

Knock Out Breast Cancer™

One punch at a time...



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**** HAPPY NEW YEAR

January 2007

January 16, 2007 - *Sacramento*
Lymphedema Education Class

3rd Tuesday of Every Month...
This free class is offered to cancer patients and families and is taught by a certified lymph therapist.

January 17, 2007 - 7:00 p.m. (CT)

ShareRing Network

"Powerhouse Nutrition for the New Year" Kim Dalzell, Ph.D., R.D., L.D., Nutrition Consultant and Author

A free, monthly one-hour teleconference featuring a breast cancer related presentation by a medical professional followed by a question and answer session. Participants are divided into small groups for discussion, which are moderated by peer counselors.

[More Events](#)

Welcome to Knock Out Breast Cancer

Jump to what's new **NEW** **NEW** **NEW**

Knock Out Breast Cancer is a website I created to share the information I learned and gathered during my own fight with breast cancer. Although the local resources and events listed here are mainly for the northern California area, this site is meant to be a resource for anyone touched by breast cancer. I hope you will find this site useful.

- Petra B.

*This website is dedicated to the memory of **Clove Gingrich**.*

Lymphedema is an often ignored complication following breast cancer treatment. But it can be prevented. Knowledge is power!!! I recommend a book called **Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing** by Jeannie Burt and Gwen White, P.T. More Lymphedema books can be found in the **Library** page. Lymphedema resources can be found on the **Resource** page.

Breast Cancer Research Stamp

The Breast Cancer Research fundraising or "semipostal" stamp was issued July 29, 1998, at a first day ceremony held in the White House. It was the first semipostal in U.S. history.

To date, the stamp has raised over \$50 million for breast cancer research. By law, 70 percent of the net amount raised is given to the National Institutes of Health and 30 percent is given to the Medical Research Program at the Department of Defense.

Worth Repeating

"Cancer is often equated with the other Big C: Loss of Control. It causes anxiety, because if you don't know what caused you to have cancer, you don't know what to do to keep it from coming back." - Julia Rowland, PhD - **Cure Magazine Survivors Issue 2006**-

¿Tiene una pregunta?

1-800-221-2141 English*
1-800-986-9505 Español
*Interpreters in 150 languages





Learn about Male Breast Cancer



Give someone a free mammogram



Recycle for Breast Cancer

Designed by Ethel Kessler of Bethesda, MD, the stamp features the phrases "Fund the Fight" and "Find a Cure" and an illustration of a mythical "goddess the hunt" by Whitney Sherman of Baltimore.

Buy some today!



Hungary recently became the first country outside the United States to adopt the stamp for breast cancer research and related activities. Several other nations are considering doing the same.

What's New

January 2007 - Added a whole bunch of 2007 Events. **Submit a California Event** Updated Marketplace, Resources and Library. Items marked with **NEW** are new additions to the site.

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