses are measurable and can cause an increase in heart rate, breathing, constricted blood vessels, and the tightening of muscles. A continued state of fear can lead to obesity, drinking, smoking, and self-medication. Fear is a state of being that causes harm to the body and can destroy man. Fear has degrees - terror, fright, paranoia, horror, dread, persecution. Caution is considered a mild stage of fear. Suspicion is a form of fear. Fear is dangerous when the emotion causes an organism to take flight rather than stand and fight. Is this the emotion you are feeling when you do not discuss breast cancer and how it is destroying lives in the Black community. Fear is an emotional state caused by uncertainty (God eliminates uncertainty). You become afraid when you do not know what is going to happen when you do not know the outcome of a dilemma or problem. If someone or something tells you it will be all right, you feel better but if you do not get this feedback you feel bad. If you learn your lights are going to be cut off if you do not pay the electric company \$80.00, you feel bad. But if you look in your checkbook and see that you have a balance of \$100.00 you will feel better. Terror comes when you look in your checkbook and see that your balance is \$30.00 then you ask yourself how will I fair. What will happen to me if they cut the lights off? How will I feed my children? How will I keep their milk cold? It seems that the mere mention of breast cancer in many women brings a sense of terror causing them to avoid the subject altogether. They act as if they only have \$30.00 in their checking account and rather than calling the light company to make arrangements they avoid the matter altogether. When the light man comes out and turns the lights off then they have to face the problem and not bury their face in the sand. Running in fear means you do not know the Lord. If you know the Lord you will not run in terror you will exam your breast monthly or have your doctor do it if you are too afraid to exam your breast and you will go get your mammogram annually. I was diagnosed with cyst breast early in life. The cancer specialist told me to have my breasts exam annually because I had a discharge from my breast. I fought breast cancer by having a mammogram performed every year for 35 years. Every year I bit down on my fears and had my breast exam. In 2009 I was diagnosed with stage one breast cancer. I am now a breast cancer survivor because I diligently watched the discharge from my breast. Self examination is not a silly exam. This examination provides knowledge as to what is going on in your body. A mammogram or a biopsy or an ultra sound is exams that give you knowledge as to what is going on in your body. Fear will dissipate the more you know about each exam and fear will dissipate the more you know about breast cancer itself and what is suggested to maintain good breast health. Fear will dissipate if you learn what foods and vitamins physicians suggest to keep the body health. Fear will dissipate when you learn more about the Lord. You are to do all that you can to protect your health because your children depend upon you for their solace and survival. Do not let fear or the absence of money stop you from getting a mammogram and do not put the lives of your children at risk by not having a mammogram. No child wants to be a motherless child. It is a horrible existence. A large number of men in prison were motherless the same with prostitutes.

The first thing you must realize is that you should not take on someone else's fear. You are not your girlfriend unless you and she have the same desires. The limitation people put on themselves does not govern your success. The outcome of your life can be determined by your efforts and your determination if you seek knowledge about breast cancer to live a longer life. You must realize the fear your parents or girlfriends speak of is the fear that they allowed to control their lives. You do not have to let these fears control your life. What was impossible for them does not have to be impossible for you. Someone took their fear in hand when they rowed their boat toward the horizon after being told they would fall off the earth if they did so. If you are in a conversation and you become fearful, stop and ask yourself where did this fear come from? If the answer is you began to feel fear after talking to a particular person avoid that person. What you must seek in life is knowledge. Do you know what radiology and chemotherapy are? Whenever anything causes you fear you must seek knowledge and speak life on the subject so you can master it instead of the fear mastering you. Join me in the fight against breast cancer by calling 734 786 3233 and getting the word out that early detection saves lives. You cannot effect change through fear. Fear is only changed through knowledge. After my January 2013 mammogram I was called back for an ultrasound. I underwent another series of exam, that knowledge caused my physician to tell me see you next year. God did not create

you to walk in fear. Stand up. Your ancestors did. You should have enough knowledge to explain breast cancer to your daughter. **Do it for your children**

Join Touched by The Light Foundation in fighting Breast Cancer by volunteering a few hours a month. We can be reached at 734 786 3233 or email yithril11@netzero.net. You can help by email, in person etc. Just join so we can stop children suffering the loss of their mothers. We meet the first and second Tuesday of each month. Special meetings are called for Saturdays. Any time you offer will be appreciated. Do not wait until you are 40 to get a Mammogram. See us at www.touchedbythelight.us Jazzmin Davis of California was 15 years old when she was beaten to death. On September 2, 2008, police found the dead teenager and her twin brother in their feces and urine-soaked bedroom where they were often locked in a closet for days, even months. They looked starved and emaciated. "They were about 80 pounds, give or take a few pounds. "It was as if they had come out of a concentration camp. It was that bad." No worker saw the abuse. They were left in the hands of their tormentor, their aunt. Help us stop women from dying leaving children in foster care.

Our objective here is not to tell you how important it is for you to get a mammogram. We know it is not news to hear that women are still dying of breast cancer. You have heard of all this before. You have been told to get a mammogram. You have been told to examine your breast monthly. "Yet some of you say I was too busy to do these things. I forgot." You make these statements yet you have a young child sleeping in the room next to you. You have probably been solicited to walk for breast cancer, or make a donation to breast cancer etc. Getting you to walk for breast cancer or to donate toward a breast cancer effort is not our objective here. Our objective is to get you involved once and for all in the fight against breast cancer until this disease is eradicated just as small pox was eradicated. As we fight for breast cancer, heart disease and ovarian cancer will tag along. We must dedicate ourselves to this fight as women before us were dedicated to the fight for the right to vote.

It is time for the women of this country to stand up for one another once and for all. It is time for you to appreciate the freedom that has been purchased for you through the lives of so many soldiers both alive and dead. It is now time for all of the petty feuds, racisms and other foolishness to stop. The word breast cancer makes cowards of us all. Who do you see walking toward a graveyard? Who do you see jumping in a casket? Who do you know that says "I am happy to die?" What woman do you know who says, "I don't mind dying of breast cancer?" You are inadvertently saying this any time you do not stand up and fight against ignorance, stupidity and foolishness. If you are a White or Black woman or a Jewish or Arab woman, and you hate black people or you hate foreigners or you hate Mexicans, the word breast cancer will knock you to your knees and you will not care what color or race the surgeon, or radiologist or oncologist is as long as this person does his or her job and rids your body of cancer. You know once you are diagnosed with breast cancer all your hopes and dreams are gone if your physician cannot arrest this disease. You will start praying to a god then. You are going to go to anyone you think will help you and you will be willing to try any drug you think will cure you.

The women of this country have a job to do and that job is to work toward a system that will save our lives and our daughter's lives. This is our common interest and we all need to work toward our common interest and stop letting politicians and corporate America divide us. I want you to stand up, look in the mirror and say "I hate Blacks so much or I hate Whites so much or I hate Mexicans so much or I hate foreigners so much that I will not help with the breast cancer efforts because it might save their lives." Will you say this in light of the fact that research and development may save your daughter's life? Can you think of a system where you can exclude women of selective races not to enjoy the benefits of cancer research that you support with your time effort and money? The reason why we have a job to do is because there is no one else on this planet that can solve this problem but us. We have the fuel, we have the energy, we have the talent and we have the fortitude to get this job done. We are the freest women on this planet. Yet American women are being bogged down by rhetoric. Politicians are running us to and fro. Corporate America is running us to and fro. The banks are messing with our minds and the perfume and plastic surgeons are gleefully running to the bank with their riches and taking vacations in Tahiti. There are some cable networks dedicated to dividing women, forcing them to concentrate on their buttocks and breast size. There is a cable station that starts with the letter B. Their programming is directed towards women. All the shows talk about is breast and buttock sizes and bling. The shows appeal to base instincts fostering envy, jealousy, and gossip. "*I am better than you because I am married to a football player.*" "*I am better than you because I am married to a doctor.*" "*Don't you wish you were me sitting there in your 2 by 4 home while I sit in luxury drinking*

martini?" Turn the television off on these women. All these women are doing is making money and the more you envy them the better their ratings and the more money they will make while leaving you sitting at home upset and hurt over your financial situation. Do not indulge in an hour of self debasement. The world spends billions of dollars telling you what you are not. So why should you selectively allow yourself to be berated for an hour in front of a television? Ladies we are better than this. I would like for you to do some research: When did HIV/AIDS come on the scene (reported by newspapers as a serious health threat to heterosexuals – white male)? When did the breakthrough occur in the development of vaccines or medication to arrest this disease? Research the drug Rogaine, and the drug for penis enlargement. Now compare this time to the fight against breast cancer. What is the profit motive in breast cancer research? America is no different than India. Americans worship the male over the female also. Take note of the attack on Planned Parenthood in light of the fact Planned Parenthood helps women fight against breast cancer and other diseases. Take note of the fight against Obama care. Millions of women will be helped under this act. Insurance companies can no longer charge women more than they do men for insurance. The insurance industry made trillions of dollars charging women more than men for insurance. Do you know many insurance companies refuse to pay for mammograms for women under the age of 40? In light of the fact many scientist are now saying 40 is not the correct standard for a portion of our population, especially Black women. As long as corporate America, and the politicians and the insurance companies can keep women fighting one another these entities can continue enjoying life while we wallow in misery. The women of this country need to show self-interest. Your daughter's life is involved in this fight. Your mother, your sister, your favorite aunt, your cousin lives are all involved in this fight. Become involved. Educate yourself go on line read article after article about breast cancer. We need to know who is doing what research. We need to collaborate without self serving female politicians within our midst. Join us we have work to do. Call 734 786 3233 sign up for our free workshop and find a book to read at our websites www.touchedbythelight.us or <http://www.nisv.info/bookstore.html> Every day you need to do something to help yourself and other women because therein lies our protection and welfare. Power is never given it is always taken.

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All Essays - Make a Lifestyle Change – Do It For Your Children- This Information Can Save Your Life, Mommy Did You Get Your Mammogram, Children Left Motherless, When There is No Knowledge There is Only Fear, You have a responsibility to yourself, and Breast cancer is not a subject any woman wants to discuss – were written by Minister Gloria G. Lee

Glossary of Terms:

Diagnosis: The determination of the Nature of a Disease or condition, or the distinguishing of one Disease or condition from another. Assessment may be made through Physical Examination, Laboratory tests, or the likes. Computerized Programs may be used to enhance the decision-making process.

Disease: A definite pathologic process with a characteristic set of Signs and Symptoms. It may **Affect** the whole body or any of its parts, and its etiology, Pathology, and Prognosis may be known or unknown.

Fibrocystic Disease: A noncancerous breast condition in which multiple cysts or lumpy areas develop in one or both breasts. It can be accompanied by discomfort or pain that fluctuates with the menstrual cycle. May be exacerbated by caffeine use. Large cysts can be treated by aspiration of the fluid they contain.
Stop drinking coffee and other caffeine drinks. Rubbing Vitamin E. on the breast will help relieve the pain.

Lymph Node: Small bean-shaped organ made up of a loose meshwork of reticular tissue in which are enmeshed large numbers of lymphocytes, macrophages and accessory cells located along the lymphatic system. Recirculating lymphocytes leave the blood through the specialized high endothelial venules of the lymph node and pass through the node before being returned to the blood through the lymphatic system. Because the lymph nodes act as drainage points for tissue fluids, they are also regions in which foreign antigens present in the tissue fluid are most likely to begin to elicit an immune response. Nodes filter out bacteria or cancer cells that may travel through the lymphatic system.

Lymph node or **lymph gland** is an oval-shaped organ of the immune system, distributed widely throughout the body including the armpit and stomach and linked by lymphatic vessels. Lymph nodes are garrisons of B, T, and other immunity cells. Lymph nodes act as filters or traps for foreign particles and are important in the proper functioning of the immune system. They are packed tightly with the white blood cells called lymphocytes and macrophages. Lymph nodes also have clinical significance. They become inflamed or enlarged in various conditions, which may range from trivial, such as a throat infection, to life-threatening such as cancers. In the latter, the condition of lymph nodes is so significant that it is used for cancer staging, which decides the treatment to be employed, and for determining the prognosis. When swollen, inflamed or enlarged, lymph nodes can be hard, firm or tender. Lymph nodes can also be diagnosed by biopsy whenever they are inflamed. Certain diseases affect lymph nodes with characteristic consistency and location.

Tumor: An abnormal mass of tissue that results from excessive cell division that is uncontrolled and progressive, also called a neoplasm. Tumours perform no useful body function. They may be either benign (not cancerous) or malignant. 2. Swelling, one of the cardinal signs of inflammations, morbid enlargement.

Tumor (American English) or **tumour** (British English) is commonly used as a synonym for a neoplasm (a solid or fluid-filled [cystic] lesion that may or may not be formed by an abnormal growth of *neoplastic* cells) that appears enlarged in size. *Tumor* is not synonymous with cancer. While cancer is by definition malignant, a tumor can be benign, pre-malignant, or malignant, or can represent a lesion without any cancerous potential whatsoever. The terms "mass" and "nodule" are often used synonymously with "tumor". Generally speaking, however, the term "tumor" is used generically, without reference to the physical size of the lesion. More specifically, the term "mass" is often used when the lesion has a maximal diameter of at least 20 millimeters (mm) in greatest direction, while the term "nodule" is usually used when the size of the lesion is less than 20 mm in its greatest dimension (25.4 mm = 1 inch).

These are diagnostic tools to exam the body.

Mammogram: special imaging examination of the breast using X-rays. The purpose of this test is to investigate or to screen for an underlying breast cancer. The mass itself can be seen on the images, but other features such as calcification may be found in some benign and cancerous lumps. Further investigation of any abnormality is required and usually involves a biopsy or fine needle aspiration.

X-Ray: A type of irradiation used for imaging purposes that uses energy beams of very short wavelengths (0.1 to 1000 angstroms) that can penetrate most substances except heavy metals. This is the commonest form of imaging technique used in clinical practice everywhere in the world with the image captured on photographic film. An AP film is when the beams pass from front-to-back (anteroposterior) and is used for mobile film, particularly on the ward or in casualty. This is the opposite to a PA film (posteroanterior) in which the rays pass through the body from back-to-front. Most films taken in the main radiology department are PA.

Magnetic Resonance Imaging - MRI: A special imaging technique used to image internal structures of the body, particularly the soft tissues. An MRI image is often superior to a normal X-ray image. It uses the influence of a large magnet to polarize hydrogen atoms in the tissues and then monitors the summation of the spinning energies within living cells. Images are very clear and are particularly good for soft tissue, brain and spinal cord, joints and abdomen. These scans may be used for detecting some cancers or for following their progress.

Dye: Coloured chemical substances that impart more or less permanent colour to other materials. They are used for staining and colouring, as test reagents, and as therapeutic agents in medicine.

Radiology: A specialty concerned with the use of x-ray and other Forms of radiant energy in the Diagnosis and treatment of Disease.

Radiation: Emission or propagation of Acoustic waves (Sound), Electromagnetic Energy waves (such as Light; Radio Waves; Gamma Rays; or X-Rays), or a stream of subatomic particles (such as Electrons; Neutrons; Protons; or Alpha Particles).

Chemotherapy: The use of Drugs to treat a Disease or its symptoms. One example is the use of Antineoplastic Agents to treat CANCER.

Antineoplastic Agents

Substances that inhibit or prevent the proliferation of Neoplasms.

Neoplasms

New abnormal Growth of Tissue. Malignant neoplasms show a greater degree of Anaplasia and have the properties of invasion and Metastasis, compared to benign neoplasms.

Cells

The fundamental, structural, and functional units or subunits of living organisms. They are composed of Cytoplasm containing various Organelles and a Cell Membrane boundary.

Cell: An autonomous self replicating unit (in principle) that may constitute an organism (in the case of unicellular organisms) or be a sub unit of multicellular organisms in which individual cells may be more or less specialized (differentiated) for particular functions. The individual units from which tissues of the body are formed. All living organisms are composed of one or more cells. (26 Mar 1998)

Anaplasia

Loss of structural differentiation and useful function of neoplastic Cells.

Cytoplasm

The part of a Cell that contains the Cytosol and small structures excluding the Cell Nucleus; Mitochondria; and large Vacuoles. (Glick, Glossary of Biochemistry and Molecular Biology, 1990)

Cytosol

Intracellular Fluid from the Cytoplasm after removal of Organelles and other insoluble Cytoplasmic components

Metastasis

The Transfer of a Neoplasm from one organ or part of the body to another remote from the primary site.

Ultrasound: A type of imaging technique which uses high-frequency sound waves. This is highly operator-dependent and is thought to be useful in diagnosis but not particularly accurate in the assessment of tumour response.

Ultrasound is an oscillating sound pressure wave with a frequency greater than the upper limit of the human hearing range. Ultrasound is thus not separated from 'normal' (audible) sound based on differences in physical properties, only the fact that humans cannot hear it. Although this limit varies from person to person, it is approximately 20 kilohertz (20,000 hertz) in healthy, young adults. Ultrasound devices operate with frequencies from 20 kHz up to several gigahertz. Ultrasound is used in many different fields. Ultrasonic devices are used to detect objects and measure distances. Ultrasonic imaging (sonography) is used in both veterinary medicine and human medicine. In the nondestructive testing of products and structures, ultrasound is used to detect invisible flaws. Industrially, ultrasound is used for cleaning and for mixing, and to accelerate chemical processes. Organisms such as bats and porpoises use ultrasound for locating prey and obstacles.

Imaging: Radiological production of a clinical image using X-rays, ultrasound, computed tomography, magnetic resonance, radionuclide scanning, thermography, etc.; especially, cross-sectional imaging, such as ultrasonography, CT, or MRI.

Cancer: The first historical description of this condition was in relation to breast carcinoma. This is now a general term for more than 100 diseases that are characterized by uncontrolled, abnormal growth of cells. Cancer cells can spread locally or through the bloodstream and lymphatic system to other parts of the body. This entry appears with permission from the Dictionary of Cell and Molecular Biology (11 Mar 2008)

Cancer: , known medically as a malignant neoplasm, is a broad group of various diseases, all involving unregulated cell growth. In cancer, cells divide and grow uncontrollably, forming malignant tumors, and invade nearby parts of the body. The cancer may also spread to more distant parts of the body through the lymphatic system or bloodstream. Not all tumors are cancerous. Benign tumors do not grow uncontrollably, do not invade neighboring tissues, and do not spread throughout the body. There are over 200 different known cancers that afflict humans. Determining what causes cancer is complex. Many things are known to increase the risk of cancer, including tobacco use, certain infections, radiation, lack of physical activity, obesity, and environmental pollutants. These can directly damage genes or combine with existing genetic faults within cells to cause the disease. Approximately five to ten percent of cancers are entirely hereditary. Cancer can be detected in a number of ways, including the presence of certain signs and symptoms, screening tests, or medical imaging. Once a possible cancer is detected it is diagnosed by microscopic examination of a tissue sample. Cancer is usually treated with chemotherapy, radiation therapy and surgery. The chances of surviving the disease vary greatly by the type and location of the cancer and the extent of disease at the start of treatment. While cancer can affect people of all ages, and a few types of cancer are more common in children, the risk of developing cancer generally increases with age. In 2007, cancer caused about 13% of all human deaths worldwide (7.9 million). Rates are rising as more people live to an old age and as mass lifestyle changes occur in the developing world.

Information obtained from online medical dictionary: <http://medical-dictionary.com/results.php>

You have a responsibility to yourself. You have a responsibility to your husband. You have a responsibility to your children and to your sisters and brothers and to those who sacrificed for this country to remain healthy or to live as long as you can. In order to fulfill this responsibility you must change the way you think. You are going to have to change the way you view relationships and the way you view your position in the world and the impact you have on the community in which you live. Take a look in the mirror. Who do you see? That is right take a real good look at you. Who is that person looking back at you? Choose five adjectives or phrases that describe you. Be frank in the use of the adjectives you use to describe yourself because the adjectives you use to describe yourself are the adjectives that are ruling your life. Are the adjectives: loser, a fat slob, an ugly shrimp, a jerk, a person no one likes? Do you like the woman you have become? Is she a nice person? Is she well adjusted? How well does she solve problems? If any of the adjectives or answers border on the negative you need to change what you think about yourself because your self perception is affecting the decisions you make about your health. That is correct, your health is affected by what and how you think. You may need to rethink the way you solve problems. You need to change your habits. Do you run or do you stand and fight when a problem arises? If you run from problems by sticking your head in the sand or you avoid unpleasant situations, you need to change your habits and you need to change from resignation to hope. Your low self esteem is impacting every area of your life, influencing your decisions and stripping you of hope. Hope is the mainstay of a healthy mind. Standing up to breast cancer puts you in the driver's seat. You make the decisions regarding your diet. You make the decisions to conduct self breast exams each month. You make the decisions to begin a mammogram before age 40. Dr. Lovell Jones, director of the Center for Research on Minority health at Houston's M.D. Anderson Cancer Center, says one size does not fit all. Black women should begin mammograms before the age of 40. Too many Black women are dying of breast cancer for the number 40 to be applicable to all.

If you change the way you view yourself and breast cancer maybe your daughter or grand daughter will not have to answer a doctor's questions by saying "My mother died of breast cancer. My grand mother died of breast cancer. My aunt died of breast cancer." Thinking clearly is everything in life. Your ability and desire to think clearly can completely change your circumstances from darkness to light. When you stand up and say "No" you are thinking clearly. When you run and hide and put your head in the sand you are not thinking clearly. You are letting the emotion of fear rule your life. Stop frightening yourself by saying "Oh Lord what if I find something. What if I find a lump? What am I going to do?" Now here is an emotion you need to give some thought to. That emotion is love. Do you love your children enough to change your behavior?

Yes, environmental factors affect our health and yes inherited factors affect our health. But most of all, your entire attitude toward yourself affects your health. If you think wellness you push back from the table and resist eating another slice of bread. You decline a second piece of pie. If you are depressed weighed down with problems there is no way you will not desire comfort food. Several groups offered explanation as to why the death rate for blacks was higher than white. Researchers say there are eight barriers to early diagnosis and treatment. They believe these factors contribute to the racial disparity of breast cancer between African American women and White women. Researchers believe:

Cultural and socioeconomic circumstances may predispose African Americans to higher mortality rates due to limited access to screening, early detection and treatment of breast cancer.

Cultural beliefs and fear of radiation were also associated with preventing some African American women from seeking cancer screening.

African American women under-utilize breast cancer screening services. Research reveals that African American women are not as likely as White women to seek mammograms and more likely to delay reporting signs and symptoms of breast cancer to their doctors.

African American women are more likely to miss health care appointments after diagnosis.

The racial differences in diagnosis and treatment have also been linked to:

Lower socioeconomic status

Lack of access to appropriate medical services

Lack of private health insurance

If these eight factors are causing the inordinate numbers deaths in black women due to breast cancer we need to change and attack these cultural and social problems.

The passage Hosea 4:6 is one of the most often quoted scriptures in the Bible. People and pastors alike both quote this scripture, but they do not finish the verse. They stop before the punch line. What I mean by the punch line is not the line that brings laughter. People stop before the line of enlightenment. Here is what people say, "My people are destroyed for lack of knowledge. The punch line comes next. The entire quote: "Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God I also will ignore your children. My people are destroyed for lack of knowledge, because they reject knowledge. The operative word here is the word reject. That's the punch line. Why are we rejecting knowledge? Man would have knowledge if he did not reject it. So the question becomes why are you rejecting knowledge? Why are you putting your head in the sand and pretending breast cancer is far off in the future? God goes on to discuss where people seek knowledge. You do not go to books where knowledge can be found. You go to people just like yourself; not qualified to help you. The book of knowledge is before you, but you side step this knowledge to see soothsayers and gossipers; critics, people without knowledge; people with big mouths. You rely upon their judgment to conduct your life. You listen to musicians for guidance. You dance to music that tells you Black women are whores to be tattooed and branded. You seek knowledge from football players, men who rape your daughters. Some of these people have the appearance of success but lack the moral fiber to lead you across the street. So how can they lead you into battle against a disease in your body or lead you to safety of the mind? (Peaceful countenance)

God says seek knowledge, do not reject it.

The only way to deal with breast cancer is to seek knowledge. Granted, the words "breast cancer" are frightening. The words breast cancer illicit fear. Fear immediately envelops your spirit. You immediately feel there is nothing I can do. You feel hopeless resigned to your fate. It is not your desire to die but the situation is no long under your control so you retreat. You should not retreat when the devil shows up. The reason why you do not retreat when the devil shows up is because you made the necessary preparations before hand, so you have all the available knowledge about breast cancer at your fingertips. You are prepared with knowledge. You have decided not to make a passive exit from life. You will not go quietly. Do not ignore breast cancer like you did the bullies in high school that you could not or did not want to deal with. If I ignore it, it will go away (failing to show up for your appointment). Did the bullies go away or did their behavior get worse? Do you think this way; If I be quiet may be my husband will stop arguing. If I do everything right maybe my husband will not hit me. Avoidance is a learned behavior. You can unlearn this behavior and meet some problems head on. What emotions are you allowing to lead you down the road to misconception and avoidance? Be truthful, what are the assumptions you are making about breast cancer? Do you think breast cancer is off in the future, "I will tend to it later? Not so. Do not let your lack of self-esteem or your inabilities to read competently stop you from saving your life. The truth is the best medicine.

There comes a time in everyone's life when they must call upon courage to carry them through. It is your time. You must have the courage to change. You must learn to read competently. You must turn the television and radio off and develop your mind. It is time you seek knowledge so you can conduct your life in an orderly fashion and not leave your children motherless. Courage is not just an act for the battlefield. Courage is exhibited by people every day of the week in all capacities in the home and at work. It takes courage to apply for a job when you think you are too fat for the job or too skinny for the job or not pretty enough for the job, or your head is bald and you look too old for the job or your teeth are crooked and every one knows you grew up poor. It takes courage to face unpleasant events in your life. You do not have to run from life because you are not educated. Educate yourself about breast cancer. Pick up a book and read. If you do not know a word, purchase a dictionary. Read Read Read. Read this entire handout until you have a better understanding of breast cancer. It is important that you understand breast cancer. Do research on your own. Some of the people you idolize that you think are so great because of their music can't read well. Stop exhibiting coping behavior to hide the fact that you do not read well. Improve you chances of survival: read. If you read you will learn a breast reduction for women can reduce back pain. If you read you will learn a simple vinegar test slashed cervical cancer death rates by one-third in a remarkable study of 150,000 women in the slums of India, where the disease is the top cancer killer of women. Experts called the outcome "amazing" and said this quick, cheap test could save tens of thousands of lives each year in developing countries by spotting early signs of cancer, allowing treatment before it's too late. *Associated Press -June 2, 2013* **Vinegar cancer test saves lives**, Indian study finds. If you read you will learn a

study suggests Women who use birth control pills are less likely to develop ovarian cancer later in life. Dr. Laura Havrilesky, who led the study at the Duke University School of Medicine in Durham, North Carolina said, "It reinforces that there is a positive relationship between the use of oral contraceptives and ovarian cancer prevention in the general public." The researchers said there hasn't been enough time to study how the specific hormone formulations in contemporary birth control pills affect ovarian cancer risk decades down the line. By Genevra Pittman | Reuter, **The Pill tied to lower ovarian cancer risk.** If you read you will learn the pharmaceutical company Aveo Oncology is developing the drug tivozanib to treat triple-negative breast cancer. Approximately 15 percent of the 200,000 breast cancer patients in the U.S. are diagnosed with triple-negative disease. If you read you **Will Learn.**

Do not say you love your children if you do not step up to the plate and fight breast cancer. You either stand up and fight breast cancer or die cringing in fear on your knees. You fight with knowledge. You fight with preparation. If cancer is coming I am prepared. I exam my breast every month because I know by the time I feel the lump it has been growing about a year. I have my doctor examine my breast because I do not feel good about examining my own breast. I get a mammogram annually because I know cancer can be detected by a mammogram a year before I can feel the tumor with my hands. I am prepared. I am constantly reading about breast cancer so I can learn. Your children are watching you, especially your boys. I you do not live long enough to see your child graduate from college your child will be damaged emotionally. Your presence in his or her life adds depth to their lives. You reaffirm their importance. There are people 50 and 60 years old, who lost their mothers early in life, the mention of their name will bring them to tears. You must fight to stay in your child's life. It is no fun living without one's mother. Women clock thousands of hours each year driving their children to soccer practice, baseball practice, ballet practice, clarinet practice etc. The women do the driving to aid in the development of their children. Do you want your child raised in foster care, raped in his or her bed? Do you want your child dumped on the street from foster care without family support at the age of 18 with no clear idea what to do to develop a future?

I want you to take two identical healthy plants. Put one sun loving plant in the sun and give it plenty of water at appropriate intervals. Take the other plant and put it in the dark and do not give it water. In one week tell me which plant resembles the motherless child?

Courage is the act of standing up for one self no matter what.

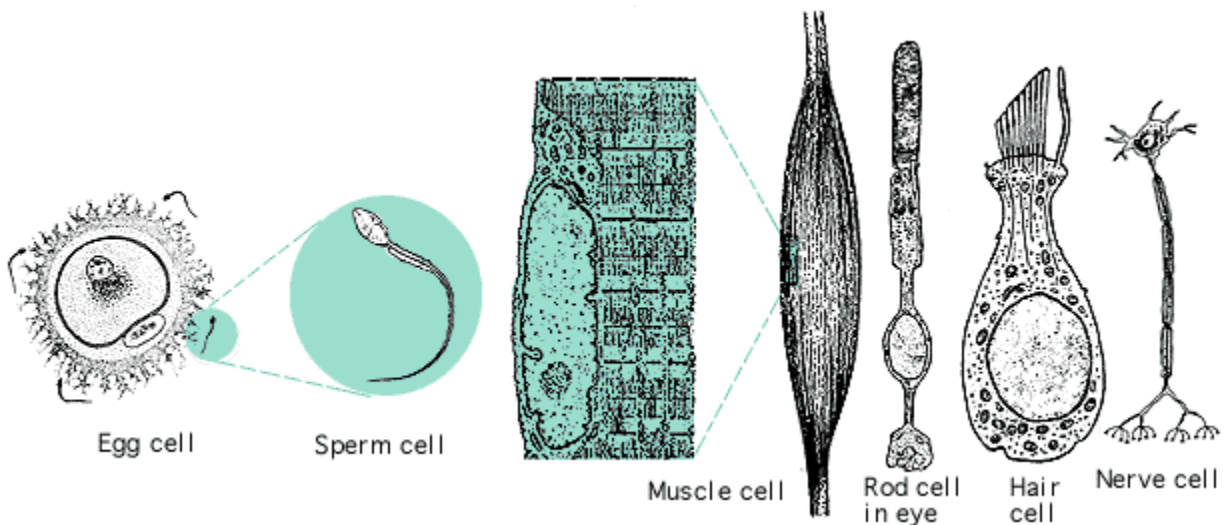
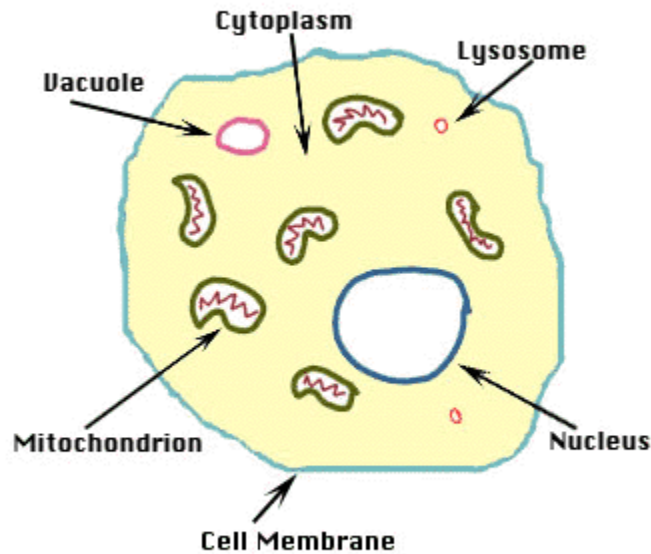
Wake each morning with the confidence that you have the necessary information to make decisions you need to live a successful life. You can get this information by reading. We hope the information that we gathered has been a blessing to you.

As you can see breast cancer has wide reaching consequences that we must all face up to and overcome. So please join us in getting the information out that early detection saves lives. A book purchases will help us in our effort. You can see us at www.touchedbythelight.us Our email address is yithril11@netzero.net If you need prayer email us. If you are fearful email us. If you just want to talk email us. You are not alone. We, the women of this country, are going to fight this disease until we win. If you don't have a god think about getting one. A god is good to have around when you are dealing with cancer. So do not fear. You are not alone. Excerpts of our books can be read on line on our websites.

A Little Biology: Source: <http://people.eku.edu/ritchisong/RITCHISO/301notes1.htm>

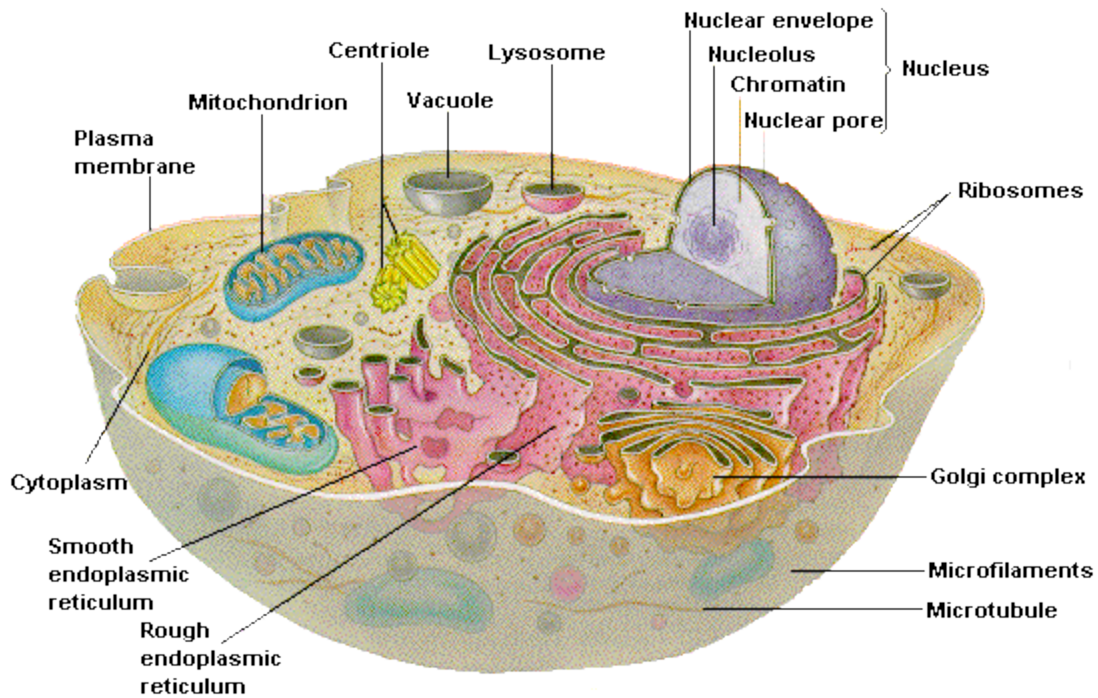
cells are the basic structural and functional units of the human body & there are many different types of cells (e.g., muscle, nerve, blood, and so on)

There are two types of cells that make up all living things on earth: prokaryotic and eukaryotic. Prokaryotic cells, like bacteria, have no 'nucleus', while eukaryotic cells, like those of the human body, do. So, a human cell is enclosed by a cell, or plasma, membrane. Enclosed by that membrane is the cytoplasm (with associated organelles) plus a nucleus.



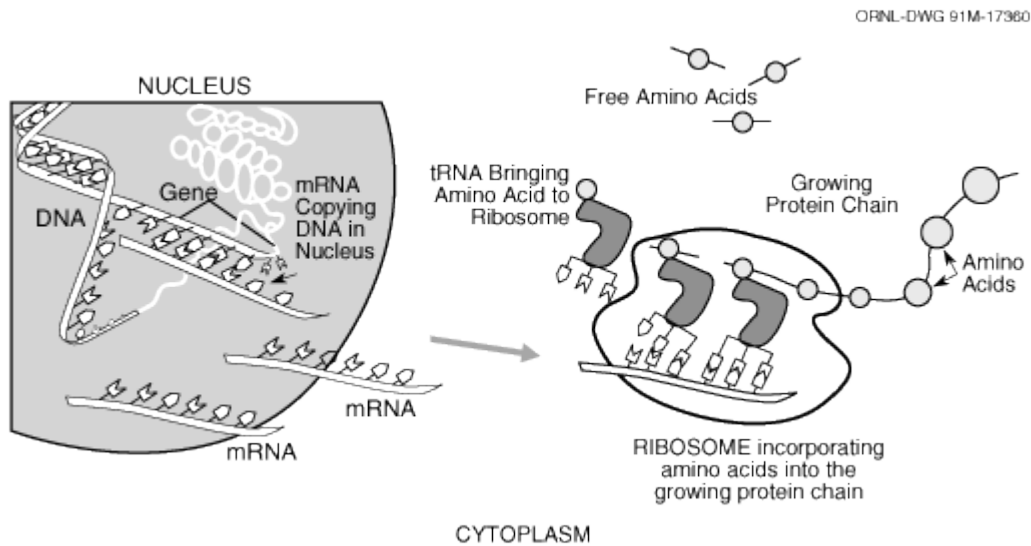
Source: http://www.nigms.nih.gov/news/science_ed/whatart1.html

- Cells also contain a nucleus within which is found DNA (deoxyribonucleic acid) in the form of chromosomes plus nucleoli (within which ribosomes are formed)



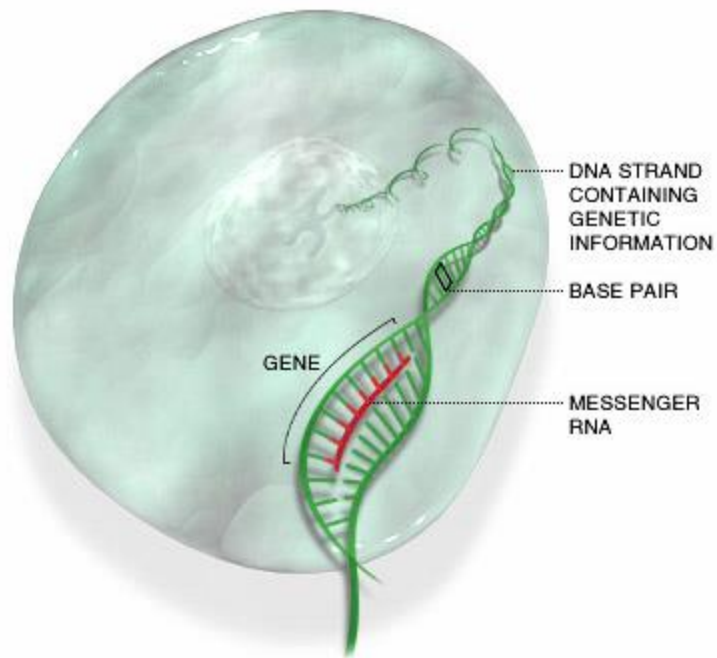
TISSUE LEVEL - a tissue is a group of cells that perform a specific function and the basic types of tissues in the human body include epithelial, muscle, nervous, and connective tissues

DNA (Deoxyribonucleic acid) - controls cell function via transcription and translation (in other words, by controlling protein synthesis in a cell)

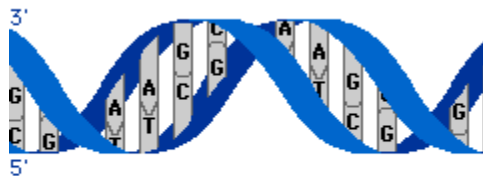


Source: www.ornl.gov/hgmis/publicat/primer/fig5.html

Transcription - DNA is used to produce mRNA

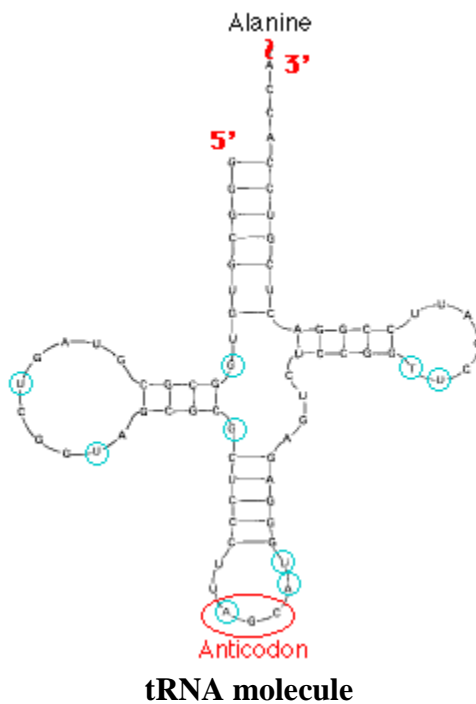


Source: <http://www.nytimes.com/2003/01/21/science/21RNA.html>

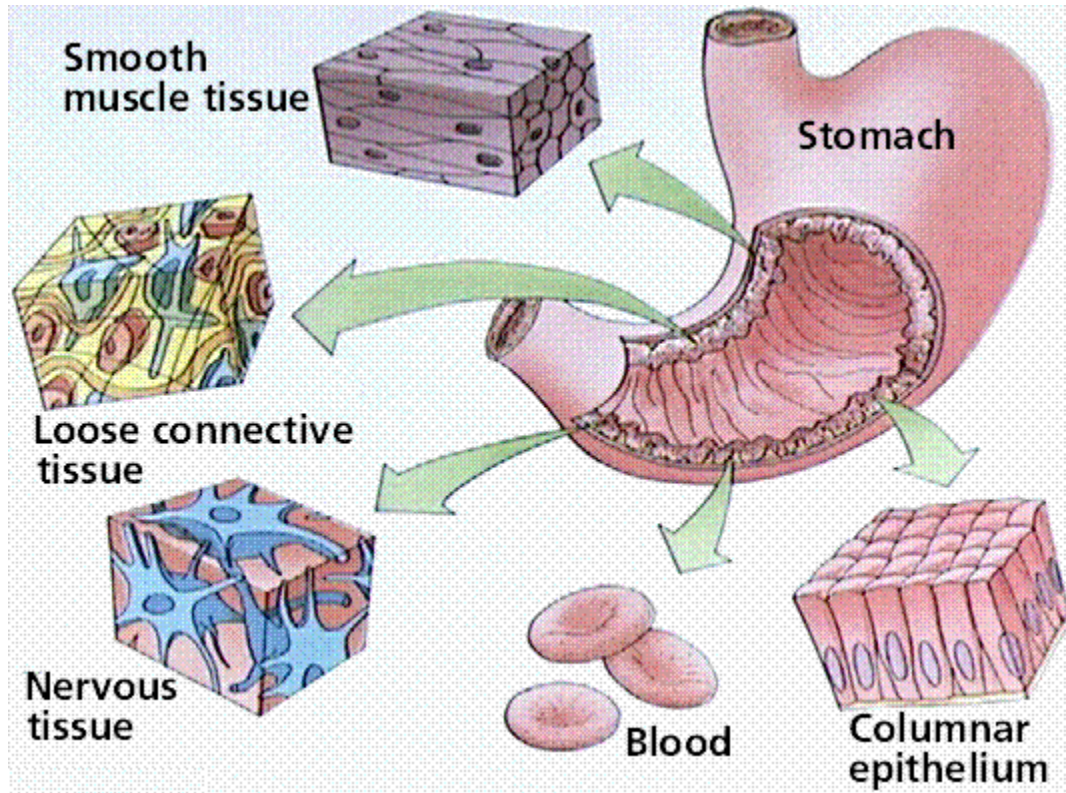
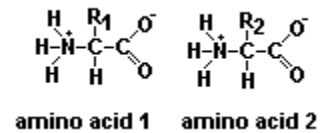


Translation - mRNA then moves from the nucleus into the cytoplasm & is used to produce a protein

- o requires mRNA, tRNA (transfer RNA), amino acids, & a ribosome



- sequence of amino acids in a protein is determined by sequence of codons (mRNA). Codons are 'read' by anticodons of tRNAs & tRNAs then 'deliver' their amino acid.
- Amino acids are linked together by peptide bonds (see diagram to the right)
- As mRNA slides through ribosome, codons are exposed in sequence & appropriate amino acids are delivered by tRNAs. The protein (or polypeptide) thus grows in length as more amino acids are delivered



ORGAN LEVEL - an organ consists of 2 or more tissues that perform a particular function (e.g., heart, liver, stomach, and so on)

SYSTEM LEVEL - an association of organs that have a common function; the major systems in the human body include [digestive](#), [nervous](#), [endocrine](#), [circulatory](#), [respiratory](#), [urinary](#), and [reproductive](#).

Source: <http://people.eku.edu/ritchisong/RITCHISO/301notes1.htm>

The Opinion Pages

My Medical Choice

By ANGELINA JOLIE

Published: May 14, 2013 [1712 Comments](#)

- [Jolie's Disclosure of Preventive Mastectomy Highlights Dilemma](#) (May 15, 2013)

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- [Letters: Angelina Jolie's Preventive Surgery](#) (May 15, 2013)

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MY MOTHER fought cancer for almost a decade and died at 56. She held out long enough to meet the first of her grandchildren and to hold them in her arms. But my other children will never have the chance to know her and experience how loving and gracious she was.

We often speak of “Mommy’s mommy,” and I find myself trying to explain the illness that took her away from us. They have asked if the same could happen to me. I have always told them not to worry, but the truth is I carry a “faulty” gene, BRCA1, which sharply increases my risk of developing breast cancer and ovarian cancer.

My doctors estimated that I had an 87 percent risk of breast cancer and a 50 percent risk of ovarian cancer, although the risk is different in the case of each woman.

Only a fraction of breast cancers result from an inherited gene mutation. Those with a defect in BRCA1 have a [65 percent](#) risk of getting it, on average.

Once I knew that this was my reality, I decided to be proactive and to minimize the risk as much I could. I made a decision to have a [preventive double mastectomy](#). I started with the breasts, as my risk of breast cancer is higher than my risk of ovarian cancer, and the surgery is more complex.

On April 27, I finished the three months of medical procedures that the mastectomies involved. During that time I have been able to keep this private and to carry on with my work.

But I am writing about it now because I hope that other women can benefit from my experience. Cancer is still a word that strikes fear into people’s hearts, producing a deep sense of powerlessness. But today it is possible to find out through a blood test whether you are highly susceptible to breast and ovarian cancer, and then take action.

My own process began on Feb. 2 with a procedure known as a “nipple delay,” which rules out disease in the breast ducts behind the nipple and draws extra blood flow to the area. This causes some pain and a lot of bruising, but it increases the chance of saving the nipple.

Two weeks later I had the major surgery, where the breast tissue is removed and temporary fillers are put in place. The operation can take eight hours. You wake up with drain tubes and expanders in your breasts. It does feel like a scene out of a science-fiction film. But days after surgery you can be back to a normal life.

Nine weeks later, the final surgery is completed with the reconstruction of the breasts with an implant. There have been many advances in this procedure in the last few years, and the results can be beautiful.

I wanted to write this to tell other women that the decision to have a mastectomy was not easy. But it is one I am very happy that I made. My chances of developing breast cancer have dropped from 87 percent to under 5 percent. I can tell my children that they don't need to fear they will lose me to breast cancer.

It is reassuring that they see nothing that makes them uncomfortable. They can see my small scars and that's it. Everything else is just Mommy, the same as she always was. And they know that I love them and will do anything to be with them as long as I can. On a personal note, I do not feel any less of a woman. I feel empowered that I made a strong choice that in no way diminishes my femininity.

I am fortunate to have a partner, Brad Pitt, who is so loving and supportive. So to anyone who has a wife or girlfriend going through this, know that you are a very important part of the transition. Brad was at the [Pink Lotus Breast Center](#), where I was treated, for every minute of the surgeries. We managed to find moments to laugh together. We knew this was the right thing to do for our family and that it would bring us closer. And it has.

For any woman reading this, I hope it helps you to know you have options. I want to encourage every woman, especially if you have a family history of breast or ovarian cancer, to seek out the information and medical experts who can help you through this aspect of your life, and to make your own informed choices.

I acknowledge that there are many wonderful holistic doctors working on alternatives to surgery. My own regimen will be posted in due course on the Web site of the Pink Lotus Breast Center. I hope that this will be helpful to other women.

Breast cancer alone kills some 458,000 people each year, according to the World Health Organization, mainly in low- and middle-income countries. It has got to be a priority to ensure that more women can access gene testing and lifesaving preventive treatment, whatever their means and background, wherever they live. The cost of testing for BRCA1 and BRCA2, at more than \$3,000 in the United States, remains an obstacle for many women.

I choose not to keep my story private because there are many women who do not know that they might be living under the shadow of cancer. It is my hope that they, too, will be able to get gene tested, and that if they have a high risk they, too, will know that they have strong options.

Life comes with many challenges. The ones that should not scare us are the ones we can take on and take control of.

Angelina Jolie is an actress and director.

A version of this op-ed appeared in print on May 14, 2013, on page A25 of the New York edition with the headline: My Medical Choice.

Please go to http://www.nytimes.com/2013/05/14/opinion/my-medical-choice.html?_r=0 and read the comments regarding this article. We believe this article and the comments that followed will help women take their lives in their hand and get tested for the mutant gene and decide that surgery can save their lives. You do want to know if you have a 87% chance of dying from breast cancer. Why! So you can do everything you can to prevent this type of death. The New York Times is a great newspaper. It has been for years. The NISV has used this paper for extensive research for the past 12 years. We are thankful for this article.

Please read the following articles on line at regarding Angelina Jolie's other decisions.

Angelina Jolie's Mastectomy: What You Should Know – May 14, 2013

<http://abcnews.go.com/blogs/health/2013/05/14/what-dr-ashton-wants-you-to-take-away-from-angelina-jolies-double-mastectomy/>

Jolie surgery sets good example by careful weighing of risks: doctors – May 14, 2013

<http://movies.yahoo.com/news/jolie-surgery-sets-good-example-careful-weighing-risks-225430703.html>

Jolie Will Remove Her Ovaries Following Double Mastectomy May 15, 2013

<http://omg.yahoo.com/blogs/celeb-news/angelina-jolie-remove-her-ovaries-following-double-mastectomy-145914274.html>

Angelina Jolie Will Reportedly Remove Her Ovaries Just Like Barbara Walters

<http://omg.yahoo.com/news/angelina-jolie-reportedly-remove-her-ovaries-just-barbara-210700036.html>

Brad Pitt & More Stars Show Support For Angelina Jolie After Revealing Double Mastectomy - May 14, 2013

<http://ph.omg.yahoo.com/news/brad-pitt-more-stars-show-support-angelina-jolie-182959877.html?.tsrc=mtk>

Angelina Jolie's Choice: Should You Get BRCA Gene Testing? May 14, 2013

<http://abcnews.go.com/blogs/health/2013/05/14/angelina-jolies-choice-should-you-get-brca-gene-testing/>

Giuliana Rancic, Sheryl Crow and More React to Angelina Jolie's Double Mastectomy Announcement

<http://omg.yahoo.com/blogs/celeb-news/giuliana-rancic-sheryl-crow-more-react-angelina-jolie-125319066.html>

Angelina Jolie's aunt dies of breast cancer - May 27, 2013

<http://sg.entertainment.yahoo.com/news/angelina-jolies-aunt-dies-breast-cancer-041525062.html?.tsrc=samsungwn>

CNN's Sambolin Plans Double Mastectomy JOLIE'S ANNOUNCEMENT 'GIVES ME STRENGTH,' SAYS ANCHOR - May 14, 2013

<http://www.newser.com/story/167888/cnns-sambolin-plans-double-mastectomy.html>

Isolated human genes can be patented, US court rules [2nd August 2011 08:45 GMT](#)

http://www.theregister.co.uk/2011/08/02/isolated_human_genes_can_be_patented/

International Patenting of Human DNA Sequences

<http://www.nsf.gov/statistics/infbrief/nsf02333/>

The American Cancer Society. ACS News Today, 2000.

The American Cancer Society – Cancer Facts and Figures, 1999 (www.cancer.org).

National Institutes of Health – National Cancer Institute

Health Resources and Services Administrative, Bureau of Primary Health Care – Breast Cancer Awareness

The National Breast and Cervical Cancer Early Detection Program (www.cdc.gov/cancer/nbccedp)

Aveo's Future Depends on Triple-Negative Breast Cancer, BY [Pieter Droppert](#) | 06/06/13 <http://www.thestreet.com/story/11943098/1/aveos-future-depends-on-triple-negative-breast-cancer1aeear.html>

Vinegar cancer test saves lives, India study finds By MUNEEZA NAQVI and MARILYNN MARCHIONE | Associated Press – June 2, 2013
<http://news.yahoo.com/vinegar-cancer-test-saves-lives-india-study-finds-113800022.html>

The Pill tied to lower ovarian cancer risk, by Genevra Pittman, NEW YORK | Thu Jun 6, 2013 10:04pm BST

<http://uk.reuters.com/article/2013/06/06/us-health-the-pill-ovarian-cancer-idUKBRE9551AH20130606?feedType=>

We realize breast cancer is not a subject any woman wants to discuss but discussion is what we need. Women need to talk, talk and talk about this subject. You need to know what insurance companies are saying when they will or will not pay for mammograms. You need to know what researchers are learning about breast cancer. You need to know what new drugs are being introduced to fight breast cancer. You need to know! Too many people depend on the lives of women for us not to do every thing we can to live as long as we can. Our children and spouses are lost without us. It is the woman who directs the family. It is the women who determine what is eaten in the home and what is not eaten in the home. It is the woman who deals with the school system. It is the woman who buys school clothes, keeps up with the latest fashion, and negotiates with her spouse so the children can go see a certain movie or attend an area mall. Women make a thousand decisions each and every day that affect their children and their husbands. Women go to work every day and try to prepare the healthiest meals for their family because they wanted to be viewed as good mothers. Well how can you be a good mother if you are neglecting your health? Not paying attention to breast cancer is not attending to your good health. You do not want your children standing beside your bed side thinking to themselves why didn't my mother get her breast examined earlier? Why didn't she exam her breast every month. Didn't she know we needed her? Didn't mother know breast cancer was dangerous? Why didn't she fight back? Didn't mother know we wanted her to live a long, long time? You child may not voice these thoughts to you but surely they want you to be in good health so exam your breast for your family sake. Every month look in the mirror and say to yourself out loud I have the courage to exam my breast for my child's sake. We know you do not want to go through the experience of examining your breast and finding a lump but examining your breast is what you must do to save your life; If you do find a lump the lump maybe benign or it maybe a cyst. Take a deep breath and exam your breast. Take it one step at a time. Control your emotions and deal with what is at hand. Tell yourself whatever I find will be verified by a radiologist then I will know what is going on in my body. Early detection can save lives. Having a doctor diagnosing Stage Four breast cancer does not give your physician much to work with in trying to save your life. Most oncologists are fighters give them something to fight with. Exam your breast! Go to: for a discussion on the various stages of breast cancer. <http://www.breastcancer.org/symptoms/diagnosis/staging#stage1>

You put your children before you when you do almost everything else in this world. You consider your children when you purchase your car. You consider your children when you purchase furniture. You consider your children when you select a home. You consider your children when you look at school systems. So surely you can consider your children and exam your breast every month and get a mammogram every year. You need to stay informed. You need to do as much research into your family history as you can. Try to find out what aunt Susan died of. Knowing your family history puts you ahead of the game. Talk to your children about breast cancer. Your daughter more information than what she learns in her biology class. Having an honest and frank discussion with your children regarding breast cancer, and cervical cancer will take the mystery out of these diseases and your children will be less frightened when these subjects are brought up. Your husband needs to understand breast cancer. He needs to understand cervical cancer. When an illness strikes a family it is a shared experience. No one in the family escapes the pain and confusion and anger that an illness can bring. Your discussions with your children may alter the course of their lives and cause them to begin making better food choices and not smoking or consuming alcohol. Knowledge always brings peace and a feeling of control. We recommend you visit our website www.touchedbythelight.us and read some of our inspirational essays during your lunch hours. We also recommend that you read three books to help you change and to exercise control over your emotions. The books are You Are The Prophet of Your Life, A Christian Is Never Desperate and Women of Courage. These books were first introduced to male prisoners in 5 Michigan prisons. We had prisoners read the books first because we felt if the subject matter caused change in these men it would cause change in the general population. The subject matter caused quite a stir. One man wrote us and said he called his five children and apologized to them for committing a crime causing him to be away from them during their formative years. We had another gentleman write and say he would never sell Meth again in his life. He said being without money was not an excuse for what he did to destroy another person's life. Any way God Bless! We introduced this packet to help save lives. You are important to this country. You are important to everyone who knows you. Examine your breast. Stay healthy to live another day.

How To Do a Breast Self Exam (BSE) Once a Month

Illustrated Breast Self Exam



By Pam Stephan , [Breast Cancer Expert](#) , updated December 16, 2014.

Breast self examination (BSE) **is to be performed each month in addition to an annual [mammogram](#)** or a clinical exam. Knowing your cyclical changes, what is normal for you, and what regular monthly changes in the breast feel like is the best way to keep an eye on your [breast health](#). [Breast tissue](#) extends from under your nipple and [areola](#) up toward your armpit.

Difficulty: Easy **Time Required:** 15 minutes a month

What You Need:

- A mirror which lets you see both breasts
- A pillow for your head and shoulders
- Privacy



Breast Self Exam: Visual Exam. Photo Courtesy of National Cancer Institute

1. Make a regular date for your BSE

If you are pre-menopausal: Set a regular time to examine your breasts a few days after your period ends, when hormone levels are relatively stable and breasts are less tender.

If you are already menopausal (have not had a period for a year or more): Pick a particular day of the month to do the exam, and then repeat your BSE on that day each month.



Breast Self Exam: Visual Exam 3. Photo Courtesy of National Cancer Institute

2. Visual Exam - Hands on Hips

In the privacy of your bathroom, strip to the waist and stand before a mirror. You will need to see both breasts at the same time. Stand with your hands on your hips and check the appearance of your breasts. Look at size, shape, and contour. Note changes, if any, in the skin color or texture. Look at the nipples and [areolas](#), to see how healthy they look.



Breast Self Exam: Visual Exam 2. Photo Courtesy of National Cancer Institute

3. Visual Exam - Arms Over Your Head

Still standing in front of the mirror, raise your arms over your head and see if your breasts move in the same way, and note any differences. Look at size, shape, and drape, checking for symmetry. Pay attention to your [nipples and areolas](#), to see if you have any dimples, bumps, or retraction (indentation). Look up toward your armpits and note if there is any swelling where your [lymph nodes](#) are (lower armpit area).



Breast Self Exam: Stroke Exam 4. Photo Courtesy of National Cancer Institute

4. Manual Exam - Stand and Stroke

Raise your left arm overhead, and use your right-hand fingers to apply gentle pressure to the [left breast](#). Stroke from the top to the bottom of the breast, moving across from the inside of the breast all the way into your armpit area. You can also use a circular motion, being sure to cover the entire breast area. Take note of any changes in texture, color, or size. Switch sides and repeat. This is best done in the shower, as wet skin will have the least resistance to the friction of your fingers.



Breast Self Exam: Check Nipple 5. Photo Courtesy of National Cancer Institute

5. Manual Exam - Check Your Nipples

Still facing the mirror, lower both arms. With the index and middle fingers of your right hand, gently squeeze the left nipple and pull forward. Does the nipple spring back into place? Does it pull back into the breast? Note whether or not any [fluid](#) leaks out. Reverse your hands and check the right nipple in the same way.



Breast Self Exam: Recline Stroke 6. Photo Courtesy of National Cancer Institute

6. Manual Exam - Recline and Stroke

This is best done in your bedroom, where you can lie down. Place a pillow on the bed so that you can lie with both your head and shoulders on the pillow. Lie down and put your left hand behind your head. Use your right hand to stroke the breast and underarm, as you did in step 4. Take note of any changes in texture, color, or size. Switch sides and repeat.

7. Tips For Doing Your BSE

1. Mark your calendar to remind yourself to do your BSE regularly. This is a good way to prevent worry if find a normal cyclic change.
2. Stay relaxed and breathe normally as you do your BSE. Becoming tense will produce some knots that you may mistake for something worrisome.
3. Report any changes or unusual pain to your doctor or [nurse practitioner](#). Keep a log of changes, if that helps you remember.
4. Remember to have an annual [clinical exam](#) and a [mammogram](#).

We should not stop talking about breast cancer until there are no longer women dying from this disease. Every day you need to do something to help yourself and other women because therein lies our protection and welfare. Go to our website download the information send it to a friend, family member or coworker and purchase one of our books to help some one else. Thank you for your attention sincerely, Gloria G. Lee, yithril1@netzero.net 734 786 3233 Please email me – this is the only feedback we have regarding the number of women receiving our message. Remember to read and share with five other women

I GOT THE MESSAGE



I EDUCATED MYSELF ON BREAST CANCER -

- I EXAMINE MY BREAST MONTHLY
- I GET A MAMMOGRAM ANNUALLY
- I DO IT FOR MY CHILDREN

Hi. My name is Minister Gloria G. Lee. I am the breast cancer spokesperson for the Touched by the Light Foundation. I am reaching out to you because I need your help in reaching every Black woman in this country to tell them to get a mammogram. Black women are dying of breast cancer at a greater rate than any other race in the country. The cause is both cultural and late detection. When Black women are diagnosed with the **most virulent form of cancer (triple-negative breast cancer - more aggressive, harder to treat, and more likely to come back (recur) than cancers that are hormone-receptor-positive or HER2-positive.)** it is normally diagnosed in stage 3 or stage 4 reducing a doctor's ability to save lives. We can fix this problem by encouraging women to perform self examinations each month, get a mammogram prior to age 40, thereby reducing the time the tumor has to grow, and encouraging women to fight their fear of this disease and think of their children. **We have to do more than wear pink and participate in a walk once a year.** If Black women can work 10 to 12 hours a day and neglect

their appearance and their health to provide their children with a better life, then Black women can face their fears by educating themselves about breast cancer and examine their breasts monthly and walk into a clinic for a mammogram, determined to confront this disease. Together we faced dogs and fire hoses to obtain the right to vote and we fought with our bodies to ride a bus. Surely we can face breast cancer by working together. I assembled a 48 page packet on breast cancer. This information is helpful in clarifying certain aspects of cancer. We want every Black woman to read it. You can help us reach these women by going to www.touchedbythelight.us and downloading this packet and **sending it to 5 other women.** "What we do for ourselves dies with us. What we do for others and the world remains and is immortal." Albert Pine, author -d. 1851. We are desperately trying to reach 1 million Black women. The death of a woman from breast cancer is a **family issue.** It is not a **gender issue.** Every one is affected by the death of a woman. Children are left motherless. They are placed in foster care where many do not survive. We want Black women to realize breast cancer can be fought. We can win over this disease. Just because the disease is frightening does not mean we can not stand up to breast cancer. One way to fight is to learn as much about breast cancer as possible and share this knowledge with our family and children and other men and women **who cannot read as well.** Knowledge reduces fear. To the males I reached out to please download this information share it with your wife, girlfriend and other female family members. They may say this is a woman's issue or private. You counter by saying breast cancer is a family issue. Any time there is an opportunity for you to lose your mother, sister, grandmother, cousin, and wife or girlfriend breast cancer becomes a family issue one which you have a role to play. Study this information so you can talk intelligently regarding breast cancer. Show women you care by arming yourself with information so you can help allay their fears and provide them with the encouragement they need to get on the phone and make an appointment for a mammogram. Let them know you also know how and when self breast exams should be performed. You do not want to have to answer a child when he or she asks "Where is my mama?" If you tell a child his or her mother is in heaven they are going to ask you where is heaven and why can't they go there to see their mother or why their mother can't come home. There is no position worse than being in the position of answering a motherless child. I am a breast cancer survivor. I watched my breasts for 40 years, from age 20 after finding a lump in my breast. I had six surgeries on my left breast and eight surgeries on my right breast before cancer was detected in 2008. Then I had three more surgeries in a few short months, chemo therapy and radiation. The first surgery the tumor was removed. The day of the surgery a technician at Hutzel Hospital inserted a very long needle in my left breast seven times, delivering a dye to help guide the surgeon to the cancerous area. As she inserted the needle I didn't move. I stared at the ceiling. A woman from the outer office came into the room and stood over me watching, talking about how painful the

procedure was. I never opened my mouth nor did I flinch each time the needle was inserted. When the technician was through I thank the young woman and was escorted to surgery. The most important element in a fight is your mental health. Battles are won when people concentrate on the situation at hand, not on what could or might happen. I made up my mind that I was going to do whatever the doctors said I had to do. I was going to survive. I made up my mind fear was not going to control me.

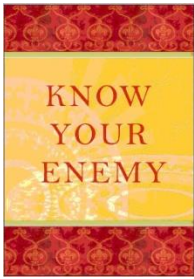
My tumor was in a very peculiar position. You had to lift the left breast and feel underneath just as the breast began. The tumor was in that curvature, near the bone. The second surgery a biopsy was made of the sentinel lymph node to learn if the cancer has left the breast. To receive chemotherapy, a chemotherapy port had to be surgically inserted underneath my skin in the chest. The port was inserted while I was awake. I was not given a sedative or painkiller. The insertion of the port is a long tedious procedure because a catheter has to be inserted through a vein. I fixed my eyes on the ceiling and did not move until the surgeon finished. As I was climbing down off the gurney I told the doctor thank you. He said no, I thank you for your service and I commend you on your stoicism. The doctor knew that procedure was painful and he knew my age. As I walked out of the door I said "I am ready for round two, chemotherapy." A catheter connects the chemotherapy port to a large vein allowing for intravenous chemotherapy to be given through the port. The port is a small plastic, stainless steel or titanium device. The port makes chemotherapy doses easier to administer. Drugs can then be injected into or blood can be drawn through this port. I had my third surgery after my chemotherapy. My pace maker had to be removed so I could receive radiation therapy. I had to run then walk as fast as I could back and forth down the hospital halls to stress my heart to see if I could survive having the pace maker removed. Again I endured because I focused on what I dealing with, not on what could or might happen. The doctor who removed my pacemaker pioneered the field. We have a monster to fight ladies. If we fight long and hard our grand children may escape the terror of this disease. Very little research is being done on the breast cancer (**triple-negative breast cancer**) that is killing Black women (<http://www.youtube.com/watch?v=DOQbO-Mg1ZE>). This we need to correct. We can win this fight all we have to do is stand up. Remember if you want to do the best for your child or children stay alive to see them grow up then they may not end up prostituting.

Help me by going to www.touchedbythelight.us downloading the breast cancer information and emailing it to five other women. You can also make 10 copies of this flyer and give to other women. Help spread the word. **Contact me if you want to do more.** We can win over this disease but we must be determined in our efforts and fight against fear, complacency and avoidance. **As a thank you for helping us get the word out we are inviting all business owners to send us information regarding your company and we will post it free of charge on our website for women at www.puttingwomenintouch.com This opportunity should help you reach more and more customers - email information to yithril11@netzero.net My contact information is listed below if you would like me to accompany you to your mammogram or if you would like to know more about my experience. Please do not ignore this message. Every time you avoid a breast exams, or ignore your symptoms surrounding your breast you place yourself one step closer to death. Stand up and fight for your life **There is a direct corollary between prostitution men in prison and the death of their mothers.****

Sincerely, Minister Gloria G. Lee, yithril11@netzero.net 734 786 3233 Help Us Save Your Life Go To <http://www.touchedbythelight.us/> Download or Print and Read our 60 page booklet – then email the booklet or make copies for five other women. Be Brave for Your Children

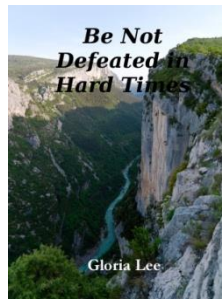
It Is Vital That You Do Not Ignore This Notice

Do Not Be Afraid Educate Yourself This program is being supported by the Touched By The Light Foundation, 734 786 3233, - MCS Multimedia, 248 336 2529 Muse Income Tax Service 313 273 3064 and Trendsetters Salon and Menzie Salon and Spa 248 278 3158



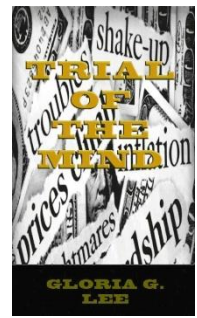
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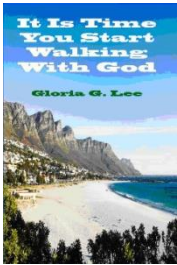
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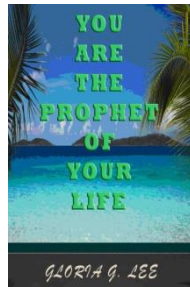
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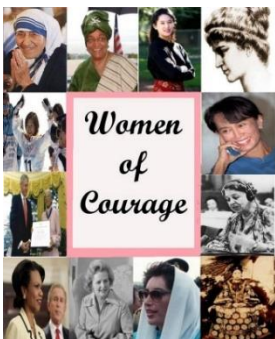
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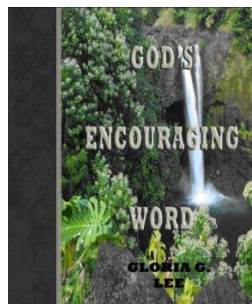
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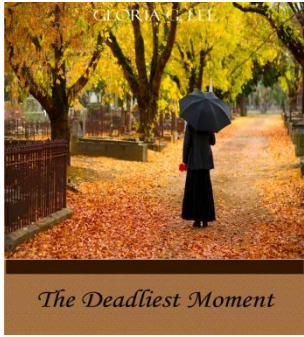
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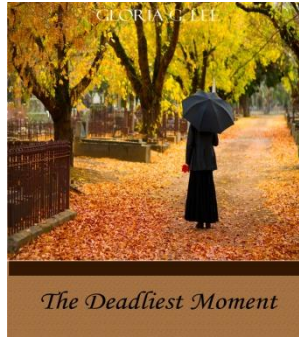


Murdered Voices

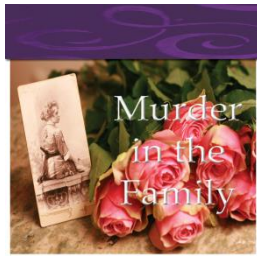
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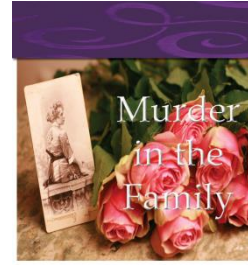


Volume One Part Two



Gloria G. Lee

Volume Two Part One



Gloria G. Lee

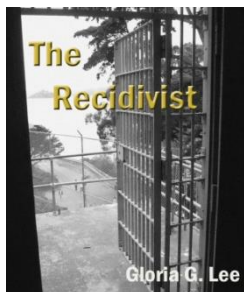
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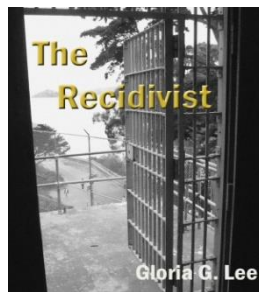
Volume Three Part One



Volume Three Part Two



Volume Four Part One



Volume Four Part Two

There are Free Inspirational Articles Available at www.touchedbythelight.us :

- If You Believe In God You Do Not Belong In Prison.
- Bringing Change Into Your Life Part two
- Bringing Change Into Your Life Part One
- Male Version Bringing Change Into Your Life
- Male Version Bringing Change Into Your Life Part One
- READING WILL CHANGE YOUR LIFE
- A Better Life Awaits You
- The Importance of Tithing
- Every Day Say This Prayer
- God's Encouraging Words To Heal Your Mind Soul and Body
- Change a Woman's Life

**For more information, please contact: *Touched By The Light Foundation* Phone:
734 786 3233**

Our books can be found at <http://www.touchedbythelight.us/shopping-cart.html>

You can email us at yithril11@netzero.net

The information in this booklet was collected from various websites to provide insight into the subject of breast cancer. We tried to list all websites so you can visit for more detail information on the subject. This booklet will never be sold. It is available to be downloaded to simplify the subject of breast cancer and to make this disease less frightening to women of color.

Touched By The Light Publishing In Partnership With The Community

A BETTER LIFE AWAITS YOU WHEN YOU READ!

"He Who Reads, Sees"

Literacy is defined as "using printed and written information to function in society, to achieve one's goals, and to develop one's knowledge and potential." National Assessment of Adult Literacy

Touched By The Light Publishing just finished a twelve year study in which we learned that the nation's ill are founded on violence and poverty and violence and poverty is founded on the inability of people to read. So we propose to treat the disease. We now publish books to attack the roots of crime - poverty, poor education, drug abuse, broken families, and lack of job training. Because of this vision Touched By The Light Publishing has decided to advocate for 100% Literacy in America. We established the Touched By The Light Literacy Program. We recognize that literacy is the power that changes lives and improves communities. Literacy is critical to personal freedom. We envision a world in which everyone can read, write, compute, and where adults can use technology to lead healthy, productive, and fulfilling lives. Statistics have proven that literacy unlocks doors, enhances creativity and people learn what is going on, on the other side of the world. Literacy impacts lives. Adult literacy prepares people for better jobs. Better jobs lead to increased productivity, safer streets, and happier families. On the other hand:

"Emotional Literacy" is the ability to recognize, understand and appropriately express our emotions and it is an essential ingredient for life success, happiness, and peace. Those men and women who do not possess this quality end up in prison or in the grave. The lack of emotional literacy is in part why many men are in prison today. Our prison population is 65 – 70% illiterate. Lives are being lost through illiteracy. If we are to increase employment opportunities for men returning to the community from prison we must initiate a reading program in prisons throughout the country. We can treat illiteracy ourselves. No one has to help us. If you teach a man to read you will not have to teach him to fish. He can read a book on how to fish

Did you know Low health literacy cost Americans 238 billion dollars per year?

Did you know that two-thirds of students who cannot read proficiently by the end of the 4th grade will end up in jail or on welfare?

Here are some Literacy statistics with respect to America

LITERACY STATISTICS AND JUVENILE COURT

- 85 percent of all juveniles who interface with the juvenile court system are functionally illiterate.
- More than 60 percent of all prison inmates are functionally illiterate.
- Penal institution records show that inmates have a 16% chance of returning to prison if they receive literacy help, as opposed to 70% who receive no help. This equates to taxpayer costs of \$25,000 per year per inmate and nearly double that amount for juvenile offenders.
- Illiteracy and crime are closely related. The Department of Justice states, "The link between academic failure and delinquency, violence, and crime is *welded to reading failure*." Over 70% of inmates in America's prisons cannot read above a fourth grade level.

MANY OF THE USA ILLS ARE DIRECTLY RELATED TO ILLITERACY FEW STATISTICS:

- Literacy is learned. Illiteracy is passed along by parents who cannot read or write.
- One child in four grows up not knowing how to read.
- 43% of adults at *Level 1* literacy skills live in poverty compared to only 4% of those at *Level 5*
- 3 out of 4 food stamp recipients perform in the lowest 2 literacy levels
- 90% of welfare recipients are high school dropouts
- 16 to 19 year old girls at the poverty level and below, with below average skills, are 6 times more likely to have out-of-wedlock children than their reading counterparts.
- Low literary costs \$73 million per year in terms of direct health care costs. A recent study by Pfizer put the cost much higher.

UNICEF says that nearly a billion people will enter the 21st century unable to read a book or sign their name and two thirds of them are women.

BUSINESS AND LITERACY

Touched By The Light want to impact these lives. We want to change these statistics by 2021. In ten years we want to go from a society that has over 2 million men in prison to a society that has less than 10% of this total. Touched By The Light Publishing believes this goal can be reach if we teach people to read. We can stop the flow of men into prison.

Because of the above statistics Touched by The Light Publishing is asking 1 million Americans to teach one person to read. We would like for you to add your name to our One Million American Reading Campaign. You commit yourself to teaching one adult to read. You can teach the adult to read at your local library. You must always stay conscious of your safety. You can conduct the reading sessions on a Saturday early in the day always in a public place. You must know something about that person you are teaching to read. You must be cognizant of the fact that people who cannot read or have difficulty reading will have emotional problems. They can suffer periods of depression or be extremely unhappy because they do not see a future for themselves. They may abuse alcohol or drugs. You will provide the person with a dictionary, a thesaurus, a writing pad and 3 by 5 cards. You are to encourage the person to use these implements and to build his or her vocabulary. You are to continue to teach that person to read until that individual can read competently. If you earn more than \$250,000 per year you agree to find a school and ensure that every child in that school learns to read above a 4th grade level. You are to contract with a reading agency or company and pay for the students at that school who are having problems reading. You must understand a person who cannot read or has a reading deficiency cannot get a driver's license, he cannot get a legal job as a taxicab driver because he cannot read the street signs, he cannot read to past the state driving test; he cannot get a job as a waiter because he cannot read the menu. This is why the elimination of the jobs at gas stations had such a devastating affect on the population. Serving up gas provided employment. Go in and get your car washed every week. You must support men working low paying jobs. We also would like for you to participate in [The Wall Project](#).

THE COMMUNITY AND LITERACY - BECOME A PART OF OUR EFFORT

"We must save ourselves. The cavalry is not coming. I don't believe that the federal government, a few key corporate titans, or some Act of God is going to fix Michigan's problems; we have to fix them together. Michigan and indeed the nation is in a season of great hardship, but it is also a season of great opportunity." -- D. Alexander Bullock. (Jobs and Justice Meeting March 2011)

THE CHURCH AND LITERACY – The Churches can play a leading role in changing society by

sending books to prisoners through our Wall Project and fostering reading and feeding programs throughout the community for children.

“Our young people are being killed.” “We have to take a stand. ... Our babies can't be safe even in their homes. ... The church must take a stand for what's right.” “Everyone has to take part. ... Everyone is responsible.” Rev. Johnnie Alexander, pastor at Redeem Missionary Baptist Church in Detroit
“We need to take our message to the streets instead of waiting for the streets to come to the church.” “We should make our presence felt, in a professional way. Not by saying, ‘You're going to hell and you're sinners,’ but by saying what can we do to help.” Rev. Oscar King, president of the Council and pastor at Northwest Unity Missionary Baptist Church in Detroit.

MOTHERS WITH CHILDREN IN PRISON AND LITERACY Support our Adult Literacy Program

Do you have a son or daughter in prison? Are you quietly waiting for his or her release? If so you should watch our literacy video at www.touchedbythelightliteracyprogram.com and volunteer to help Touched By The Light Literacy Program by directing friends and family to our website to make a book purchase. The proceeds from these purchases will help us improve the lives of countless prisoners who cannot read. You can form a group and find speaking engagements for Touched By The Light speakers to raise enough money to send our books to prisoners. You will be helping your child and someone else's child. Individually we cannot do much but together we can prevail. You should email us for ideas on how to prepare for their release. Literate parolees can readily seek employment or higher education rather than steal. Please call us and help with this project – you will literally save lives. Do not let shame keep you from helping. To error is to do nothing.

MOTHERS WHO DO NOT HAVE CHILDREN IN PRISON:

We want you to purchase two books “If You Believe In God You Do Not Belong In Prison” and “You Are The Prophet of your Life.” Have everyone in your family read these books then invite our speaker to conduct a Violence Seminar at your local church or youth center. These are hard hitting take no prisoners books. These books have turned prisoners around. We have letters from prisoners thanking us for providing these books to them.

FAMILY READING CAMPAIGN

If a slave can learn to read by moonlight your son can learn to read by neon light. As a child learns to read, self-esteem and confidence increase and grades improve--even in other subjects such as math and science. We must foster the success of children and adolescents, both at home and in the community; Your life **Starts Now** as soon as you pick up that book and read it. **Why Learn To Read Early?**

Two-thirds of students who cannot read proficiently by the end of the 4th grade will end up in jail or on welfare. The fourth grade is the watershed year

If you want your child to read you must have books all over your home. The books must be in the breakfast nook, in the basemen in your bedroom on the coffee table and in the closet. You child must see you read. He or she should see your face reading the evening paper. There should be books in the car. Young children should be given a book even if he or she can not read. Give them the book and tell them to read it. What they will do is look at the pictures and describe what they think is happening in the story. Your interaction with their story telling is critical because you are confirming their ability to read. As the young child continues to story tell he or she will learn the appreciation of reading. While you are driving your child to and from day care of school give them a book to read in the car. Tell them your job is to go to work to earn money to provide for the family and their job is to go to school and learn. Tell them they are going to school so they can learn to read so they can make money where they will have a good future.

You must make certain your child can read competently by the fourth grade. If your child is struggling cut out the cigarettes, donuts at work or getting your nails done save this money and enroll your child in a reading

class. If your child does not know how to read by age 10 he is well on his way to prison. Ask any counselor at a state youth facility. They will tell you boys enter their facilities at the age 11 for robbery, breaking and entering, purse snatching etc. Once the violent pattern has been established it is hard to break, therefore it is worth the effort to have a violence prevention program for your son, which means teaching him to read. Male children have a much harder time learning to read without the proper encouragement because their attention is directed elsewhere. Sports are a high priority; social competition and male dominance enters into the picture. Consequently, great emphasis must be placed on setting aside time for males to learn to read and to continue to read throughout adolescence.

Control what your child watches on television. Playing video games should be a reward after the school work is done and a book is read. Proper sleep and nutrition are important in learning. No late night television during school nights. Do not forget **You** are the example.

PLEASE HELP

We would like for you to do four things to support our efforts toward total literacy for the country. One please asks your friends, family and coworkers to visit our website www.touchedbythelightliteracyprogram.com and watch our video. Secondly, we would like for you to purchase "If You Believe In God You Do Not Belong In Prison" for every male in your family. This book was written to stop the flow of men into prisons leaving their children behind. No child should have to visit his or her father in prison. Thirdly purchase the book You Are The Prophet of Your Life for every female in the family especially your daughter. This book builds self-esteem. Lastly get your mammogram now. Too many women are still dying of breast cancer. We thank you in advance for your participation. When you read for knowledge everyday you can look forward to a better life. Reading magazines and newspapers "are the best way not to not remain speechless." Please read this booklet at least three times. **We can be reached via email at yithril11@netzero.net – call or email us we need help with this project.** This program is being supported by the Touched By The Light Foundation, MCS Multimedia and other local businesses. **Please share with a Friend**

VOLUNTEER OPPORTUNITIES:

Experts say the best ways to save an aging brain is to volunteer in a community activity.

If you can read and write and can spare a few hours a week, you can volunteer to teach a person to read or tutor in math or other life skills. We need a reading and feeding program in every community. You can get together a group of interested people and begin a reading program for children or adults in your local library or community center. **Add your voice** to the million signature campaign. Email us at yithril11@netzero.net and sign up and pledge you will teach one person to read. Make a significant difference in a person's life volunteer to teach a person to read. Share a story on line about an experience you had in reading. Do a blog. Pass our message along. Our email is yithril11@netzero.net

TOUCHED BY THE LIGHT PUBLISHING OFFERS A NO RISK, NO UPFRONT COST, HIGH PROFIT FUNDRAISER THAT WILL BENEFIT YOUR CHURCH AND THE COMMUNITY Our Book Fundraising Program is designed for churches, faith based schools, church youth groups, and other non profit organizations. The proceeds from our fundraiser can help you expand the services you would like to provide to children such as improving their ability to read. Depending on participation your church can earn from \$8,400 to \$50,000. We are quite serious in supporting organizations that help children. A Touched By The Light Publishing book fundraiser is an innovative way for churches to raise capital for various projects by using word of mouth and using the Internet to promote the fundraiser. Our fundraiser is quite simple all your congregation or volunteers have to do is ask friends family and coworkers to purchase our books from a TBTL website. The congregation can appeal to friends and family all over the country in person over the phone or over the Internet. Blog radio or other local stations can be used to announce your book fundraiser. Our well thought-out fundraising strategy doesn't make too many demands on any one facet of your organization. Children are not put at risk. The fundraiser is conducted by adults. The fundraiser is not conducted in your sanctuary. Our fundraiser is not time consuming, expensive, nor stressful, and your church will get a lot back for your fundraising efforts. Our fundraisers are well received because our books foster reading self improvement, problem solving and learning the word of God.

Touched By The Light Publishing Prison Ministry

The Wall Project -Purchase A Book For A Prisoner

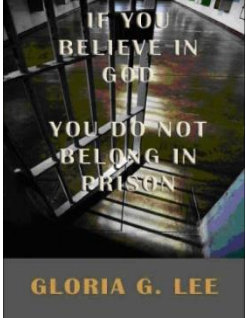
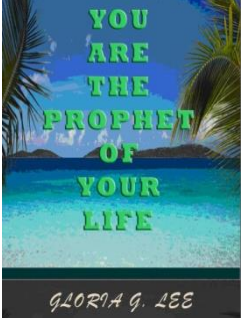
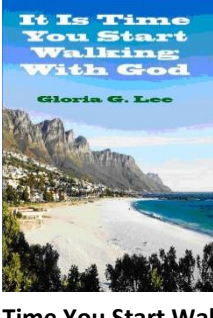
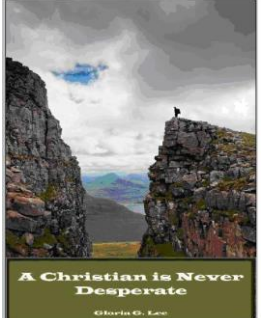
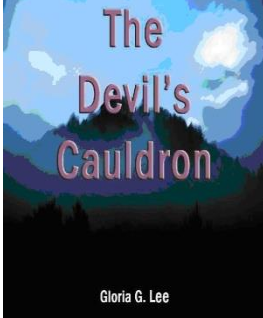
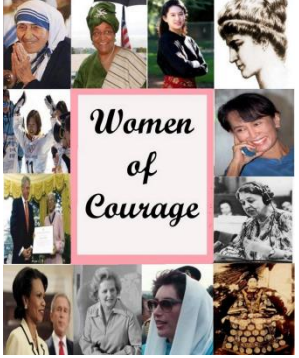
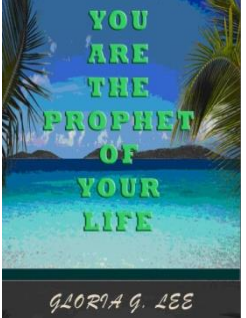
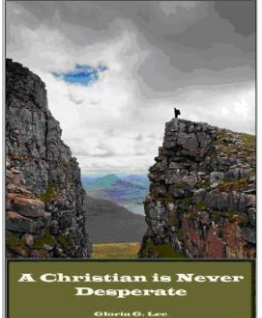
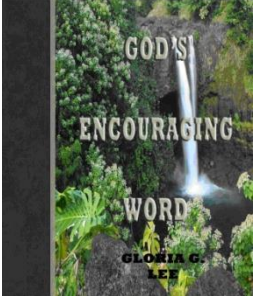
The purpose of Touched By The Light Publishing is not only to sell books but to change lives and to relieve the suffering of others through participating or supporting community project throughout the country. Touched By the Light Publishing started a prison ministry in Michigan in 2004 called **The Wall Project**. The project provides books for prisoners to read. We now want to expand this ministry. The purpose of this ministry is to try and rehabilitate the prisoners before they are paroled. We want to change the way they think. We are sick and tired of men spending their entire life in prison leaving children without fathers. The reason why many men end up in prison is because they cannot read. They are literate. Because of their illiteracy they cannot find jobs or express themselves without violence. These men are emotion driven. They turn to crime to make a living and they turn to drugs to bolster their self esteem. If the men in prison are not rehabilitated while in prison when they are paroled they will repeat the same behavior. Men and women will be killed on the street. Homes will be broken into and elderly women will be murdered in their beds.

We believe the number of men in prison in this country who are living away from their families is a problem that must be solved by the community. Our participation in **The Wall Project** is a reflection of Touched By The Light Publishing's ongoing support and commitment to the well being of women and children. Touched By The Light Publishing is thrilled to be working with the community as a partner in our efforts to end violence every where." Everyone needs to become involved in teaching these men to read and how to problem solve without resulting to violence. Most of the prison inmates in our nation's prison consist of men who are poorly educated and who cannot read. Touched By the Light wants to prevent this violence. The only way this can happen is if the entire community becomes involved. This is a human issue, everyone is affected when people are robbed or murdered. No one is exempt. We need to act together to stave off the violence in our community. Do not sit back and accept the violence and settle for violence being a way of life. There is a God and through God all things are possible all we have to do is try and ask Him to guide our steps.

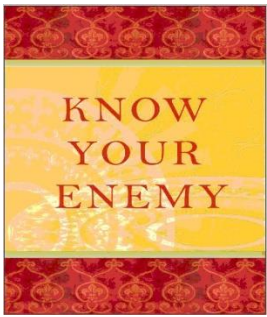
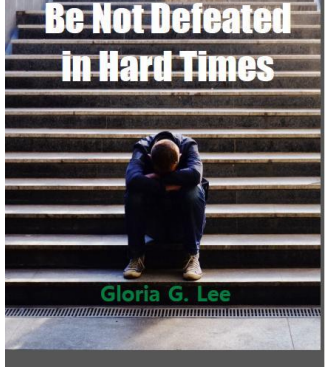
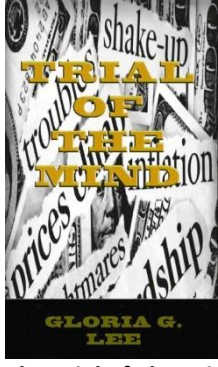

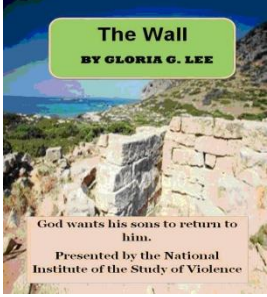
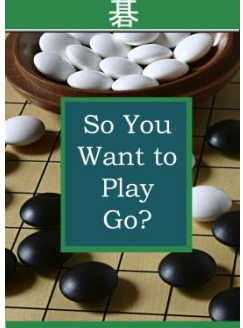
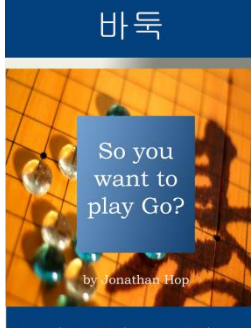
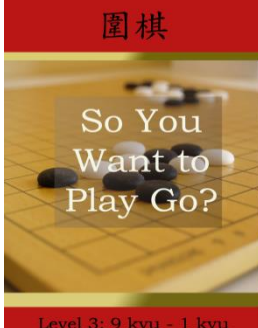
The men in prison are the link to our financial security. Our community has been devastated by the absence of these men from the home. These men are needed to build families and make our communities prosperous and safe. They do not need to spend their entire life in prison. Touched By The Light Publishing knows some of you do not want to be bothered with these men. You want them to be punished and forgotten about. Well we cannot forget about them because if we do we will continue to have more and more funerals. This is not the time to be ashamed. This is the time to act. Most parents want their sons or daughters to succeed once they are released from prison. We must act now together to solve this problem. Our community will never heal unless we confront the violence. Touched By The Light would like for you to participate in **The Wall Project**. All that we are asking is that you ask your friends, family, neighbors, coworkers, etc. to go to our website at www.touchedbythelight.us and purchase a book or books for a prisoner. **The Wall Project** provides us a tremendous opportunity to make a difference in the lives of those impacted by all forms of violence." Join us in making **The Wall Project** a success purchase a book for a prisoner. You will be the better for it. Do not let your anger or distain toward offenders prevent you from helping.

"The word of mouth program in our communities has the ability to increase the awareness and information about violence to a much larger audience than our company can alone, and as a result, together we can make a difference in so many more lives of people who are struggling to get free from the violence." We are tasked by God to provide the word to other men because for without a teacher how are they to learn or believe Roman 10:14-15.

Books for Male Prisoners – purchased separately \$88.75 as a set \$75.00 a savings of \$13.75

 <p>If You Believe In God You Do Not Belong In Prison Gloria G. Lee \$19.95</p>	 <p>You Are The Prophet of Your Life Gloria G. Lee \$19.95</p>	 <p>It is Time You Start Walking With God Gloria G. Lee \$12.95</p>	 <p>A Christian is Never Desperate Gloria G. Lee \$9.95</p>	 <p>The Devil's Cauldron Gloria G. Lee \$25.95</p>
 <p>Women of Courage \$35.95</p>	 <p>You Are The Prophet of Your Life Gloria G. Lee \$19.95</p>	 <p>A Christian is Never Desperate Gloria G. Lee \$9.95</p>	 <p>God's Encouraging Word Gloria G. Lee \$27.95</p>	<p>These are the four books selected for female prisoners</p> <p>–Purchased separately \$88.75 as a set \$75.00 a savings of \$13.75</p>

Other Books Available

 <p>Know Your Enemy \$9.95</p>	 <p>Be Not Defeated in Hard Times Gloria G. Lee \$12.95</p>	 <p>The Trial of The Mind Gloria G. Lee \$9.95</p>	 <p>The Devil's Whispers Gloria G. Lee \$12.95</p>
 <p>The Wall Gloria G. Lee \$39.95</p>	 <p>So You Want to Play Go? Level 1 - 30 kyu to 20 kyu Jonathan Hop \$15.99</p>	 <p>So you want to play Go? Level 2: 19 kyu - 10 kyu Jonathan Hop \$17.99</p>	 <p>So You Want to Play Go? Level 3: 9 kyu - 1 kyu Jonathan Hop \$17.99</p>

“It is Time You Start Walking With God.” You cannot take the nourishment of your mind lightly. You cannot assume that the voices you are exposed to everyday are feeding you the proper nourishment you need to live a successful life. You must question the conduct of others and separate yourself from any man who does not live by the word of God. The course of your life comes from your mind and the thoughts of your mind come

from your spirit. It is your spirit that leads you to action. So, if your actions have led you away from God you need to consider who is feeding your mind and who is affecting your soul. **6 x 9 inches | 198 pages**

“If You Believe In God You Do Not Belong In Prison.” Destruction begins with temptation. Then temptation lends itself to thoughts of “Why not? What would it matter? Who will know?” Slowly you are drawn into participating in an activity that you believe is wrong but the world has convinced you that there should be no experience denied to you. Hundreds and hundreds of men and women have begun a path of destruction based on temptation.” **6 x 9 inches | 266 pages**

“The Wall” If your life is like this: If you can't sleep, if you are confused, if you can't keep a job, if your wife has left you, if your children hate you, if you lie awake at night, if you just lost your house, if you are tired and hungry, if you are looking for a wife, if you are alone and unhappy, if you can't make up your mind, if you think people don't like you, if you are looking for a soul mate, if your life is filled with anger and fear, if you are fighting sickness and disease, or if you can't get along with your neighbor, you need to try God. **6 x 9 inches | 530 pages**

“You Are The Prophet of Your Life.” You can have what you say but you must be consistent. When you oscillate back and forth you are being consistently inconsistent. That is right. You are consistently sowing seeds of doubt and disbelief and that is what you are harvesting. Whatever you put in the ground of your heart will grow. If you put doubt and disbelief in your heart, that will be your harvest. You can have what you say but what you say must be consistent. You must consistently speak faith and wellness. **6 x 9 inches | 222 pages**

“A Christian is Never Desperate” You can be victorious over adversity! A Christian acts and lives by faith. God always has a miracle for you. He gives you the facts you need to make important decisions to be successful, and to overcome mediocrity. These devotionals will keep you mindful of your responsibilities to God and to yourself. Your family will benefit from your diligence. **4 x 7 inches | 206 pages |**

“Be Not Defeated in Hard Times” are devotionals filled with information to help you face the day. These books were designed as referral sources for you to use throughout the day to give you encouragement, refreshment and strength to fight life's battles. These books are reminders that you can win at life. Life is not something that you suffer through, then die. Life is a passage of time to be lived in joy and happiness with God at the helm. These devotionals will keep you mindful of your responsibilities to God and to yourself. Your family will benefit from your diligence. **5 x 8 inches | 244 pages**

“Gods Encouraging Word” The key to change is to avoid negative thinking. Negative thinking has killed more people than any disease or bomb. Negative thinking will stop you in your tracks. It will fill you with fear and you will never accomplish anything in your life. You must begin to pay attention to what you say to yourself because if you are constantly saying negative things to yourself you will begin to believe yourself. Avoid negative people. Anyone that does not feed into your changing your life positively must be avoided. Remember negative thinking is a habit and so is positive thinking. Make an effort to develop the habit of thinking positive and all of your negative habits will become things of the past, especially the negative people you once lived around. **6 x 9 inches | 326 pages**

“Know Your Enemy” You have to prepare your mind to fight when things go awry. Keep this book with you at all times. You will find referencing the scriptures will help you throughout the day. These scriptures will reinforce your faith and sustain you. It is important that we continue to encourage ourselves in our walk with God. It is important that we continue to read, study and meditate so that in times of trouble we will not falter but gird our loins and stand for right not evil. This is what every Christian is called to do. **4 x 7 inches 148 pg**

“The Devil's Whispers” Do not let the Devil fool you into believing there is nothing you can do about your position in life. Do not let the world tell you nothing will ever change, that you are destined to live a life of unhappiness and dread. There is always the light, the light provided by God to lead you away from the darkness into joy and happiness. Find this light by reading God's word. **5 x 8 inches | 350 pages**

“The Devil's Cauldron” Are you having an awful time at life? Are you unhappy with the way your life is going? Are you unhappy with the way you are living? Do you feel like you are the only person feeling this way? Are you constantly being pressured to make one decision after another with no end in sight? Do you wish that you could start all over again and meet new people? Do you want to make difference in life and you do not know how? Do feel like no one is listening to you? Do you feel like no one understands you and what you are going through? If you feel this way, then it is about time for you to change. That is correct, it is about time for you to change. It is about time for you to disengage yourself from the world system and try God. It is just that simple. **| 6 x 9 inches | 228 pages |**

"Women of Courage" "Are you apprehensive about your future? Afraid to apply for a job? Read a book filled with encouragement. Read a book that will give you the spirit to win. Read how women won over terrible odds to claim their lives. "God spoke the following words to Joshua, He said, Have I not commanded You? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." (Joshua 1:9) Read how women fought to claim control over their destiny. **7x10 390 pages**

So You Want To Play Go – Levels I, II, III - \$15.99, \$17.99. \$17.99 – A 5,000 year old game originating in China. Excellent for developing the mind – Required learning of Chinese generals **6 x 9 inches | 226 pages**

Together we can make a difference in so many more lives of people who are struggling to get free from bad behavior and violence." Romans 10:14-15 says we are tasked by God to provide the word to mankind because for without a teacher how are they to learn or believe. "How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: "How beautiful are the feet of those who bring good news!" **Matthew 9:36-38**We, like Paul, need to have the compassion of Christ for those who are lost. God wants all people to be saved and to come to a knowledge of the truth. The man who is really saved he will have a concern and desire and burden for the salvation of others. He will see others as lost men and women who desperately need Christ. He will share in the desire God to turn men around. **1 Timothy.2:3-4**



When Man is Left Alone in Darkness With The Devil He Becomes a Monster

Matthew 25:31-40 "When the Son of Man comes in his glory.....He will put the sheep on his right and the goats on his left. "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me **Please visit www.touchedbythelight.us and purchase a book for a prisoner – we can be reached at 734 786 3233 or by email yithril11@netzero.net**



Read Your Way To Success



Become a Member of Our Tree of Life

Our Tree of Life: When one woman tells 10 women about breast cancer and early detection and those ten women tell another ten women about breast cancer and early detection and those 10 women tell another 10 women about breast cancer and early detection **we shall then begin to win.** We must redouble our efforts to fight this disease every chance we get. Tell someone they are important to the world by standing up and talking about this disease. The more we discuss our problems the easier it gets to confront our fears. Breast cancer is a difficult subject to discuss but we must gather our strength, perform self breast exams every month, get referrals from our doctors for mammograms and we should educate ourselves so we can competently explain breast cancer to our daughters. We should not stop talking about breast cancer until there are no longer women dying from this disease.

Please email this booklet to at least 10 women asking these women to do the same. Then please go to Office Depot and copy this booklet for five (5) women and give the booklet to the five women telling them they are important to you. Your cooperation in this matter will definitely support our efforts in getting the word out. It is our belief that if every woman who receives this booklet at our conferences or workshops follows the above instructions this booklet should reach at least 385,000 women in less than a month. Our goal at each conference is to reach one million women with our message.

Thank you for your attention sincerely Minister Gloria G. Lee, yithril11@netzero.net 734 786 3233

RUN

Remember You Must Always Be Prepared to Run

Preparation must start the day you get married, the day you meet your boyfriend, the day you break up with your husband or boyfriend. You must always be prepared to run. This means you keep a savings account unknown to everyone and I mean unknown to everyone including your mother. You add money to this account every month. I don't care if it is one or two dollars. Money adds up. I don't care how sweet your husband is or how consider and nice your boyfriend is you must make one life saving assumption – **your husband or boyfriend can change.**

You keep your car in working order I don't care if you have to stop eating. Keep your car in working order. Keep clothing rolled up in your trunk for you and your children. Ask someone that has been in the military they can tell you how to roll clothes for storage. Keep snacks in the trunk two large flash lights and batteries and four blankets. These items can be camouflaged so no one will know what they are.

You need to find organizations that hold meetings for abuse women. You need to attend these meetings. Why! So you can learn what these women went through to get away. Lack of knowledge is no excuse for failure. Failure in your case will be the loss of your life and the lives of your children. The lives of your children depend on the decisions that you make and the decisions that you do not make. Make the right decision. Always be prepared to run. Keep your mouth shut. No one has to know what you are thinking or doing. Do not think your mother or best girlfriend does not gossip. They do. So if you tell them of your preparation everyone will soon know of it. When you leave, leave. You do not have to tell your husband or boyfriend you are leaving. To put it bluntly telling your husband or boyfriend that you are leaving and where you will be or are going is stupid. I can give you a list of names of women who were murdered after telegraphing they were leaving. Keep your mouth shut, plan then leave. This is why it would be smart to start your preparations to leave at the beginning of the relationship then you will be prepared to leave at a moment's notice. And do not go back. Do not let anyone tell you that if you start making preparation to leave at the beginning of the relationship you have no faith. That is poppycock. You prepare for war during peace time and you sleep with one eye open. Did you know Sojourner Truth had a child with her when she ran from her slave owners?

Remember You Must Always Be Prepared to Run