

WORDS *from A1*

the blue.”
According to the Centers for Disease Control (CDC), 242,476 new cases of female breast cancer were reported in 2015 — the most recent year data is available; 2,954 of those cases were reported in Oregon. More than 40,000 women nationwide, died of the disease.

October serves as breast cancer awareness month, bringing attention to the disease that needs no introduction; it's the highest funded cancer in regards to research, earning \$519.9 million for its budget in 2016, according to the National Cancer Institute. It's widely sponsored and has spurred organizations and non-profits like the Susan G. Komen Foundation and has turned retailer aisles pink with colored products meant to raise awareness and funds.

To mark the month, *The Sentinel* offered the opportunity for breast cancer survivors, current patients and those who have been affected by the disease to tell their stories. And because those stories are personal and fiercely intimate, they'll be told those who have lived them, in their words, with very little interruption — because they are their stories. Last week, *The Sentinel* published Susan Jeppesen's story that chronicled her current battle with the disease. This week, it offers Coleen's story from the perspective of a decade's-long survivor.

“We had history of breast cancer in our family but it was far away like my grandmother's two sisters and then my mother's sister had breast cancer but that's the closest. I was getting mammograms though and mine was slow growing but once it showed up it was, it'd only been a year since the last mammogram. It was in April of 1996 and what happened is, I have fibro-cystic disease which just means I have a lot of cysts in my breasts and so do my sisters so I relied on the mammograms.”

[According to the Susan G. Komen Foundation, women with a first-degree relative (a mother, sister or daughter) who has been diagnosed with breast

cancer has a risk of being diagnosed with the disease at twice the rate as someone with no family history. The younger the relative was when she was diagnosed also increases the risk. For example, if a woman's mother was in her 40s, rather than her 60s when diagnosed, her daughter is at a higher risk for the disease. The National Library of Medicine and National Institutes of Health note that self-detection through self-examination remains key for detection of breast cancer.]

“First of all, it was kind of weird. I got the mammogram and then the letter just said it required further evaluation so then they did an ultrasound and it came up with the same thing. I did another mammogram and a needle-located biopsy. What they do is a mammogram and while that is happening they insert a needle and the end of it is right at the area they want to look at and then they run you in and do a biopsy with the needle still in place. That biopsy came back with suspicious lump so then we did a lumpectomy. All this time my doctor is telling me, ‘I don't expect anything but we'll do it anyway.’ When they did the lumpectomy, they found that there was cancer and when they did the lab work, the tumor was inside the fibroid which was kind of weird.

“It was really hard to share it with my family because how do you begin that conversation? ‘Oh by the way, or I just want you to know.’ The first thing was calling my husband who was in D.C., he'd just left the day before but he got on a plane right away and flew back. It happened that my younger sister was visiting me from Utah so when the doc called me I went home and my sister was there and I had to share it with her and she was stunned,

didn't know how to react it was very difficult how do you even word that? It's just cancer, the big C.

[There are numerous organizations that offer family support for patients of breast cancer including the breast cancer helpline (1-877-465-6636). A study released by Susan G. Komen showed that women who had a social support system had a better survival rate than those who did not have a support system]

I had this really great surgeon who had treated his mother and sister-in-law for breast cancer and he was very young. He went through the steps with me and said, ‘If this was my mother, here's what I would recommend,’ so we went ahead and did a lumpectomy and lymphectomy and that's totally different than what it is now. Back then they marked off a 3” by 3” area and took everything. The recovery from the lymphectomy was worse than the lump or the mastectomy. When they did the lump, the lymph nodes were clear which is really good news but the margins were dirty so they could keep doing lumpectomies over and over or we could just go for the mastectomy. I did no radiation because when they did the mastectomy they found no more cancer and then the chemo, because of my age and because of the diagnosis, I went to an oral chemo and I took that for three years and my diagnosis was estrogen receptive and it threw me into instant menopause so that was no fun.

[According to the National Cancer Institute, women who go through menopause after the age of 55 have a higher risk of breast cancer. However, that is separate from the side effect of certain breast cancer treatments that may force a woman into menopause due to the nature of

the hormones related to their diagnosis.]

I had reconstruction about a year after a mastectomy so I went through the whole thing with the tissue expander and seeing the doctor every two weeks and the medication, the oral chemo was just horrible. Hot flashes, irritable. All the things that go with menopause but more so. At the time, they wanted you on the medication for five years and after three years I talked to my doctor and said this is unbearable, this is no life. He said they showed good results for year 1-3 and years 4-5 it hadn't proved to make any difference even though they recommended five.

Before the reconstruction was complete, I dealt with all of the things of having breast forms and things at work were pretty unstable because you've missed two months are you healthy now? Maybe we should move you into a more stressful job? And all of these things were not my choices, this was management trying to make these decisions. I had the surgery, the loss of my breasts and then dealing with these issues at work.

[One in eight women will be diagnosed with breast cancer in the U.S. Low-income women and women of color are at an increased risk of job-loss due to the diagnoses than high-income Caucasian women according to the U.S. National Library of Medicine National Institutes of Health that also reports up to 80 percent of cancer survivors return to work anywhere from three to 18 months after their diagnosis and employer accommodations are the strongest predictors of work continuation. These accommodations include paid

time off, sick leave and flexible work hours.]

“I was married in 1984 and so this all happened in 1996 and my husband was at my side every

step of the way, every single second. There's a lot of ugly things about cancer I mean, drains and

See **CANCER 11A**



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www.6thandgibbs.com

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Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun:
9am & 10:45am
Youth Group Bible Study
Child Care 10:45am Service Only
www.cgcalvary.org

Center for Spiritual Living
700 Gibbs Ave. (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
cslcottagegrove@gmail.com

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbbible.org

Cottage Grove Faith Center
33761 Row River Rd.
541-942-4851
Lead Pastor: Kevin Prueff
www.cg4.tv
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Service: 10:00am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Baptist Church
301 S. 6th St • 541-942-8242
Interim Pastor: Reed Webster
Sunday School 9:30am
Worship Service 11:00am
Youth Wednesday 6:30pm
cgfirstbaptist.com

First Presbyterian Church
3rd and Adams St
541-942-4479
Rev.: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
fpcgrove.com

Hope In The Grove
700 E. Gibbs • 401-855-5668
Pastor: Wayne Husk
Sunday services:
Worship: 9am
Coffee Fellowship: 10:15am
Bible Study: 10:30am

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd.
541-942-2061
Pastor: Dave Bragg
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Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
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Non-Denominational Church of Christ
1041 Pennoyer Ave
541-942-8928
Preacher: Tony Martin
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www.pennoyeravecoc.com

Old Time Gospel Fellowship
103 S. 5th St. • 541-942-4999
Pastor: Jim Edwards
Sunday Service: 10:00am
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Our Lady of Perpetual Help and St. Philip Benizi
Catholic Churches
1025 N. 19th St.
541-942-3420
Father: Joseph Hung Nguyen
Holy Mass:
Tue-Thu: 8:30am; Sat: 5:30pm
Sun: 10:30am
Confession: After daily mass,
Sat. 4-5pm or by appointment
St. Philip Benizi, Creswell
552 Holbrook Lane
541-895-8686, Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
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Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40
Mid-week Service: Wednesday, 1:00

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education
9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Comm. Dinner (Adults \$5,
Kids Free)
1st & 3rd Monday 5-6:00pm
umcgrove.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: "WE BELIEVE IN MIRACLES"

CRESWELL:
Creswell Presbyterian Church
75 S 4th S • 541-895-3419
Rev. Seth Wheeler
Adult Sunday School 9:15am
Sunday Worship Service 10:30 am
website www.creswellpres.org

Worship With Us!

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel @ 541-942-3325