



WOMEN'S HEALTH

Fighting Breast Cancer One Day At A Time

(NAPSA)—A wife, mother and grandmother, Phyllis Allen, 61, is known for her terrific sense of humor and incredible optimism. And it was her sense of humor and optimism that helped her make it through the most trying time in her life—her battle with breast cancer.

“I remember my daughters immediately feeling sad and crying, and I said, ‘I’m not going anywhere. I’m going to fight this thing, and we’re all going to learn from this experience.’”

Phyllis’ grandmother died from breast cancer when Phyllis was just 10 years old. Acutely aware of her increased risk for developing the disease, she was sure to conduct regular breast exams and have regular mammograms.

After unwinding from a busy Thanksgiving holiday in 2001, however, Phyllis noticed a lump under her arm. A mammogram just six months earlier had come back negative, but by January 2002, the breast cancer had developed and advanced to stage two.

“I was shocked. But time was of the essence. I immediately tried to learn everything I could about my diagnosis and treatment options,” she said. An attorney by trade, Phyllis was amazed by the com-



Laurie Beck Photography for LBBC

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plex medical terms shared with her, but she and her husband did their best to understand the overwhelming amount of information.

Just two days after her diagnosis, she had a lumpectomy to remove the cancer from her breast. She then underwent four rounds of chemotherapy and seven weeks of radiation.

And while Phyllis may have lost all of her hair, she never lost her sense of humor.

“I saw a stand-up routine on

TV during my first chemo session, and it was just what I needed. I bought every stand-up act on audio I could find and literally laughed my way through chemo.” With the jokes of Richard Pryor and Ellen DeGeneres running through her head, Phyllis made it through. And she continues to fight her cancer every day.

She now takes Arimidex (anastrozole). “It’s the one medicine I never forget to take.” She also now volunteers her time to Living Beyond Breast Cancer, a leading organization that provides support and resources for women with the disease. Phyllis is committed to helping other women, particularly in the African-American community, better understand their risks and treatment options.

“There is a lot of information to digest. If I can make it easier and also just put a smile on someone’s face, I feel like I’ve made a difference.”

Every day, survivors make tremendous strides in the fight against breast cancer, and treatments are helping women with that fight, something Phyllis Allen is grateful for. To learn more about breast cancer and treatments, visit www.getbefacts.com.

Note to Editors: Important Information About ARIMIDEX

ARIMIDEX is approved for adjuvant treatment (treatment following surgery with or without radiation) of postmenopausal women with hormone receptor-positive early breast cancer.

Important Safety Information About ARIMIDEX

Prescription ARIMIDEX is only for postmenopausal women. ARIMIDEX should not be taken if you are pregnant because it may harm your unborn child.

In the early breast cancer clinical trial, common side effects seen with ARIMIDEX included hot flashes, joint symptoms, weakness, mood changes, pain, sore throat, nausea and vomiting, depression, high blood pressure, osteoporosis, swelling of arms/legs, and headache. Fractures (including fractures of the spine, hip, and wrist) occurred more frequently with ARIMIDEX than with tamoxifen (10% vs 7%).

ARIMIDEX should not be taken with tamoxifen or estrogen-containing therapies.

For more information, please see ARIMIDEX full Prescribing Information available at www.arimidex.com.

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