

## Exercise, diet and breast cancer

While researchers continue to explore the effect that healthy lifestyles can have on reducing breast cancer risk, we know for certain that regular exercise is an important part of a healthy lifestyle. This includes eating a diet low in fat and high in fiber and avoiding alcohol and tobacco products. Exercise continues to be an important part of a healthy lifestyle for women after breast cancer.

- The physical effects of exercise are extensive. These include increased blood flow, flexibility, mobility and range of motion. People who exercise often feel more energetic and have increased stamina. Regular exercise helps in weight loss, appetite control and maintenance of a healthy body weight. Exercise can also reduce the risk of lymphedema and reduce cardiovascular disease and osteoporosis. Finally, following a regular exercise program may help relieve stress and promote sound sleep.
- Before getting started on an exercise program, consult your physician, who will help you assess your current fitness level. Find an activity that you enjoy and choose a comfortable bra, shoes and clothing. Some women find that it is easier to stick with an exercise program if they work out with a friend or in a group. Explore your options.
- Staying motivated is the key. To help keep on a regular exercise program, try to set realistic goals, allow for setbacks, create a self-paced program, and schedule exercise as you would any other appointment.
- It is extremely important to discuss all new exercise programs with your physician. Different cancer therapies may require special exercise considerations. Also, always remember to avoid constricting or overstressing an arm prone to lymphedema (see page 79) when exercising. For example, avoid weight lifting after breast cancer surgery until you have detailed permission/instructions from your surgeon and oncologist.

In addition to the materials listed here, for women recovering from breast cancer, the YWCA's ENCOREplus Program offers support and exercise groups focusing on physical strength, health and psychological well-being. Water toning and pool work are stressed. Call your local YWCA for more information, or contact the YWCA of the USA, 1015 18th Street NW, Suite 700, Washington, DC 20036, (202) 467-0801 or [www.ywca.org](http://www.ywca.org). In your own community, inquire at your physician's office, women's health clinic or at local hospitals for referrals to qualified personal trainers or fitness centers.

(Revised January 2007, YSC - This information was originally developed and published by the National Alliance of Breast Cancer Organizations (NABCO) and made available by agreement with NABCO prior to its closing in June 2004.)

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## Exercise

*Be sure to consult with your physician before undertaking any exercise or fitness program.*

Essential Exercises for Breast Cancer Survivors: How to Live Stronger and Feel Better  
by Amy Halverstadt and Andrea Leonard (The Harvard Common Press, 2000, \$16.95)

This book includes more than 100 pages of exercises designed to help you regain your strength, flexibility and energy level. It is divided into four levels of difficulty and illustrated with more than 140 helpful photographs.

National Association of Team Survivor  
1223 Wilshire Blvd #57  
Santa Monica, CA 90403  
[info@teamsurvivor.org](mailto:info@teamsurvivor.org)  
[www.teamsurvivor.org](http://www.teamsurvivor.org)

Team Survivor provides free group exercise and health education classes for women with past or present diagnosis of cancer.

The Pink T's Exercise Handbook: A Breast Cancer Recovery Program to Help you Refocus, Restore, Rebuild and Renew

by Sami Papacek-Reis (\$32.95)

[www.lifeinfocusonline.com](http://www.lifeinfocusonline.com) or (913) 205-5812

This guide, written by a certified cancer exercise specialist, has more than 90 exercises along with detailed instructions and photos to help survivors get stronger, have more energy and keep weight in check.

Staying Abreast: Rehabilitation Exercises for Breast Cancer Surgery

by Annie Togli, MES (2001, \$70.00)

[www.stayingabreast.com](http://www.stayingabreast.com)

This book offers a rehabilitative exercise program composed of eleven separate workouts for recovery from breast cancer surgery, reconstruction and adjuvant treatment. [Stayingabreast.com](http://Stayingabreast.com) provides a useful overview of the book, which is chronologically formatted to assist in the healing process of patients who are recently post surgery or undergoing treatments as well as those who are past physical healing.

Thriving After Breast Cancer: Essential Healing Exercises for Body and Mind

by Sherry Lebed Davis (Broadway Books, 2001, \$16.95)

This book outlines exercises for people recovering from breast surgery with clear and easy to understand descriptions and accompanying photographs.

## Nutrition

The Cancer Project  
5100 Wisconsin Avenue, Suite 400  
Washington, DC 20016  
(202) 244-5038  
[info@cancerproject.org](mailto:info@cancerproject.org)  
[www.cancerproject.org](http://www.cancerproject.org)

Collaboration of physicians, researchers, and nutritionists to educate individuals, families, and the public on the benefits of a healthy diet for cancer prevention and survival. They provide free literature, free cooking classes and more.

The Cancer Survival Cookbook

by Donna L. Weihofen, RD, MS, with Christina Marino, MD, MPH (John Wiley & Sons, Inc., 1998, \$16.95)

This book offers recipes and practical suggestions to help during recovery. Not only are the foods easy to make, but many feature simple options to add calories or other nutrients according to specific needs.

Cancernutritioninfo.com  
[www.cancernutritioninfo.com](http://www.cancernutritioninfo.com)

A for-profit website, this online resource provides extensive information about nutrition and cancer, including information about managing treatment side effects with simple nutrition tips and nutrition clinical trials. Some information is only available with a paid subscription.

Eating Hints for Cancer Patients: Before, During and After Treatment  
(National Cancer Institute, 2003)

[www.cancer.gov/cancerinfo/eatinghints](http://www.cancer.gov/cancerinfo/eatinghints)

This booklet provides information and recipes to help patients meet their needs for good nutrition during treatment and to help cope with side effects that may affect eating. It is available online and copies may also be ordered from the National Cancer Institute Website.

Give it to Me Straight! Questions & Answers for No-Nonsense Nutrition

by Kim Dalzell, PhD, RD, LD (NutriQuest Press, 2004, \$12.95)

This reader-friendly guide to nutrition provides straightforward advice about how to make sense of the scientific research and provide practical reality-based solutions.

Healing Gourmet, Eat to Fight Cancer: Power Foods That Help You Regain Your Health

by Simin Liu, MD, ScD, Kathy McManus, MS, RD, and John A. Carlino, CEC (Medical Meals, Inc., 2006, \$16.95)

This complete nutrition guide aims to supplement traditional cancer treatments with all-natural meal plans and healing foods available at the local supermarket.

Nutrition for the Person with Cancer During Treatment

(American Cancer Society, 2006)

[www.cancer.org](http://www.cancer.org) or (800) ACS-2345

This 94 page booklet is aimed at helping individuals undergoing cancer treatment and their loved ones learn about the right kinds of foods to help them feel better and stay stronger and cope with treatment side effects that may affect one's ability to eat.

## Beauty and body image

Facing the Mirror with Cancer; A Guide to Using Makeup to Make a Difference

by Lori Ovitz with Joanne Kabak (Belle Press, LLC., 2004, \$24.95)

This book offers a practical guide for patients coping with changes that occur as a result of cancer treatment. The models shown in the book share their personal stories and discuss how taking control of their appearance helped to improve their quality of life.

Look Good...Feel Better

(800) 395-LOOK

[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)

Look Good...Feel Better is a free, non-medical, brand-neutral, national public service program to help women offset appearance-related changes from cancer treatment.

Ramy Gafni's Beauty Therapy: The Ultimate Guide to Looking and Feeling Great

by Ramy Gafni (M. Evans and Company, Inc., 2005, \$24.95)

This book offers tips to help you look your best during your treatment for cancer. The author offers information on finding stylish head coverings, and teaches how to thicken thinning eyebrows and lashes and camouflage damaged skin. This book features YSC constituents.

Shop Well with You  
PO Box 1270  
New York, NY 10009  
(800) 799-6790  
[info@shopwellwithyou.org](mailto:info@shopwellwithyou.org)  
[www.shopwellwithyou.org](http://www.shopwellwithyou.org)

SWY helps women living with cancer improve their body image and quality of life by using clothing as a means towards wellness. The website offers clothing tips arranged by cancer-related treatments and side effects, provides a directory of cancer-specific products such as swimsuits and headcoverings and lists articles and books focused on body-image, clothing, cancer and wellness.

## Retreats and adventures

Amazon Heart  
PO Box 59233  
San Jose, CA 95159  
(408) 718-1864  
[info@amazonheart.org](mailto:info@amazonheart.org)  
[www.amazonheart.org](http://www.amazonheart.org)

Amazon Heart adventure events were created to provide a unique and inspiring peer support opportunity for under-served groups of breast cancer survivors, particularly the young.

Breast Cancer Recovery Foundation, Inc.  
Infinite Boundaries  
PO Box 5070  
Madison, WI 53705-0070  
(888) 821-1140  
(608) 821-1140  
[info@bcrf.org](mailto:info@bcrf.org)  
[www.bcrf.org](http://www.bcrf.org)

Provides three-day retreats in an environment where women can heal emotionally, spiritually and physically from breast cancer through uplifting discussions, creative arts and outdoor adventures. Offers specific retreats for young breast cancer survivors.

Camp Mak-A-Dream  
PO Box 1450  
Missoula, MT 59806  
(406)549-5487  
[jennifer@campdream.org](mailto:jennifer@campdream.org)  
[www.campdream.org](http://www.campdream.org)

This organization sponsors an annual women's cancer survivor retreat as well as a conference for young adult survivors in their 20's and 30's who are two or more years out of treatment.

Casting for Recovery  
PO Box 1123  
3738 Main Street  
Manchester, VT 05254  
(888) 553-3500  
(802) 362-9181  
[info@castingforrecovery.org](mailto:info@castingforrecovery.org)  
[www.castingforrecovery.org](http://www.castingforrecovery.org)

Casting for Recovery provides no-cost weekend retreats that provide an opportunity for women who have or have had breast cancer to gather in a beautiful setting, learn fly-fishing, “a sport for life,” and most importantly, to meet new friends and have fun.

First Descents  
PO Box 2193  
Vail, CO  
(970) 328-1806  
[info@firstdescents.org](mailto:info@firstdescents.org)  
[www.firstdescents.com](http://www.firstdescents.com)

Free seven-day kayak camp to help young adults overcome the obstacles associated with living with cancer.

Harmony Hill Retreat Center  
7362 East State Route 106  
Union, WA 98592  
(360) 898-2363  
[info@harmonyhill.org](mailto:info@harmonyhill.org)  
[www.harmonyhill.org](http://www.harmonyhill.org)

Harmony Hill offers a variety of programs to help those facing cancer and their loved ones cope with the physical, emotional and spiritual challenges of cancer. Programs, including breast cancer retreats and caregiver retreats, are offered at no cost to participants.

Healing Odyssey  
23591 El Toro Road, Suite 214  
Lake Forest, CA 92630  
(949) 951-3930  
[connect@healingodyssey.org](mailto:connect@healingodyssey.org)  
[www.healingodyssey.org](http://www.healingodyssey.org)

This active weekend program consists of activities that focus on your mental, social, physical and spiritual well-being and boost your recovery from the impact of a cancer diagnosis and treatment. The fee to participate is \$125 and there is also a \$25 registration fee. Scholarships are available.

Seaside Yoga Retreat for Breast Cancer Survivors  
[info@seasideyogaretreat.com](mailto:info@seasideyogaretreat.com)  
[www.seasideyogaretreat.com](http://www.seasideyogaretreat.com)

An annual four day retreat on the beaches of North Carolina at the Trinity Retreat Center. This program, sponsored by the Duke Cancer Patient Support Program, provides the experience of peace and empowerment that yoga can bring into life. The fee to participate is about \$300.

### Second Battle Recovery Through the Arts

Lynette Jennings Foundation Art for Life

PO Box 2686

Grand Junction, CO 81502

(970) 257-1377

[lynettejennings@eagleheartcenter.org](mailto:lynettejennings@eagleheartcenter.org)

[www.eagleheartcenter.com/2ndbattle/2ndbattle.html](http://www.eagleheartcenter.com/2ndbattle/2ndbattle.html)

Weekend retreats for cancer survivors as well as caregivers that offer a variety of art classes. Cost is \$300 per person and scholarships are available for those in need.

### Smith Farm Center for the Healing Arts

1632 U Street NW

Washington, DC 20009

(202) 483-8600

[heal@smithfarm.com](mailto:heal@smithfarm.com)

[www.smithfarm.com](http://www.smithfarm.com)

The Smith Farm Center offers week-long residential retreats for integration, reflection and healing transformation for people with cancer as well as range of day retreats, programs and workshops for people living with cancer, their loved ones, caregivers and health professionals.

### Sunstone Cancer Support Centers

2545 North Woodland Road

Tucson, AZ 85749

(520) 749-1928

[www.sunstonehealing.net](http://www.sunstonehealing.net)

Sunstone offers retreats for cancer survivors, caregivers and health care professionals. Most retreats are offered at no cost.

## Spirituality and religion

### Chicken Soup for the Breast Cancer Survivor's Soul: Stories to Inspire, Support and Heal

by Jack Canfield, Mark Victor Hansen and Mary Olsen Kelley (HCI, 2006, \$14.95)

From the newly diagnosed to long term survivors and their friends and families, *Chicken Soup for the Breast Cancer Survivor's Soul*, shares stories of hope and healing. Heartwarming accounts of courageous women who found the strength to battle cancer with endless hope, unwavering faith and steadfast determination will empower readers to take charge of their own healing process, adopt a positive attitude, and motivate them to fight and persevere in the face of what may seem like insurmountable odds.

### Grace for Each Hour: Through the Breast Cancer Journey

by Mary J. Nelson (Bethany House Publishers, 2005, \$12.99)

This Christian religious book offers 120 devotions that speak to some of the thoughts, fears, and feelings one might experience while facing their breast cancer diagnosis and treatment.

### Trading Ashes for Roses: From Pain to Passion

by Connie Pombo (PublishAmerica, 2005, \$16.95)

This personal story shares the author's journey with breast cancer from her diagnosis at age 40. With a Christian perspective, this book covers the emotional and spiritual journey the author faced and provides tips and tools for family, friends and survivors.

## Moving forward

**After Breast Cancer: A Common-Sense Guide to Life After Treatment**  
by Hester Hill Schnipper, LICSW, BCD (Bantam, 2006, \$16.00)

Written by an experienced oncology social worker who is herself a breast cancer survivor, this handbook provides jargon-free information on the wide range of practical issues women face as they navigate the journey back to health.

**After Breast Cancer: Answers to the Questions You're Afraid to Ask**  
by Musa Mayer (Patient-Centered Guides, 2003, \$14.95)

Author and breast cancer survivor Musa Mayer discusses common fears after treatment including fear of recurrence. She reviews scientific literature, giving survival statistics corrected for current treatments and diagnostic profiles and explains what is known about the benefits of follow-up visits and testing.

**After Cancer Treatment: Heal Faster, Better, Stronger**  
by Julie K. Silver, MD (The John Hopkins University Press, 2006, \$16.95)

A cancer rehabilitation specialist and breast cancer survivor, Dr. Julie K. Silver has written a practical guide to help cancer patients who are exhausted and physically unwell after treatment. She offers a step by step plan for physical healing, including advice on improving strength, fighting fatigue, monitoring mood and overcoming setbacks.

**The Cancer Survivor's Guide: The Essential Handbook to Life After Cancer**  
by Michael Feuerstein, PhD, MPH, ABPP and Patricia Findley, DrPH, MSW (Marlowe & Co., 2006, \$15.95)

This book offers a seven step healthcare program for life after cancer, as well as practical advice on communicating more effectively with healthcare providers, reducing stress and strengthening support systems.

**Facing Forward Series: Life After Cancer Treatment**  
(National Cancer Institute, 2004)

[www.cancer.gov/cancertopics/life-after-treatment](http://www.cancer.gov/cancertopics/life-after-treatment) or (800) 4-CANCER

While there is a lot of information and support during treatment, once treatment stops a survivor may enter a whole new world with new questions. This booklet was written to share common feelings and reactions that many people have had after treatment ended. Topics include: practical ways of dealing with common problems and guidelines for managing your physical, social, and emotional health.

**Living Beyond Breast Cancer: A Survivor's Guide for When Treatment Ends  
and the Rest of Your Life Begins**

by Marisa Weiss, MD and Ellen Weiss (Three Rivers Press, 1998, \$17.00)

This book, written by the founder of *breastcancer.org*, is aimed at helping survivors manage the difficult issues that arise beyond cancer treatment. It covers topics such as how to become as healthy as possible by eating right, managing weight, achieving intimacy and having a baby.

**The New Cancer Survivors: Living with Grace, Fighting with Spirit**  
by Natalie Davis Spingam (John Hopkins University Press, 1999, \$19.95)

Surviving with cancer means seeing yourself differently and recognizing that others may see you differently. This book addresses the paramount issues for those living with cancer, such as dealing with what cancer brings in both medical and non-medical life.

## Becoming a parent after breast cancer

Adoption after Cancer Listserv

[www.groups.yahoo.com/group/adoption-after-cancer](http://www.groups.yahoo.com/group/adoption-after-cancer)

Cancer does not have to take away the dream of having children. This list is a forum to share information, advice, and stories to support those who choose to adopt after cancer.

Fertile Hope

65 Broadway, Suite 603

New York, NY 10006

(888) 994-HOPE

[info@fertilehope.org](mailto:info@fertilehope.org)

[www.fertilehope.org](http://www.fertilehope.org)

Fertile Hope is dedicated to providing reproductive information, support and hope to cancer patients whose medical treatments present the risk of infertility.

## Follow-up medical care

### Follow-up medical care

Recommended follow-up care after treatment for invasive breast cancer varies considerably by doctor and institution. In terms of scientific evidence, there is no difference in overall survival between aggressive and more moderate screening programs.

The American Society of Clinical Oncology (ASCO) offers the following guidelines:

- a history and physical examination every 3-6 months for the first three years after primary therapy.
- a history and physical examination every 6-12 months during the next two years, and annually after five years.
- annual mammograms, clinical breast exams, pelvic exams (including pap smear), and regular self-exams. (After lumpectomy, the first mammogram should be six months after the end of radiation therapy.)

It is also advisable to see a breast surgeon every 6 months for the first five years, and annually after that.

What may be confusing is that many clinicians order more aggressive monitoring, including a complete blood count and blood chemistry, tumor markers (CA 15-3, CA 27.29, CEA), bone scans, liver ultrasound, chest x-ray and computerized tomography of the chest, abdomen and pelvis. These tests are not included in most guidelines (including the ASCO guidelines).

Almost three-quarters of recurrences are found during a scheduled appointment or by individuals in between visits. This is true even with aggressive monitoring. It appears that the timing of such a discovery is not as crucial as it is with earlier stage disease. Studies show that overall survival is not affected by when a recurrence is detected.

This is why the ASCO guidelines suggest that regular physician visits are sufficient to detect a recurrence of breast cancer. They do not, however, advocate foregoing follow-up care altogether, because maintaining good local control of recurrent disease is ultimately beneficial. For example, with treatments for bone metastases (bisphosphonates), there may be a quality of life benefit with early detection and therapy. It is hoped that as other new treatments are developed, early detection of recurrence will play an important role in care and survival.

For now, a certain measure of personal preference should go into deciding which regimen to follow, and this may change over time. For example, some women and their clinicians prefer an aggressive regimen after initial treatment in order to feel more in control. This may change later as the inconvenience, expense and anxiety start to outweigh the possible benefit, or it may not. The rhythm of follow-up care is an intensely personal decision, which should be jointly reached with your clinician, and remain an open conversation through the years. All follow-up care should include:

- regularly-scheduled screening appointments
- an in-depth medical history, including a detailed discussion of possible symptoms, and
- a review of the follow-up regimen in light of emerging research.

The complete ASCO guidelines are available through the "Practice Guidelines" link off of the homepage of the ASCO website, [www.asco.org](http://www.asco.org), or by calling (703) 299-0150.

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American Society of Clinical Oncology 2006 Update of the Breast Cancer Follow-Up and Management Guidelines in the Adjuvant Setting  
(American Society of Clinical Oncology, 2006)  
[www.jco.org/cgi/reprint/JCO.2006.08.8575v1](http://www.jco.org/cgi/reprint/JCO.2006.08.8575v1)  
Evidence-based clinical practice guidelines for surveillance of breast cancer patients after treatment.

NCCN Clinical Practice Guidelines in Oncology: Breast Cancer  
(National Comprehensive Cancer Network, December 2006)  
[www.nccn.org](http://www.nccn.org) or (888) 909-NCCN  
These guidelines include recommendations for follow up care after breast cancer treatment and are available in booklet form or on the NCCN website.

## Getting involved and advocacy

The Breast Cancer Wars: Hope, Fear, and the Pursuit of a Cure in Twentieth-Century America  
by Barron H. Lerner, MD (Oxford University Press, 2003, \$19.95)  
The author offers a medical and cultural history of the century-long battle with breast cancer, telling a compelling story about influential surgeons, anxious patients, and committed activists.

Project LEAD®  
[www.stopbreastcancer.org](http://www.stopbreastcancer.org) or (800) 622-2838  
The National Breast Cancer Coalition created Project LEAD as a science course that trains breast cancer advocates to critically analyze breast cancer research and influence research committees and other breast cancer decision-making bodies.

Why We Walk: The Inspirational Journey Toward a Cure for Breast Cancer  
by Deb Murphy and Paula Lerner (Rutledge Hill Press, 2005, \$29.99)  
This book is an inspirational tribute to the millions of people who participate in breast cancer walks throughout the United States. Photographs bring to life the stories that are told throughout the book, showing the strength, determination and joy that embody the walkers.

YSC Point of Contact Program  
[ResourceLink@youngsurvival.org](mailto:ResourceLink@youngsurvival.org) or (877) YSC-1011  
The Point of Contact Program, a subset of the ResourceLink program, is a matching service that provides a constituent with one conversation (over the telephone or by email) with a peer match volunteer who shares a similar diagnosis, similar life experiences or concerns. Point of Contact volunteers are a group of individuals who are eager to connect with other young women who have been affected by breast cancer to help them navigate their experience at any point in their cancer journey.

## Getting involved with breast cancer organizations

- **Political Advocacy.** Although each person can become active by contacting local and national elected officials, the most effective way to bring about change can be by taking part in a national movement. The National Breast Cancer Coalition (NBCC) was formed in 1991 to involve women with the disease and those who care about them in changing public policy as it relates to progress against breast cancer. The NBCC's goals include expanding breast cancer research funding; improving access to screening, diagnosis and treatment for all women; and increasing the degree of influence of survivors in guiding research, trials and medical policy. The NBCC welcomes individuals and organizations as members. Many of the NBCC's members are local Coalitions in more than 40 states. For more information, contact the National Breast Cancer Coalition, 1101 17th Street, NW, Suite 1300, Washington, DC 20036, (800) 622-2838, (202) 296-7477, or [www.stopbreastcancer.org](http://www.stopbreastcancer.org).
- **Patient Advocacy.** All of the national breast cancer organizations and other local groups represent the needs and concerns of women at risk, patients, survivors and their families. As "patient advocates," representatives focus on these issues in educational and medical projects and programs, and by serving as "lay" or consumer representatives on medical, regulatory and policy-related committees. Among those organizations active in representing that viewpoint are the Young Survival Coalition, the American Cancer Society, CancerCare, Inc., the Lance Armstrong Foundation, the National Breast Cancer Coalition, the Susan G. Komen Breast Cancer Foundation and the Y-ME National Breast Cancer Organization.
- **Volunteering.** Local and national breast cancer organizations often have limited staff, so your volunteer help is eagerly accepted. Before you make arrangements, consider the tasks you are willing to perform, including clerical work and patient contact, and whether you can commit to a regular schedule or would prefer to be called in for special projects. The YSC provides volunteer opportunities at our national office and through our affiliate network in many communities. And, you can take advantage of many of these opportunities in your own home. To find a local YSC affiliate where volunteer help is needed, consult the affiliate listing on page 9. For more information about volunteering with the YSC email [volunteer@youngsurvival.org](mailto:volunteer@youngsurvival.org). You may also want to volunteer at your closest major hospital, another local breast cancer organization or the American Cancer Society. The website of the National Action Plan on Breast Cancer has information on volunteering at [www.4women.gov/napbc/napbc/volguide.htm](http://www.4women.gov/napbc/napbc/volguide.htm).
- **Financial Support.** Many local and national organizations accept charitable contributions to fund breast cancer research, screening programs, special projects or education. Consult your tax advisor about deductibility and documentation needs. The YSC recommends that you investigate an organization before contributing. Verify that it is non-profit, and registered with your state's Office of the Attorney General or Office of Charities Registration. Also check its rating from the BBB Wise Giving Alliance (formed by the merger of the National Charities Information Bureau and the Council of Better Business Bureaus' Foundation and its Philanthropic Advisory Service), at Charity Navigator at [www.charitynavigator.org](http://www.charitynavigator.org) or at [www.give.org](http://www.give.org) or from GuideStar (the National Database of Non-profit Organizations) at [www.guidestar.org](http://www.guidestar.org). Your local major medical center or hospital may also accept support directed to breast cancer.

Note that although websites devoted to charitable giving are very popular, if you know the organization you want to support, a direct donation will always be more cost effective for the recipient.

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