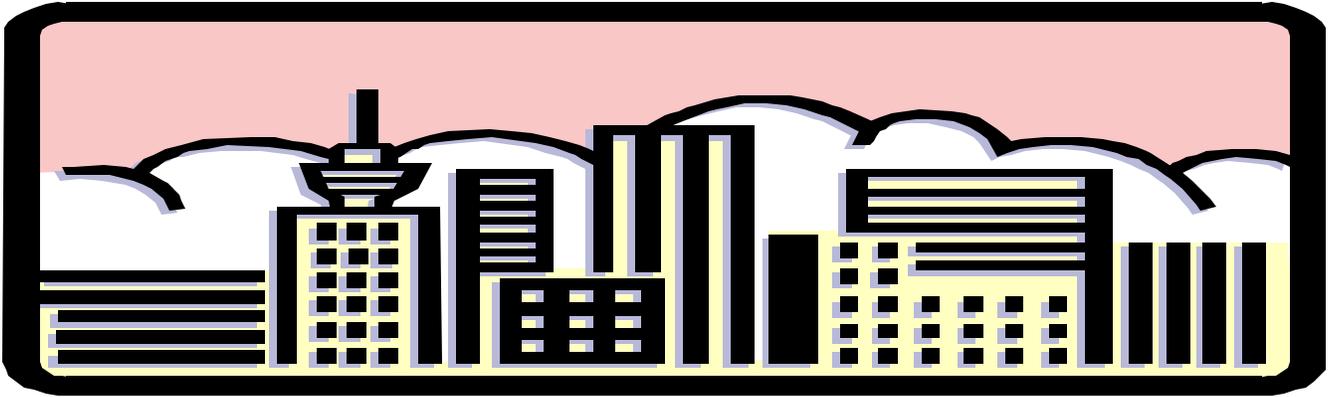


The Network News



A newsletter for the members of Metro Women's Network

November-December 2005

Thursday, December 1

Where: Hyperion Club
7390 NW Beaver Drive
Johnston
Phone 278-4711

Agenda: Social time beginning at 5:30 p.m. with appetizers served at 6 p.m..
Menu: Selected appetizers. Cash bar.

Make reservations by Monday,
November 28, by email to
rsvp@mwniowa.org

Price: \$20 for members; \$25 for non-members.

Member / Guest Reservation Policy:

If you reserve a dinner for yourself or a guest, make every effort to attend. Remember, because MWN is charged for each reserved dinner, **members are held responsible for the cost of the dinner(s) reserved, whether or not they attend.** Please provide your guests's mailing and email address when making your reservation.

Woman of the Year Nominations Due

At our February meeting, we will be honoring the Metro Women's Network Woman of the Year. Nominations for the award are due to President Meg Husen no later than December 1. For an application go to www.mwniowa.org.

An Evening to Relax And Forget the Holiday Rush

For the last several years, Metro Women's Network has departed from the third Thursday with program routine for the holidays, choosing instead to having a relaxing social evening sparked with great conversation and fantastic appetizers.

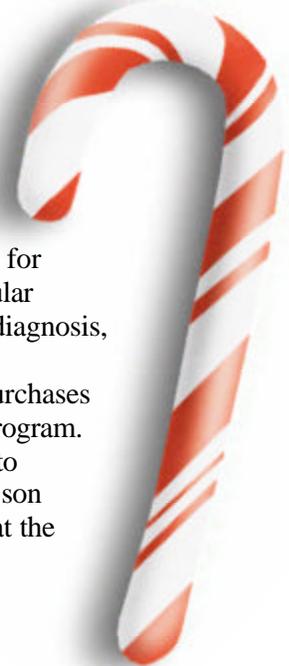
This year we're meeting at the Hyperion Country Club on December 1 to take a breather in the holiday schedule. It's a great time to chat with the members that you've come to know over the years and take to time to meet newer members. Come and enjoy.

An Opportunity to Share Holiday Riches

This year the Metro Women's Network selected the food pantry as our holiday project. It's an opportunity to share your holiday grocery shopping with the hungry. At our December 1 meeting, we will have an ingathering of food and cash which President Meg Husen will deliver to the food pantry.

Looking Ahead to January

Our speaker for the January 19 meeting is Jenn Kudrna, Health Services Coordinator for the Muscular Dystrophy Association of Central Iowa. Jenn has been health services coordinator since 2003. She oversees MDA services for patients (and their families) of over 40 neuro - muscular diseases. Services she coordinates include medical diagnosis, testing, physical, occupational and speech therapy consultations, support groups, assistive equipment purchases and equipment loans through the MDA loan closet program. Jenn is a source of information and referral services to patients and their families. She and her five year old son live in West Des Moines. The meeting will be held at the Urbandale Golf and Country Club.



Speaker Tackles Breast Cancer



After pointing out that the leading cause of death in women is heart disease and the leading cause of death in women from cancer is lung cancer, Lynne Kinseth, our October membership meeting speaker, launched into the good news and bad news about breast cancer.

What is the biggest risk factor? Age.

One of seven women will be told in their lifetime they have breast cancer and this is more likely the older the woman is. About 211,240 women (and an estimated 1,690 men) in the United States will be diagnosed with invasive breast cancer this year, and more than 40,000 will die from the disease. The good news: more than 2 million women are living with the disease today—and surviving much longer than they would have in the past.

Lynne, director the Mercy Cancer Center in Des Moines and a board member of the local affiliate of the Susan G. Komen Breast Cancer Foundation, had a strong message for all women including information about the facts about breast cancer, recommendations for mammograms, a new drug on the horizon, the Komen Foundation, -- wisdom that only years of caring for and about cancer patients can bring.

Here are some of the pointers Lynne gave about mammograms: —Start yearly mammograms at age 40 and continue for as long as a woman is in good health.

—Make clinical breast exams a part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and over.

—Report any breast change promptly to your health care providers. Breast self-exam is an option for women starting in their 20s. It is important to palpate (feel) both the breast tissue and the

tissue along the wall of the chest found by placing the opposite hand in the armpit and noting the area surrounding the out-stretched hand.

—If you are at an increased risk (e.g., family history, genetic tendency, past breast cancer) talk with your doctor about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g., breast ultrasound or MRI), or having more frequent exams.

Lynne noted according to a new study the drug Herceptin cuts the risk of tumors returning in women with early stage breast cancer by 50%. Herceptin is not the only new treatment giving breast cancer patients hope. Up to half of those with breast cancer have tumors that are dependent on the female hormone, estrogen, to grow. Tamoxifen, which was approved in 1977, remains the standard treatment for postmenopausal women by blocking a tumor's ability to use estrogen. But new data shows that switching certain breast cancer patients at two years from Tamoxifen to a new form of treatment called aromatase inhibitors, which lower the body's production of estrogen, may provide more protection against recurrence.

The Komen foundation raises funds to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment. At least 25% of net donations to the Des Moines affiliate go directly toward breast cancer research through the Komen International Grants Program; the remainder stays in the Des Moines area to provide services to the women of our community. Most of that money is distributed through the Des Moines Affiliate's Community Grants Program. Grants are made to local nonprofit organizations to provide educational, screening or treatment support services to the women of our community. For more information on the foundation go to: www.desmoinesraceforthechance.org

What's the best way to prevent all cancers? Lynne is quick to answer: "Stop smoking; stop smoking; stop smoking."

From the President's Corner

It's just way too strange that our next meeting is our "holiday get-together" — and as I type this, I have the windows open and it's in the 70s!! I'm not complaining — this is wonderful; it just seems so unreal the holidays will be here so soon.

In light of our wonderful Thanksgiving holiday, I want to specifically thank my steering committee for such a wonderful year!! I'm sure I don't qualify for West Wing, or the Commander-in-Chief yet, but having a committee like I do makes "being a president" really easy and fun!!! Thank you everyone for such a successful year of new membership, excellent meeting attendance, wonderful restaurants and great speakers!

I encourage any member who has been with MWN for at least a year to consider joining our steering committee! It's really a fun group, another comfortable, casual and wonderful evening spent together. Please contact me if you are interested in a position on the committee for next year, or if you have any questions regarding the different positions and what they involve. I have truly enjoyed this part of MWN and want to encourage all of you to consider this!

Mother Nature sure has reminded us this year how extremely vulnerable we are no matter where we live. Hurricanes, earthquakes, mudslides, tornadoes, the tsunami etc. have devastated people everywhere!! As a non-profit organization, we always offer a charity donation at the holidays to those less fortunate than we are. Please see the details in the newsletter on how you can help contribute to this worthy cause if you are interested.

See you at the holiday party!
Meg