



CONGREGATION SCHARA TZEDECK

PROUDLY INVITES YOU TO

A Future Without Breast Cancer What You Need to Know

(THE SYMPOSIUM)

Listen, Learn and Ask Questions of our world renowned experts

IDENTIFY AND REDUCE YOUR RISK OF BREAST CANCER. FIND IT EARLY ENOUGH TO PREVENT CATASTROPHE

Tuesday, March 2 • 7:00 p.m. • CONGREGATION SCHARA TZEDECK • TICKETS \$18.00



BARBARA SILBER

I had to postpone my yearly mammogram from December 3rd 2006 to late February of 2007. Little did I know that delaying it would save my life! (Thank G-d)

I was told by the radiologist that in early December **none** of my aggressive Ductal Her2/neu breast cancer would have been detected on the traditional analog film

mammography alone - while it was still confined to the milk ducts. Imagine, I would have heard, "You're fine, see you next year!"

In June 1998, I had suspicious breast calcification requiring a biopsy that revealed atypical cells. This is not cancer, but it demonstrates changes in cells placing one at a much higher risk of developing breast cancer. Regardless of all the TV news broadcasts stating that MRI's coupled with mammograms would save more Canadian lives, or that digital mammography would show clearer breast images, especially for women with dense breasts, I just went for traditional film mammography alone which thankfully, because of the right timing, found my cancer in its earliest state of invasion. I personally paid for convenient yearly ultrasounds, which **did not** pick up the cancer growing in my milk ducts. The MRI coupled with my yearly conventional mammogram or even digital mammography alone **may very well** have detected the breast cancer insitu, while it was still confined to the milk ducts, before it became invasive.

So, after my February 2007 biopsy of this tiny calcification revealed cancer, I was scheduled for a small lumpectomy. Okay, so NOW I elected to have the MRI done privately **after** my breast cancer diagnosis! Talk about closing the barn door! But, even after the breast cancer diagnosis there were advantages to the MRI for me. Amazingly it revealed cancer in many of my milk ducts and more points of small invasion **TOTALLY UNSEEN** by the traditional mammogram. My surgical procedure was immediately changed from a lumpectomy to a mastectomy. I am so grateful to the brilliant radiologist who spotted and acted upon this minuscule aberration. But, the truth is, I should have been more "proactive" (the dominance of material learned early in life **BEFORE** the current process of change). Now my mission is to make YOU more aware and more proactive to reduce your risks and/or detect breast cancer in its earliest possible stage; knowing what is right for YOU! Our goal is to alert, inform, and empower women to become full knowledgeable partners in their own health care.

The Women's League of Congregation Schara Tzedek is proud to announce that we have assembled 4 nationally and internationally respected experts and educators in the field of breast cancer. We are so privileged because never before has such a dynamic group of venerated professionals from different disciplines been combined in a symposium at your service on the topic of Breast Cancer Prevention/Early Detection.

Please join us for this incredibly informative event.

Finger Food & Refreshments

For more information or tickets, call:

Congregation Schara Tzedek at **604-736-7607**

See you there!



DR. KAREN GELMON, MD FRCPC is a Medical Oncologist at the BC Cancer Agency, Researcher and Professor of Medicine at UBC. Just a few of Dr. Gelmon's numerous and notable credits include - serving as chair of the Provincial Breast Tumor Group, Chair of the National Cancer Institute of Canada Breast Site, as well as serving on many breast cancer committees, advisory boards, and medical journals. In 2003, Dr. Gelmon was a recipient of the YMCA Woman of Distinction Award. You cannot think of the BC Cancer Agency without the name, Dr. Karen Gelmon, who remains its knowledgeable and benevolent voice.

Dr. Gelmon will discuss the physiological risks of breast cancer that you CANNOT control but that you should recognize and acknowledge, engaging in efforts to minimize their potential threat including advancing age, prior atypical cells, prior breast cancer and familial cancer as well as any new gene and drug research.



DR. RHONDA LOW MD CCFP is a Family Physician, Public Educator, and Associate Professor at UBC Dept of Family Medicine. Dr. Low hosts "Your Health" daily on CTV News, providing information current to today's health issues.

Dr. Low will discuss all the Lifestyle factors (THAT YOU CAN CONTROL & CHANGE) that might elevate your risk of developing breast cancer including alcohol, obesity, toxins and estrogens in the environment, cosmetics, household products, food and supplements.



DR. WALTER LEMMO ND, FABNO is a Naturopathic doctor as well as the Principal and Medical Director of Lemmo Integrated Cancer Care in Kerrisdale. He specializes in oncology care and is a Fellow of the American Board of Naturopathic Oncology. He is internationally recognized for his experience in the treatment of people living with cancer, cancer recurrence and cancer prevention.

Dr. Lemmo will discuss the ways you can TAKE CONTROL of your health and wellness, which may significantly reduce your risk of developing breast cancer by embracing the "non-negotiables" including diet, vitamins and supplements.



The Honorable **DR. MOIRA STILWELL**, Minister of Advanced Education & Labor Market Development and MLA for Vancouver/Langara is a radiologist and nuclear medicine physician who has worked at BC Women's Hospital for nearly a decade. Dr. Stilwell was head of nuclear medicine at St. Paul's hospital, Surrey Memorial Hospital and Abbotsford Regional Hospital and Cancer Clinic. Her credits include: co-chair of the Canadian Breast Cancer Foundation 2020 Task Force and Clinical Assistant Professor in the Department of Radiology in the Faculty of Medicine UBC.

Dr. Stilwell will talk about how to REDUCE YOUR RISKS by describing the effectiveness of different screening methods for all breast types & ages including Thermography, Digital mammography, and Digital Tomosynthesis (3 dimensional mammography). Also, she will let us know what plans the government has to help fund Digital Mammography in B.C. Labs, and MRI's coupled with Mammograms most especially for those women at greater risk, for example, women with dense breasts, prior history of atypical cells.



Moderator: PAMELA FAYERMAN has been the *Vancouver Sun's* medical and health issues reporter for the past 15 years. She brings with her such vast expertise in the field of medical journalism, completing programs with fellowships at Columbia University, Mount Sinai Medical Centre, M.I.T., and Dartmouth College faculty of medicine. Ms. Fayerman covers clinical medicine, health research and health policy and has a blog called Medicine Matters.

At the conclusion of all the lectures, Ms. Fayerman will conduct a question and answer period directed to the doctor(s) of your choice. So, please bring your questions!