

Kathy & Ruth *Talk the Walk*



The finish line in Seattle 2007. Kathy and Ruth pose for a picture with roses and Hope Walker and the garb they carried on their journey.



We Will Walk Again This Year—Somewhere—Sometime

We're back! We hope everyone had a happy and healthy holiday season and we hope 2008 will be a prosperous year for all.

We do not know, yet, where we will walk or when we will walk. What we do know is that we **will** walk somewhere in 2008.

The more involved we have become in raising money for this cause, the more we realize just how much breast cancer has affected so many lives. Children continue to lose their mothers. Brothers and sisters continue to lose their sisters. Mothers and fathers continue to lose their daughters. Friends continue to lose their friends. We continue to walk and raise money.

While we cannot set up our fundraising pages until we have determined where we will participate, we can begin to raise money and we can resume our newsletter

distribution. We also have updated our personal website. Please feel free to visit us at <http://kathy ruth3day.tripod.com>.

Accompanying this newsletter you will find the flyer for our first fundraiser. We think it's a fun one and we hope you will enjoy it. It was quite a success for us last year allowing us to raise more than \$1000!

Remember, if you have a friend or loved one who has faced breast cancer and if you would like to share her or his story, we would be honored to feature them in our "Profile in Courage" section sometime this year. Just send us an e-mail.

Stay tuned for more information about our training and fundraising progress in future newsletters. We'll spare you our cogitations and reflections in this issue, but you won't be so lucky next time! In the meantime, be healthy and happy!

Will You Walk?

Some of you have expressed an interest in participating in a Breast Cancer 3-Day. Below is a list of the cities and dates where the 3-Day will be held in 2008. If you have considered walking or volunteering for one of the events, you can visit the Breast Cancer 3-Day website at <http://www.the3day.org> to learn more about how you can become involved.

Chicago	August 8-10
Boston	August 15-17
Cleveland	August 22-24
San Francisco Bay Area	September 5-7
Seattle	September 12-14
Twin Cities	September 19-21
Michigan	September 26-28
Washington, DC	October 3-5
Philadelphia	October 17-19
Atlanta	October 24-26
Tampa Bay	October 31 - November 2
Dallas/Fort Worth	November 7-9
Arizona	November 14-16
San Diego	November 21-23

Ladies, Don't Forget Your Monthly Breast Self-Exam!

Although doctors are specially trained to find breast lumps or other changes and a mammogram can find even smaller changes, many breast lumps are found by women themselves at home. A woman who knows the look and feel of her own breasts may notice a new lump or a change between doctor visits.

When you do your breast self-exam every month, look and feel for the following signs of possible problems in your breast or underarm area. If you notice any of them, make an appointment to show them to your healthcare provider right away.

- lumps, hard knot or thickening in any part of the breast
- unusual swelling, warmth, redness or
- darkening that does not go away
- change in the size or shape of your breast
- an itchy, scaly sore or rash on the nipple
- dimpling or puckering of the skin of your breast
- pulling in of the nipple or other parts of the breast
- nipple discharge that starts suddenly
- pain in one spot that does not vary with your monthly cycle

This information was pulled directly from the Susan G. Komen for the Cure website. For more information on this topic and many other topics related to breast health, visit <http://www.komen.org>.

