



Making Strides Against Breast Cancer

why do we walk?

for hope, step by step

Making Strides Against Breast Cancer is a non-competitive walk designed to raise awareness and funds for breast cancer research, services, patient education, and advocacy. Last year, 325,000 walkers collected more than \$26 million nationwide for research, education, patient support, and advocacy programs.

The reasons for getting involved are as varied as the participants. For America Donatto of San Diego, already a volunteer for the American Cancer Society, it was her own diagnosis with breast cancer. Two years ago, she underwent treatment. Her struggle strengthened her resolve to help others, leading her to MSABC. "If I can touch one person and make a difference in her life," she says, "and if she can touch one person and make a difference in *her* life, then I've done my job."

Maureen Phillips, a legal secretary in San Francisco, would agree. Eleven years ago, doctors recommended she have a double mastectomy before an actual diagnosis of malignancy. She made a tough decision and, over protests of friends, agreed to the operation. Post-op exams proved her and her doctors right: The malignancy was there.

"I was lucky to have the foresight to listen to my doctor," says Phillips. "I have not felt the same about my body after the mastectomy, but I still thank my stars that I'm alive and healthy, and I go on with my life."

Three-time Los Angeles team captain Wilma Coleman is also a three-time breast cancer survivor. She works as an assistant principal in the L.A. school district. "As a three-time survivor, I've got

to spread the word," says Coleman. "People call me the miracle woman. I'm living proof that we can survive this—I make my life an open book because it may encourage somebody to learn, raise awareness, and save a life. Years ago, women couldn't talk about breast cancer. Making Strides Against Breast Cancer says, 'If I can survive this, you can too—just get to the doctor for regular mammograms.'"

Debra Brown, an educator in Sacramento, had undergone a year of chemotherapy when her children started volunteering with the Society through a community service program. They encouraged Brown to walk in Making Strides Against Breast Cancer, and since she crossed the finish line that first year—with her family cheering her on—she's organized a team each year with her coworkers, friends, and family.

"Making Strides Against Breast Cancer is a total payback for me," says Brown. "It creates a feeling of support, and a feeling that action is being taken for my children's generation."



American Cancer Society
1710 Webster Street
Oakland, CA 94612

Non-Profit Org.
U.S. Postage
PAID
Oakland, CA
Permit No. 1196

**THANK YOU FOR YOUR SUPPORT OF
THE AMERICAN CANCER SOCIETY.**

For information on American Cancer Society programs and services available free of charge to cancer patients, their families, and the public, contact:

1.800.ACS.2345
www.cancer.org

Hope. Progress. Answers.