Meet the Team

“Let’s keep fighting until every story is a Survivor Story.”
My involvement with the Susan G. Komen organization began in 2005 when my mom found out she had breast cancer. When we first got the news, I figured, just like all other adversity we had faced, my mom would conquer this disease, and we would move on to our next battle. We would make this cause something we helped others overcome as well by being part of the movement to “end breast cancer forever.” Unfortunately, in the fall of 2006, September 12 to be exact - the day in my life I never imagined happened. A day where my mother was no longer here on earth. I searched for a way to cope with my new reality.

In her memory, I wanted to help others win their battle against this disease. I made the decision to “go very pink,” and began a multitude of fundraisers to support our local chapter, which lead to volunteering for Komen events, eventually leading to joining the Board of Directors. Then, in 2018, I became the Executive Director of our local chapter. At this point, I ask for your help - Let’s collaborate and work together to help our community. Let’s keep fighting until every story is a Survivor Story.

“Doing a job I love all while giving back at the same time.”
My introduction to Komen started off almost 4 years ago as an intern. After that ended I volunteered until I was asked to join the team part-time. Presently, I am proud to be a permanent part of a dynamic team as the Event & Marketing Manager. I became connected to the cause and how much Komen has done for those in our community who have been impacted by this dreadful disease. Even more meaningful to me is that we serve those who are greatly in need of financial help, services and treatment. I worked with children previously by volunteering at an orphanage and I always had a passion for giving back and helping those in need. I believe in our mission and the fact that we are saving lives. My motivation is simply knowing that we are saving lives and giving a mother, daughter, grandmother a chance at survivorship so that they can share even more memories with their loved ones. I can say this is one of the most rewarding experiences in my career goals. Doing a job I love all while giving back at the same time. It inspires me to work harder because everything I do is for a bigger and greater cause.

“Be the change you wish to see in the world!”
Being a part of the Komen Team is an opportunity that I couldn’t have asked for. I started as an intern and dove into the More Than Pink Walk project. I was not looking forward to my internship ending, and to my surprise I was offered a full-time position! As a graduate from the Health Services Administration program, my goal has always been to make my life about helping others. My family, like so many others, has lost many loved ones to breast cancer. I am so blessed to be able to work every day as part of an organization that pours love into every project it creates, that aims to engage and motivate every person in its efforts to combat this cancer, and that has touched the lives of countless individuals that received a second chance at life because of Komen’s work. “Be the change you wish to see in the world!”

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Board of Directors

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Board President

Nicole Medina
Board Secretary

Cindy Cast
Board Member

Dawn Piper
Board Member

Tamara Rodriguez
Board Member

Bethany Reeb-Sutherland
Board Member

Susan Tribby
Board Member
Day of Growth
a one-day Metastatic Retreat

We hope you find a taste of hope and perseverance during this day of peace and connection with others who are going through a similar situation. Our goal is to engage, support and recognize you and your life with metastatic breast cancer.

Saturday, May 18, 2019
10AM TO 3:30PM
Gilda’s Club South Florida
119 Rose Drive, Fort Lauderdale
RSVP by calling 954-763-6776

For more information:
954-909-0454 | info@komenmiaftl.org | www.komenmiaftl.org
Donation provided by Pfizer Inc.

Dr. Lauren Carcas, MD
Division of Medical Oncology

Dr. Lauren Carcas is a Board-certified medical oncologist who specializes in the treatment of breast cancer. She has been practicing in Broward and Palm Beach counties since 2014. She has recently joined the Miami Cancer Institute as our first physician in Broward County. Dr. Carcas is eager to continue providing the high quality patient-centered care her patients have come to expect.

Dr. Carcas earned her medical degree at the University Of Miami School Of Medicine, where she also completed her internship and residency in Internal Medicine, before serving for one year as the Chief Resident in Internal Medicine. She then completed a fellowship in Medical Oncology and Hematology at the University of Miami’s Sylvester Cancer Center before beginning her specialty practice.

Clinical Focus
• Breast Cancer
• High risk breast cancer screening
• Chemotherapy
• Hormone therapy
• Genetic risk assessment
• Ovarian cancer treatment (Adjuvant and Metastatic)

Clinical Trials and Research
Dr. Carcas is highly dedicated to offering her patients cutting edge treatments. She has a strong interest in clinical trials and will continue to offer this option to her patients with all stages of breast cancer.
We invite you to attend this special Metastatic event! Participate in an expert panel discussion consisting of physicians provided exclusively by Miami Cancer Institute. Engage in mindful activities to reflect on your experience. Breakfast, lunch, fresh-pressed juices, and fresh fruit included!

**Saturday, June 1, 2019**

9 AM – 4 PM | Doors open at 8:30 AM

Intercontinental at Doral Miami – Acacia Ballroom
2505 NW 87th Ave, Doral, FL 33172

**Miami Cancer Institute Expert Panel**

Jane Mendez, M.D., Chief of Breast Surgery
Victor Guardiola, M.D., Breast Oncologist
Marcio Fagundes, M.D., Medical Director of Radiation Oncology
Adrián Cristián, M.D., Chief of Cancer Rehabilitation
Beatriz Currier, M.D., Medical Director of Cancer Patient Support Center

For more information:
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Jane Mendez, M.D., FACS
Chief of Breast Surgery

Jane E. Mendez, M.D., FACS is a Breast surgical oncologist and chief of breast surgery at Miami Cancer Institute, a part of Baptist Health South Florida and the state’s only member of the Memorial Sloan Kettering Cancer Alliance. Dr. Mendez earned her undergraduate degree from Harvard University in Cambridge, Massachusetts and her medical degree from Mt. Sinai School of Medicine in New York City, where she also completed a surgery residency at Mt. Sinai Hospital. She is board certified by the American Board of Surgery and was fellowship trained in Breast Surgery at the Memorial Sloan Kettering Cancer Center, also in New York City. She has contributed to notable breast cancer research, the findings of which have been widely published. Dr. Mendez has presented abstracts at numerous national and international symposiums and serves on the editorial board of the breast section of the Annals of Surgical Oncology.

Renowned for her patient care and advocacy, Dr. Mendez is passionate about educating patients and advancing breast cancer awareness and prevention in the community and at national meetings, away from the clinical setting. She was formerly appointed to the governing board of Susan G. Komen, Massachusetts affiliate, is a fellow of the American College of Surgeons (FACS) and is an active member of numerous professional societies including the American Society of Breast Surgeons and the Society of Surgical Oncology.

Prior to joining Miami Cancer Institute in March 2017, Dr. Mendez gained extensive experience as a breast surgical oncologist at Boston Medical Center, where she served as president of the medical and dental staff. She also served as director of surgical clerkship and associate professor of surgery at Boston University School of Medicine. She currently lives in Coconut Grove.
TAPUR Study offered by Sylvester

Sylvester Comprehensive Cancer Center at the University of Miami Miller School of Medicine is the only site in Florida currently participating in the TAPUR Study sponsored by the American Society of Clinical Oncology. TAPUR — Targeted Agent and Profiling Utilization Registry — is for patients with advanced solid tumors in a variety of cancers, including breast, ovarian, pancreatic, and head and neck, which are no longer responding to standard cancer treatments. Patients must have genomic or molecular testing to participate in the study. This allows researchers to find a potential experimental treatment match among 16 different options.

Anita Shangvi of North Palm Beach goes to Sylvester in Deerfield every three weeks for an infusion. She is receiving an investigational therapy for advanced breast cancer that is FDA approved for other types of cancer.

“You’re infused with optimism,” said Shangvi. “I’m back in the game and headed toward the playoffs. It helps out.”

“What we’re doing in TAPUR is matching the patient’s tumor mutation with the drug that has an FDA approval for another cancer type,” said Carmen Calfa, M.D., a breast cancer medical oncologist and Sylvester’s principal investigator in the trial. “The site of origin or the kind of cancer no longer matters — what matters is what drives that cancer growth, what mutation that cancer has.”

More than a year ago, before coming to Sylvester, doctors told Shangvi that treatments were no longer working for her, and they recommended hospice care. That’s when she sought another opinion from Charles Vogel, M.D., a breast cancer medical oncologist at Sylvester in Deerfield.

“Her breathing was so bad we had to radiate her chest to even give her a chance at other chemotherapies,” said Dr. Vogel. “After trying a few chemotherapies, we had her tumor tested for next-generation sequencing, leading to possible eligibility for immunotherapy.”

Fortunately, Shangvi’s enrollment in the TAPUR Study has produced some tumor response to date. In fact, she noticed a difference after just three treatments.

“I had a node in my neck that I could feel — I was touching it obsessively,” said Shangvi. “It has gone away since I started.”

“I’m amazed to see how these immunotherapies can actually cause tumor shrinkage in patients who have failed lines and lines of therapy,” said Dr. Calfa. “We are making a lot of progress, and I’m really encouraged by it. The fact that we have this study available for our patients is bringing not only hope but also potentially amazing responses. It could be a game changer for many patients.”
Breast Density by TopLine MD

By the efforts of patient advocacy groups and breast imaging professionals, breast density has become a hot topic over the last several years. There has been a nationwide campaign at the state government level to require centers who provide mammogram services to notify patients if their breast tissue is dense and encourage them to seek further discussions with their health care provider.

Dense breasts are most commonly seen in the 40-50 age group, with 40-50% of women aged 40-74 having this pattern. Breast tissue composition is unique to an individual and is partially inherited, but there are other non-inherited factors that influence breast density, such as body mass index and exogenous hormones.

Because the density of breasts cannot be determined by a physical exam, mammograms are the best way to assess the density of a patient’s breast tissue. This is usually done subjectively by the interpreting radiologist and is based on the amount of fibroglandular tissue versus the amount of fat found in the breast. There are four categories your radiologist would use to classify breast density: predominately fatty, scattered densities, heterogeneous densities, and extremely dense - the term “dense breasts” applies to the last two categories.

Not only does dense breast tissue increase one’s risk for developing breast cancer, it can mask a cancer during a mammogram, making detection harder. 50% of breast cancers can be missed on 2D mammograms with dense breast tissue, but slight improvement in detection has been seen with the addition of 3D mammography (tomosynthesis). To further improve detection, supplemental screening studies, such as an ultrasound or MRI can be ordered. Adding ultrasound to a 2D or 3D mammogram increases the detection rate by 3-4 cancers per 1000 women. Adding MRI to a 2D or 3D mammogram increases the detection rate by approximately 10 cancers per 1000 women.

Increasing awareness through notification legislation will hopefully encourage patients to discuss their particular breast cancer risks with their health care provider and develop a breast cancer screening plan that best suits their individual needs.

Dr. Carrie Horst

This article was written by Dr. Carrie Horst, a TopLine MD Breast Imaging Radiologist at the Diagnostic Center for Women and Midtown Women’s Center. These centers are two of four diagnostic centers in South Florida affiliated with TopLine MD Health Alliance, a large network of the highest quality physicians throughout Florida. Patients who visit any of the centers listed below can expect high-level care in a comfortable setting.

- Diagnostic Center for Women – South Miami
- Midtown Women’s Center – North Miami
- Pembroke Pink Imaging – Pembroke Pines
- Care Diagnostics for Women – Boca Raton

*Mention SGK for discounted rates.
Holistic Wellness

Happy March! With spring being just around the corner, it feels like 2019 is flying! At the start of a new year, we tend to put pressure on ourselves to start off strong. It’s common for individuals to make new year resolutions. According to a survey of 2,000 people conducted by Inc.com, the top resolution for 2019 was to diet or eat healthier and the close second was to exercise more. Unfortunately, mental health didn’t even make top ten.

A special report by Everyday Health states that “chronic stress is a national epidemic for all genders and ages.” The wellness industry is taking note and has coined the term Holistic Wellness. So, what is this new buzzword?

Mind, Body, and Spirit

Holistic Wellness considers the complete person - mind, body, and spirit. The term may be new, but the concept has been around for thousands of years in the East. For example, Yoga, commonly known as an exercise regime, is actually used for its steps leading up to a Meditation practice, or concentration practice, of living in the moment without getting distracted by thoughts and the outer world.

Meditation, a practice of clearing the thoughts so that the mind can have a moment to rest, has been proven to be very beneficial, especially when going through periods of stress. Even just a few minutes of this mindfulness-based stress-reduction technique is beneficial for the mind. A study by the Norwegian University of Science and Technology revealed noticeable changes in electrical wave brain activity when comparing non-directive meditation versus relaxing without any specific mental technique. When we think we’re relaxing by watching television, reading, sleeping, or even writing, the brain produces active neural impulses, waves of electrical activity. During meditation, however, there is relaxed brain activity, rather than active.

If meditation is something that is new, here is a simple technique you can use!

First, start by eliminating any distractions from your environment as much as possible. If it feels right, close your eyes and settle into a comfortable sitting position. Now focus on your breath; more specifically, bring your attention to your nostrils, where you can feel the air as it enters and exits the nasal canal. Use this as a way to practice concentrating without becoming distracted. Try to exhale slowly, taking up twice the length of time you take when you inhale. If at any point your mind drifts, non-judgmentally, bring your attention back to your nose and the breath.

Over time, it will become increasingly easier for you to compartmentalize and be fully absorbed in the present moment, instead of the passing thoughts. If you’d like to try something else, the One Moment Meditation App is a convenient way to practice meditating for one minute! It’s one of my favorites and is a really great way to focus in the moment. Use meditation as a mini-vacation, a moment to take yourself away from your stressful thoughts so that you can feel mentally balanced. Your mind will thank you for it!

Chahna Tailor

is a certified yoga instructor with a background in occupational therapy and health science. Chahna deepened her practice by training in Rishikesh, India, where she studied the science behind yoga as a whole, including the 8 limbs. Chahna also practices pranic healing and reiki and provides these services in addition to yoga, pranayama (conscious breathing), and meditation through her company Namaskar To You. Her mission is to help others implement stress reduction techniques and take more time out for their own self-care. She volunteers for charities associated with education and is a volunteer contributor to Desh Videsh, writing articles related to yoga, meditation, and wellness. She also enjoys tutoring in Algebra. She is currently pursuing studies in the science of Ayurveda while continuing her self-studies in yoga. Email chahna@namaskartoyou.com to book your wellness session.
Welcome to this new feature in the Susan G. Komen Miami/Ft. Lauderdale quarterly newsletter! My name is Stacey Balkanski and I'm a Licensed Clinical Social Worker with a psychotherapy practice in Broward County. I've been working with cancer patients and their families for many years and welcome this opportunity to be with you.

In this space, we will focus in on the various aspects of living with breast cancer and its social and emotional impact on the patient, their loved ones, friends and family. As we know all too well, receiving a breast cancer diagnosis is a defining moment in the lives of both men and women. We can experience an array of emotions, including anger, despair, depression, anxiety, and fear. Many of these are common and normal reactions. It is not uncommon to become overwhelmed. Often, coping skills that worked for us in previous situations are no longer effective due to changing circumstances. In future columns, we'll focus in on your changing social and emotional needs and how to learn new coping skills to better navigate breast cancer.

In upcoming columns, you can expect to hear about body image and sexuality; talking to your children; survivors and caregiver issues, and available social supports to decrease social isolation and reduce your chances of a recurrence.

These are some of my thoughts and ideas moving forward. I'm very interested to hear what you'd like to see discussed in this space. Send your thoughts and ideas to: talktostacey2019@gmail.com.

Best wishes,
Stacey

Stacey Balkanski holds a Master’s Degree in Social Work from the University of Central Florida and a Bachelor’s Degree in Psychology from the State University of New York at Stony Brook. She is a Licensed Clinical Social Worker with more than 20 years of experience in for-profit and non-profit organizations in the social services and mental health fields. Stacey has maintained a private practice for 10 years in Plantation, FL and has recently expanded to serve the Coral Springs/Parkland communities. Most recently, Stacey served as the Program Director at Gilda’s Club South Florida from 2014-2018.
TREATMENT ASSISTANCE PROGRAM

Don't let financial hardship keep you from the treatment you need.

Call the Susan G. Komen® Breast Care Helpline
M-F 9AM-10PM
1-877 GO KOMEN (465-6636)
or email helpline@komen.org

The following assistance is available for qualifying breast cancer patients:

- Assessment by an oncology social worker
- Psychosocial support
- Breast cancer education
- Information about local resources
- Financial assistance
  - Oral pain medication
  - Anti-nausea medication
  - Oral chemotherapy/hormone therapy
  - Child care/elder care
  - Transportation to and from treatment
  - Lymphedema care and supplies
  - Durable medical equipment

Komen's mission is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

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Hello, my name is Paulo Andalaft. I am the owner and founder of Fit Factor Personal Training in beautiful Fort Lauderdale, FL. We are a Small Group and One-on-One Personal Training studio focusing our programs on the aging population and older adult.

I cannot believe we are already in March, but it is far too early to even think about giving up on healthy habits for the year. Whether you made a resolution to get fit, get better or just renewed your commitment to exercise and eat right, I am here to keep you going throughout the year with these 19 reasons to stick with it in 2019.

1. You can look and feel good for yourself and/or your sweetheart.
2. You want to be part of the statistics of people who exercise regularly.
3. You want to live longer and have more freedom to do what you need, like and want to do.
4. About 70 percent of the disposable income in the US is in your generation's hands, and you darn well intend to spend your share.
5. If you are retired or working less, you have the flexibility to work out when, how and where you want – and that's a luxury you earned and should use.
6. You still want to be the fun grandparent.
7. You need to stay strong to help care for your own parents.
8. Remember, exercise is the miracle drug. It is good for your bones, muscles, balance, heart, breathing, mental health and sleep.
9. It is fun – even when you do not feel like it.
10. You said you would – and you know why.
11. You are not going to quit something important just because you are having a tough day.
12. Springtime is coming and you will want to garden, golf, or play tennis.
13. Summer is coming and you have travel plans. You need strength, balance and stamina to go everywhere and do all that is on your list.
14. Your pals want you to join them in a new exercise class or small group training.
15. Accountability: People will be expecting you to keep it up – friends and family, and the new buddies you have made while working out.
16. Your doctor cannot stop smiling at you.
17. When the holidays roll around, you will have earned that extra dressing and the slice of pumpkin pie.
18. You want to avoid being overweight, falling, getting diabetes, and letting high blood pressure go unchecked.
19. Exercise makes you feel good. Every time.

Over the year, be sure to stay up to date on activities here and throughout the community so you can make plans and set different goals. Maybe you will walk or run a charity 5K or longer race and need time to get ready for it. Or you want to build up your stamina for a dancing event or summertime hike. Or maybe you would like to slim down for a wedding or other big family gathering. Whatever your motivation, we’re here to help you reach your goals – and have a good, safe, healthy time while you’re doing it.

Let us know what motivates you. And don’t be shy to say when you need a little extra encouragement some days.

Hey, 2019? You got this!

Paulo Andalaft - BS – Sports Science, CPT
Fit Factor, Inc.
YOUR FUNdraising AT WORK

OUR LOCAL IMPACT
YOUR KOMEN DOLLARS AT WORK

$497,166
funded 11 community projects
including national research last year

THE FACTS

1 in 8 women will be diagnosed with breast cancer

EVERY

13 minutes

A woman in the U.S. loses her life to breast cancer

RESEARCH
- Understand, prevent and treat metastatic breast cancer.
- Discover new treatments and technologies to improve outcomes for all patients.
- Increase access to and participation in clinical trials.

CARE
- Address gaps in access to and utilization of affordable, high-quality health care.
- Provide access to screening, diagnosis, and treatment.
- Help with transportation, childcare and more so patients can focus on treatment.

COMMUNITY
- Provide people with opportunities to share their passion for the movement and compassion for each other.
- Support survivors, caregivers and those living with metastatic breast cancer.
- Provide information and guidance to help navigate the care journey.

ACTION
- Advocate for more research funding and protections for patients.
- Educate health care providers, policymakers, opinion leaders and the public on the burden of breast cancer.
- Empower patients and the public to take charge of their breast health.
EARLY BIRD SPECIAL

$15

UNTIL JULY 31ST

susan g. komen
MORE THAN PINK
Miami/Ft. Lauderdale WALK

SAVE THE DATE

SATURDAY, OCTOBER 12
BAYFRONT PARK | MIAMI, FL

research + care + community + action

Presented by:
Bank of America

To register call 954-909-0454 or email: info@komenmiaftl.org