

KAPPA XI GOES PINK

The Pink Out

Oct. 22, 2015



KAPPA XI GOES PINK

ALPHA PHI ALPHA FRATERNITY, INC. | KAPPA XI CHAPTER
BREAST CANCER AWARENESS EVENTS

THE MORE YOU KNOW
BREAST CANCER AWARENESS TABLE

10.20.15
KUC LOBBY

11AM-2PM

10.27.15
SUB LOBBY

The Pink Out

PUBLIC FORUM

Highlighting the causes and effects of breast cancer, and how it affects both males and females.

10.22.15
CKNB N109

7:00PM

GUEST SPEAKER
EVERYONE WEAR PINK

The Experience

Cary Ann Greenwood, Ph.D.

Cary Ann Greenwood, Ph.D.

- Daughter
- Wife
- Mother
- Public relations professional
- Assistant professor
- Weight lifter (Adaptive Recreation & Exercise)
- Breast cancer survivor



My experience with breast cancer

- August 13, 2013: Mammogram—Suspicious
- August 15, 2013: Ultrasound—Normal
- August 21, 2013: Referred to MMC Breast Center
- August 21, 2014: 3-D mammogram--Suspicious
 - Ultrasound—Suspicious
- Sept. 11, 2014: 3-D Biopsy--Normal

My experience with breast cancer

- March 26, 2015: 3-D mammogram--Suspicious
 - Ultrasound—Suspicious
- March 27, 2015: In-office biopsy, left
- April 2, 2015: Cancer confirmed
- April 9, 2015: MRI and 3-D X-Ray
- April 17, 2015: MRI Bilateral
 - Left side only

How I coped

- Focused: On work, treatment, health
- Listened: to doctors, family (great support)
- Laughed: Tried to keep a positive attitude
- Exercised: As long as I could

How my doctors saved my life

- May 18, 2015: Surgery, Dr. White, MMC
 - Lumpectomy
 - Sentinel Node biopsy (3)
- May 22, 2015: Results
 - Early stage
 - Small size
 - Positive, positive, negative
 - Best outcome for treatment
 - Radiation
 - No chemo
 - AIs (estrogen blockers, 5 yrs.)

My experience with breast cancer

- June 17, 2015: Catheter
- June 22-27, 2015: Radiation 2 X day
- July 8, 2015: Dr. White said I was cured!
- August 14, 2015: Began taking Als
- September 8, 2015: Resumed weight training
 - Worked with Caleb to modify protocol for possible lymphedema

Feelings after cure

- Relief
- Joy
- Gratitude
- Appreciation
- Determination
- Dedication

Actions

- Exercise: Weight-lifting
- Diet: Weight loss
- Awareness: Daily gratitude
- Medication: AI
- Follow-up medical care

Advice to Young Women

- See your doctor regularly
- Perform breast self-exams monthly
- Report any lumps to your doctor
- Don't be ashamed
- Don't be afraid
- Don't resist treatment
- Medical technology continues to improve
- Exercise!

Adapting, restoring function and regaining strength

Caleb Paschall, CFT

Caleb Paschall, CFT

- Adaptive Recreation and Exercise Coordinator
- MTSU Campus Recreation Center



Experience

- How did you meet Ms. Cary?
- What drew her to seek membership into the adaptive recreation program?
- What changes have you seen in Ms. Cary, since she was diagnosed with breast cancer?
- What can people that have beaten the disease do to restore function, and regain strength?

**The man who saves lives and
gives knowledge**

JAMES TAYLOR CARTER, M.D.

JAMES TAYLOR CARTER, M.D.

- Past President, Murfreesboro Medical Clinic, P. A., 2012-2015
- Diplomate, Board Certification – American Board of Surgery, 1992, Board Re-certification 2002, 2012
- Fellow, American College of Surgeons, 1992



Defining breast cancer

- What is breast cancer?
- How does it affect both females and males?
- What are the breast cancer risk factors?

Checking your breast for unusual lumps or other changes

- Why should I check my breast?
- When should I start doing breast self-exams?
- How do you conduct a breast self-exam?
- What should I be looking for?

Discovering the disease

- What is a mammogram?
- What is a digital mammogram?
- Why should you have one and how often should you have one?
- How are mammograms conducted?
- How do you get your results?

Certifications

- What does the FDA do?
- How do you know if the clinic is certified?

Do you have any questions?



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