

Steel Magnolias

Breast Cancer Support Group, Inc.

Stages of Breast Cancer

August 19, 2024



When I was going through treatments people would ask me questions about my cancer and I also wanted to know about my cancer. What type of breast cancer I had, what stage and what tumor grade did I have. Last month I shared from WebMD what I learned about the types of breast cancer. Today I want to share what I have read about stages of breast cancer and next month I hope to share about tumor grades. There are many other factors that determine your course of treatment such as the type of cancer, the number of tumors, how fast it grows, your age and health, if you have had breast cancer before, and many other genetic factors. What I am sharing is the basic description of stages.

Stage 0 breast cancer is the earliest stage breast cancer and some even call it precancerous cells. Stage 0 is cancer that has not spread. Most of the time it is abnormal cells in your milk ducts and very few people have symptoms. They use a pathology sample to grade the tumor and this determines your course of treatment. Treatment could be a lumpectomy, a lumpectomy with radiation or a mastectomy. I always encourage everyone to stay on top of mammograms because early detection is so important.

Stage 1 breast cancer is an early stage also. In stage 1 the cancer usually has not spread outside the breast, but could have a small presence in a lymph node. The treatment can be a lumpectomy and lymph node removal with radiation given a positive pathology report. Some women have a mastectomy and lymph node removal along with radiation. There are times that the patient's tumor size or the pathology report will warrant chemotherapy treatment and targeted therapy to ensure the cancer does not come back. Treatment normally continues with hormone therapy for 5 to 10 years.

Stage 2 breast cancer is almost the same as stage 1 in that the cancer is still contained within the breast. Tumor size and lymph node involvement may change some of your options for treatment. If your cancer is hormone receptor-positive and you have not reached menopause and still have your ovaries, you will be encouraged to have them removed to prevent them from releasing hormones. You will also take hormone targeted therapy drugs for 5 to 10 years.

Stage 3 breast cancer the cancer cells have spread beyond the breast tissue to many lymph nodes or that the tumor is so large it grows into the skin of the breast or into the chest wall. Most of the time chemotherapy is used to shrink the tumor to make it easier to remove. There are times the surgery is not an option and chemotherapy will continue. The same issue if your cancer is hormone receptor-positive and you have not reached menopause and still have your ovaries, you will be encouraged to have them removed to prevent them from releasing hormones. You will also take hormone targeted therapy drugs for 5 to 10 years.

Stage 4 breast cancer has spread to other parts of the body; the bones, lungs, brain, or liver. Treatment at this point does not cure the cancer. Chemotherapy treatments can slow down the growth and it can help you feel better and live longer. You may be given Immunotherapy drugs and radiation along with chemotherapy treatments. You can live for years with stage 4, but it is usually life-threatening.

Remember to always try and record your doctors visit, you can not remember it all!

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www.steelmagnoliasinc.org

Like us on Facebook

*Sharing love through
support*

Email any officer by typing
Their—first name

**STEEL MAGNOLIAS/MEN OF STEEL
MEETING MINUTES
JULY 23, 2024**

Meeting was called to order by our President, Elaine Johns.

We had 34 in attendance which included 5 visitors.

Minutes from the previous meeting were read and motion made by Cheryl Whaley and seconded by Steve Stephens that they be accepted as read.

Treasures Report was given with July beginning balance of \$18,306.99 and ending balance of \$14,785.76 which included donations totally \$125.00.

Our guest speaker was Matt St. John of St. John's Nutrition in Oxford. He talked to us again about our diets; eating non-organic, non-GMO, and drinking filtered water. He talked about the 4 most environmentally dangerous places in Calhoun County; AOD, Ft McClellan, Monsanto/Solutia and Tolls Manufacturing. He also advised us against eating Honey Nut Cheerios which several members had questions about. He also invited us to visit his store which contains nutritional herbs, vitamins and salves.

Sherri went over the prayer list and led us in prayer.

Door prizes were won by Brenda, Katie, Chuck, Jane, Ronda, and Pat.

No further business, motion made by Margaret and seconded by Linda that meeting be adjourned.

**Respectively submitted,
Brenda Parker, Secretary**





Great Meeting!

Birthdays and Anniversaries

August 29th is Roger Zeiment's birthday and he is a Man of Steel!

September 9th is Keither Zeiment's birthday and she is a 21-year survivor!

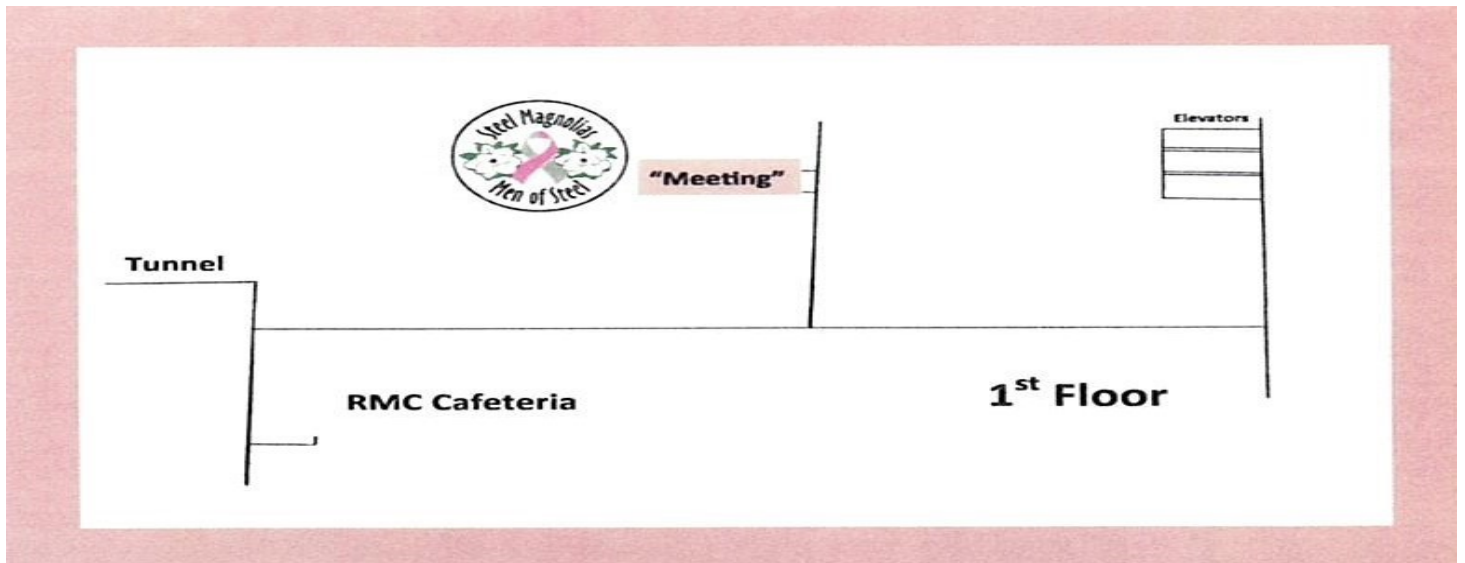
September 19th is Eddie Whitman's birthday and he is a Man of Steel!

September 20th is Jimmy Taylor's birthday and he is a Man of Steel!

September 20th is Steve Stephen's birthday and he is a Man of Steel!

Up Coming Events

August 27th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Chicken fingers and Macaroni and cheese with condiments; Steel Magnolias please bring side dishes and desserts. Our guest speaker will be a surprise! Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there.



September 16th will be our next newsletter mailing day. If you have anything for the newsletter please send it to elaine@steelmagnoliasinc.org or mail it to our office at PO Box 2208 Anniston, Al 36202 by September 11th.



Steel Magnolias Breast Cancer Support Group

Thank you for your generous donations to us. Thank you for your support. Without support from people like you, we wouldn't be able to do what we do.

Since you ~~are~~ have donated such large amounts to us, you are considered a Love Sponsor. Your name will go on our 5K shirt as well as a banner that we will hang at events we attend. We will advertise your logo on our Facebook page, your logo will go at the top of our banner & our 5K shirts & you can receive 4 registrations for our 5K & receive 4 of our 5K shirts.

Please send your logo & shirt sizes to pinkhearseasternalabama@gmail.com.

Thank you

Steel Magnolias

Pinks Boutique

Office Hours

256-231-8827

Monday – 9 : AM – 2 : PM

Tuesday – 9 : AM – 2 : PM

Wednesday – 11 : AM – 4 : PM

Thursday – 9 : AM – 2 : PM

Friday – 9 : AM – 2 : PM

Office is Staffed by Volunteers

!! *NEW HOURS* !!

Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except November and December.**
- **“Pinks Boutique” stocked with mastectomy bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients.**
- **Care packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria.**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room.**
- **Breast Cancer Awareness Program is available to girls in grades 9-12. This program is taught in the school by a trained volunteer under the supervision of a Registered Nurse.**
- **Speakers Bureau: speakers available to civic clubs and churches.**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle.**
- **Website: www.steelmagnoliasinc.org and like us on fb**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors.**
- **Prayer Ministry**

Ways You Can Help

- **Volunteer**
 - **Attend our meetings and get involved with us**
 - **Volunteer to work in our office and help with our fundraising events**
 - **Contribute: all contributions are tax deductible, we are a 501c3 tax exempt organization. Donations can be mailed to Steel Magnolias Breast Cancer Support Group, PO Box 2208 Anniston, Al 36202. All Contributions are used to provide services to breast cancer patients who reach out to us.**
- Pray for our ministry.**

Joggin' Inside

THIS MORNING MY KID SAID THEIR EAR HURT AND I SAID ON THE INSIDE OR OUTSIDE, SO THEY WALKED OUT THE FRONT DOOR, CAME BACK IN & SAID BOTH. MOMENTS LIKE THIS GOT ME WONDERING IF I'M SAVING TOO MUCH FOR COLLEGE..

Wife, "I was dreaming I was at Walmart."
Husband, "I was dreaming I was with 3 women."
Wife, "Was I there?"
Husband, "No, you were at Walmart."

Man, "My mother told me that every time you have an impure thought, an angel smacks you on top of the head."
Woman, "That would explain why so many men go bald."

Realized I had to use the bathroom.

Got up and walked across the house, to the pantry.

Couldn't remember why I was in the pantry.

remembered I had to use the bathroom.

Walked across the house to the bathroom.

Sitting on the throne I remembered why I went to the pantry...

Toilet paper.

What a lesson to be learned from typing the wrong email address!!!! A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. Because of hectic schedules, it was difficult to coordinate their travel schedules. So, the husband left Minnesota and flew to Florida on Thursday, with his wife flying down the following day. The husband checked into the hotel. There was a computer in his room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without realizing his error, sent the email. Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife Subject: I've Arrived!

At a wedding ceremony, the priest asked if anyone had anything to say concerning the union of the bride and groom. It was their time to stand up and talk, or forever hold their peace.

The moment of utter silence was broken by a young beautiful woman carrying a child. She started walking toward the pastor slowly.

Everything quickly turned to chaos. The bride slapped the groom. The groom's mother fainted. The groomsmen started giving each other looks and wondering how best to help save the situation. The priest asked the woman, "Can you tell us why you came forward? What do you have to say?"

The woman replied, "We can't hear in the back."

A young blonde pilot is in her first flying lesson in a two-seater plane. Her instructor all of a sudden get a heart attack and dies. "May day! May day! Help me! Help me! My instructor pilot is dead and I don't know how to fly!"

She hears a voice over the radio saying, "This is Air Traffic control. We can hear you loud and clear. I will talk you through this and get you back on the ground safely. I've had a lot of experiences with this kind of problem. Now just take a deep breath. Everything will be fine! Give me your height and position." The blonde replies, "I'm 5'7 and in the front seat."

(After a long pause)

"O.K." says the the voice in the radio.... "Now repeat after me....Our Father Who art in heaven...."

"If I could say one good thing about my wife's cooking, she sure broke that dog from begging at the table."

HE IS

M	E	D	I	A	T	O	R	R	S	M	I	F	S
A	S	G	O	G	B	G	E	M	T	E	E	A	H
C	O	H	R	R	I	W	D	E	R	S	V	A	M
D	B	A	E	V	O	D	E	H	E	S	I	H	A
E	C	A	E	P	F	O	E	C	N	I	R	P	D
E	T	R	L	R	H	T	M	A	G	A	G	L	L
H	L	M	K	O	R	E	E	B	T	H	E	A	E
E	U	S	A	I	R	Y	R	H	H	I	M	V	R
E	F	H	N	V	N	D	C	D	H	B	O	E	B
O	H	I	V	A	W	G	Y	S	O	L	L	T	E
S	T	P	L	S	O	N	O	F	M	A	N	R	T
Y	I	C	O	U	R	A	G	E	E	E	I	U	O
T	A	E	C	A	R	O	D	H	G	F	R	T	R
I	F	W	H	A	D	V	O	C	A	T	E	H	Y

ADVOCATE	GIVER	LORD	REDEEMER
ALPHA	GRACE	LOVE	SAVIOR
ARMS	HEALER	MEDIATOR	SHEPHERD
BREATH	HE IS	MERCY	SHIELD
COURAGE	I AM	MESSIAH	SON OF MAN
DOVE	KING	OMEGA	STRENGTH
FAITHFUL	LAMB OF GOD	POWER	TRINITY
FIRE	LIFE	PRINCE OF PEACE	TRUTH