

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 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 surely we can face breast cancer by working together. I assembled a 46 page packet on breast cancer. We want every Black woman to read it. You can help us reach these women by going to **www.touchedbythelightliteracyprogram.com** and downloading this packet and sending it to 5 other women. 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 breast 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.

Help me by going to www.touchedbythelightliteracyprogram.com 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**

Sincerely, Gloria G. Lee, yithril11@netzero.net 734 444 7821 **Help Us Save Your Life Go To**
<http://www.touchedbythelightliteracyprogram.com/> download or print and Read our 46 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

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