

So Far...



You're probably in a daze. You may be scared out of your wits. Maybe you can't believe this is happening to you. You may even be in a rage. You're sure to have a lot of questions that you're too stunned, too scared, or too intimidated to ask.

There is something we hope will allow you to feel a little better about yourself and about your plight.

You Are Not Alone!

We are the women and men of the breast cancer ListServ, an Internet support group for breast cancer patients and the people who support them, and we're here for you. If you have access to an Internet-capable computer, you can log on to www.bclistserv.org and follow the simple directions for joining the list. You will be welcomed with open arms by people who are, or who have been, right where you are now, and who truly understand.

WE ARE: SECRETARIES - REALTORS - TEACHERS - ATTORNEYS - NURSES - COUNSELORS - MINISTERS - WRITERS - ACCOUNTANTS - DESIGNERS - MOTHERS - COMPUTER TECHS - LEGAL ASSISTANTS - ADVOCATES - ENGINEERS - FATHERS - INSURANCE AGENTS - PSYCHIATRISTS - AEROBICS INSTRUCTORS - BROTHERS - FACTORY WORKERS - ARTISTS - AUNTS - MASSAGE THERAPISTS - CORPORATE OFFICERS - FIRE FIGHTERS - ARTISTS - ADMINISTRATIVE ASSISTANTS - NIECES - TEACHER'S AIDES - MAIL CARRIERS - MUSICIANS - GRANDMOTHERS - SALES ASSOCIATES - THEATER CRITICS - RETIREES - STUDENTS - JEWELERS - CUSTOMER SERVICE REPS - TRAINERS.

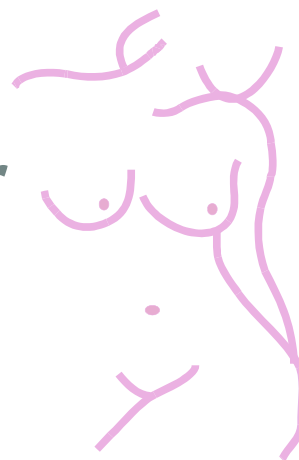
WE ARE: WOMEN - MEN - STRAIGHT - GAY - SINGLE - MARRIED - PARTNERED - SEPARATED - DIVORCED. WE ARE: OLD - YOUNG - PRE-MENOPAUSAL - POST MENOPAUSAL WE ARE: LARGE - MEDIUM - SMALL - PETITE - TALL - AVERAGE. WE ARE: PROTESTANT - JEWISH - TAOIST - WICCAN - CATHOLIC - ATHEIST - HINDU - BUDDHIST - AGNOSTIC - MUSLIM WE ARE: CANADIAN - SOUTH AMERICAN - AUSTRALIAN - DANISH - SOUTH AFRICAN - PORTUGUESE - GREEK - ITALIAN - FRENCH - SCOTTISH - NORTH AMERICAN - JAPANESE - ICELANDIC - PUERTO RICAN - WELSH - CENTRAL AMERICAN - IRISH. WE ARE: PEOPLE JUST YOU, LIVING WITH BREAST CANCER THE BEST WE KNOW HOW. WE'RE AN INTERNET SUPPORT GROUP YOU'LL FIND EITHER AT www.bclistserv.org OR OUR ARCHIVES AT www.bclistserv.org/petebevin.com

Friends of the Breast Cancer ListServ, Inc. is a tax exempt not-for-profit corporation pursuant to Section 501(c)(3) of the Internal Revenue Code. FBCL was founded to support members of the Breast Cancer ListServ. You can make a tax-deductible donation via the website, or by mail to:

FBCL
Coconut Grove Bank
2701 South Bayshore Drive
Coconut Grove, FL 33133
Attn: Allison J. McCreary, Vice President

So Far...

*You've
been told
you have
breast
cancer*



THIS BROCHURE COMPLIMENTS OF THE FRIENDS OF THE BREAST CANCER LISTSERV, INC.

So Far, So Good.

You've been good all your life, or maybe you've straightened out your act. You've done many of the things you were told would protect you from breast cancer. You breast fed your babies. You either quit smoking, or you never smoked. You seldom used alcohol. You've stayed away from fatty foods and added more fiber to your diet. You've kept your weight down as best you could. You've always had a positive attitude toward life, and, you have no family history of breast cancer. You thought you were safe.

The truth is that, while being "good" has benefitted your overall health, there is nothing you could have done or not done to protect yourself from breast cancer. The number one cause of breast cancer is having breasts. And, by the way, that applies to men as well as to women.

So Far As You Know...

You may have heard that breast cancer is *the* cancer to get *if* you're going to get cancer... Because, after all, "they" say it's the easiest to cure. You've also been told that a positive attitude or great faith will keep your cancer from growing, or better yet, will make it go away. But, wait! You've always been a positive person and your faith is just fine, thank you very much... And you've still been diagnosed with breast cancer. The truth is, no one knows what causes breast cancer, and no one knows how to cure it.

There are, of course, protocols and well tested treatments, with more on the horizon. Many times cancer treatments do effect a cure, though that word is dismissive of the fact that the only way to know if one's cancer has been cured is to die from something else (after a long life, of course). With that thought in mind, you won't read the word "cure" again here. You will however, read of hope and you will receive an open invitation to join the breast cancer ListServ, along with instructions on how to find us.

You are about to learn a whole new language: "breast cancer-speak." You probably know what mammograms and ultrasounds are. Now, you might be hearing about bone scans, PET scans, MRI, sentinel node, HER2/neu, tumor markers, estrogen/progesterone receptors, clinical trials; and the list goes on. Faced with unfamiliar medical tests and mysterious terms, you're probably wondering what these doctors are going to do to you, and *if it will hurt*. You'll also be faced with deciding between different surgical procedures and treatments. It can be mind-boggling.

The breast cancer list is a "safe place to obtain good up to date information about breast cancer and its treatment. The latest research results are posted to the list by those who attend medical conventions and ferret out research papers, usually as soon as they're published; and there are always listers whose diagnoses are somewhat similar to your own, and who will share their surgery and treatment decisions and experiences with you. You'll come away with good information with which you can formulate questions for your doctors. For most of us, getting informed is a necessary part of making intelligent decisions. Also, for most of us, the emotional support that we receive on the list is invaluable, making our journey more bearable, because we are with friends who understand and who care.

As Far As the Web Can Reach

The ListServ Is an Open Breast Cancer Forum and Support Group for People with Breast Cancer, Their Caregivers, Families, and Friends.

*We Are
Whole...
Two Breasts,
One Breast,
Or None.*



Please Join Us

So Far Away?

Not at all. www.bclist.org and the breast cancer ListServ support group are only as far away as a computer, whether it's your home computer, a computer at work, or an Internet- capable computer at your local library, where you can sign on with one of the web's free email providers. There are hundreds of members of the breast cancer ListServ, some of whom may even live near you. But, no matter where you live, and no matter the time of day or night, you will find some of us online. You're free just to read the list, and when and if you feel ready to post, you may:

- ◆ Tell Your Story
- ◆ Ask Questions
- ◆ Vent Frustrations
- ◆ Seek Emotional Support

So Far to Go... But Not Alone!

Some have aptly likened the journey between time of diagnosis and end of treatment to a roller coaster ride. In some cases surgery and treatment can consume the better part of a year. That's a long time to be on a virtual roller coaster ride, but like literal roller coasters, there are occasional respites from the ups and down.

On the list you're free to be yourself, wherever you are on your journey. It's the place to find answers and safe refuge among fellow travelers.

This journey you've begun may be unlike any you've experienced, and may be a rougher road than you've traveled thus far. Receiving what you fear might be a death sentence is sobering beyond belief, and only those of us who have had this experience truly understand. We're here for you. You - or your support person, if you're not up to it yet - can sign on at www.bclist.org.