# breast cancer Awareness Month

Advertising Supplement to THE NEWS-HERALD www.News-Herald.com

SUNDAY, OCTOBER, 10, 2021



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Next To Me has gained a well-deserved reputation as a fine intimate apparel store...but Next To Me is much more than that. It's a place where a woman can find the proper garment for her special needs, especially if she is full cupped or has had breast surgery.

# Second opinions should always be an option.



### **WELCOME TO CS WIGZ**

Are you interested in a wig or hairpiece but don't know where to start? We are here to help you! We have over 28 years of experience and we know wigs!

PINI

There are no second chances when it comes to making a first impression! Put your best SELF forward by wearing a great look by CS Wigz LLC.

Hair loss is a well-known side effect of chemotherapy, alopecia, lupus, and radiation. It is caused by damage to growing cells. Hair loss affects a person emotionally and should not be overlooked when evaluating someone's overall health. Losing hair is difficult enough on it's on but adding that to a life altering diagnosis can be a traumatic experience resulting in lower self confidence

during a difficult time. Looking in the mirror and feeling better about yourself can empower a person-wearing a great looking wig offers abundant psychological support.

ABOUT THE SPECIALIST My name is Sharrie but I am known to many as The Wig Lady Expert! I am a cosmetologist specializing in medical hair loss. I began my career over 28 years ago and have worked with some heavy hitters in the beauty industry! In the past, I have donated my time working with cancer patients at the Cleveland Clinic and the American Cancer Society. My guidance helps many people find the perfect wig. I love having the opportunity of restoring self-esteem, confidence, and bringing back a sense of normalcy to my clients! I am here



BREAST

CANCER

MONTH

AWARENESS

to make it easy for you! WHY I DO WHAT I DO

I LOVE WHAT I DO! I was inspired to launch my business because I had a family member who was receiving chemotherapy treatments and as a result lost their hair. I was determined to help her regain the pride she once felt when looking in the mirror so we set out to find her the perfect wig. We visited several wig stores and not only was the service lousy, the staff was aloof and distant and the experience was very PUBLIC-PEOPLE WERE STARING! It was at this point that my business was born. I vowed to do my best to take care of the hair loss community! You will receive a safe, private, friendly, professional, informative consultation in a modern elegant atmosphere.



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#### Let the Wig Gallery enhance your natural beauty

We Are Open By Appointment Only At This Time, Please Call To Schedule. We are a Wig Shop, we also carry hair extensions, toppers, head cover pieces, eyelashes, wig grips and wig caps. Let us enhance your natural beauty! Brands we carry: Envy, Gabor, HairDo, Jon, Renau, Noriko & Orchid. The store also provides donated wigs to women in financial need who are going through chemotherapy.

To contact the owner Sue Boston or to learn more about Wig Gallery or Gifted Wig, call 440-417-0209: go to wiggalleryllc.com or visit the Wig Gallery, LLC Facebook page. Located at 50 W. Main St., Madison, Ohio.

# Women have some control in regard to their risk for breast cancer

No one, regardless of their age, occupation, skin color, or socioeconomic status, is immune to cancer. In fact, individuals might be hard pressed to say no one in their family and/or circle of friends has been diagnosed with cancer at some point.

According to the National Cancer Institute, there were 18.1 million new cancer cases across the globe in 2018. Among women, when excluding non-melanoma skin cancer, no cancer was more prevalent globally than breast cancer. The World Cancer Research Fund reports that, in 2018, breast cancer accounted for 25.4 percent of all new cancer diagnoses

in women. That figure is nearly three times as high as the percentage of cases of colorectal cancer, which accounted for the second most new cancer cases diagnosed in women in 2018. A physically active lifestyle can help women reduce their risk for breast cancer.

It's understandable to be fearful of such figures, which can make a breast cancer diagnosis seem almost inevitable. However, the Centers for Disease Control and Prevention notes that not all risk factors for breast cancer are set in stone. Though age and family history, two known risk factors for breast cancer, may be beyond a woman's control, she still **SEE PAGE 5** 



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#### WOMEN HAVE SOME CONTROL FROM PAGE 4

can exercise some control over other risk factors.

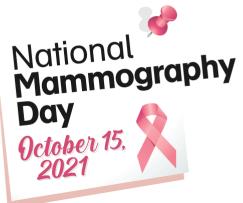
• Physical activity: The CDC notes that women who are not physically active have a higher risk of getting breast cancer than those who are. The Office on Women's Health, a division of the U.S. Department of Health & Human Services, notes that women should get two hours and 30 minutes of moderate-intensity aerobic physical activity every week or 75 minutes of vigorous-intensity aerobic activity each week. This should be accompanied by muscle-strengthening activities on two or more days each week. Carrying around extra weight can make moving around more difficult, so the Office on Women's Health urges larger women to start slowly if it's been awhile since they exercised. In addition, aging women can speak with their physicians for advice about exercise regimens they should or need not avoid.

• Taking hormones: The CDC notes that hormone replacement therapies that include both estrogen and progesterone taken during menopause can increase a woman's risk for breast cancer when taken for more than five years. In addition, the CDC reports that oral contraceptives, such as birth control pills, have been linked to a higher risk for breast cancer. Women can speak with their physicians about how to control hormone-related risk factors for breast cancer.

• Alcohol consumption: Studies have found that the more alcohol a woman consumes the greater her risk for breast cancer becomes.

Smoking, exposure to chemicals that have been found to cause cancer and changes in hormones related to working night shifts are some additional risk factors for breast cancer that women may be able to control.

Breast cancer affects millions of women across the globe each year. Though that may instill a feeling of helplessness, women should know that many risk factors for breast cancer are within their control.



# Support groups and resources for breast cancer patients

A strong support network can help breast cancer patients navigate their treatments and all of the uncertainty that can arise after a cancer diagnosis. Many women undergoing treatment for breast cancer lean on friends and family for everything from emotional support to help with household tasks and much more. Though family and friends are often invaluable to women during their battles with breast cancer, sometimes a little support from women going through the same ups and downs can be just what patients need to stay the course and overcome their disease.

According to the World Cancer Research Fund, breast cancer is the most common cancer in women across the globe. The WCRF estimates that breast cancer accounts for roughly 25 percent of all cancers in women. The World Health Organization reports that 2.3 million women were diagnosed with breast cancer in 2020. Those figures are significant, but it's important that women recognize that five-year survival rates have improved dramatically in recent decades. In fact, the American Cancer Society notes that the fiveyear survival rate for localized breast cancers is 99 percent, while the rate for breast cancers that has spread outside the breast to nearby structures or lymph nodes is 86 percent.

Rising survival rates for breast cancer mean that millions of women across the globe have already survived the disease, and many such women play vital roles in support groups that help women every day.

CancerCare® is a national organiza-

SEE PAGE 11



Consultations are welcomed and available by appointment – face masks are required!

#### **CS WIGZ** is a hair loss center catering to an alopecia, cancer, radiation and hair thinning community. We are dedicated to restoring self-esteem and confidence, while bringing back a sense of normalcy to our clients!

Sharrie is a cosmetologist specializing in medical hair loss who began her career over 27 years ago and has donated much time to working with cancer patients at the Cleveland Clinic and American Cancer Society. Her guidance helps many people find the perfect wig and she would love to help you as well!



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#### 6 THINK PINK October, 10, 2021

#### K & Em Custom Wigs

At K & Em Custom Wigs, Hairpieces, Extensions, we offer the highest quality hair addition services available. My name is Michelle Como and I pride myself in providing each client the best experience and service you'll find anywhere in the area. All wigs, hairpieces, and extensions are chosen to best fit the needs of each individual client. We are a family owned business, and are committed to providing you with the best hair addition services to fit your personal needs.

\*Now Partnering with Hillcrest Cancer Center \*Now Partnering with Lake Health \*Accepting Donations for Children>s Wigs **WIGS** 

All wigs are customized perfectly for your individual needs. I offer medical grade caps for clients going through chemotherapy treatments, have alopecia, or other medical hair loss. At K & Em, we provide medical caps that can be customized for the best fit and comfort possible.

#### TOP OF HEAD HAIRPIECE

I have clip in as well as bonded hair toppers. There are a wide variety of men's and women's hair replacement systems that are customized for your hair loss needs.



#### **EXTENSIONS**

Hair extension services can be as subtle as a few pieces to add a pop of color, or a full head to add thickness and length. Hair extensions can be bonded, taped, strand by strand, sewn in, or a simple clip in. Application method determined upon consultation.

#### CUTTING

All cuts are included in your hair addition service. **COLORING** 

Hair color is done on all natural hair, and hair addition pieces to fully complete your perfect look. **STYLING** 

At K & Em Custom Wigs, Hairpieces, Extensions, I am committed to providing you with the best hair addition services to fit your personal needs. All looks are completed with a full style. **CHILDREN'S WIGS** 

I accept donations to help fully cover the cost of any wig needs for children. You may purchase a wig, and it will be donated in your name to help a child or teenager suffering from hair loss.

Email: kandemwigs@gmail.com for all inquiries.

From word-of-mouth recommendations to online reviews, more people in the area are finding their way to K & Em Custom Wigs, Hairpieces, Extensions! Call us today to schedule an appointment or feel free to text or email kandemwigs@ gmail.com.

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### Are there different types of breast cancer?

Millions of women are diagnosed with breast cancer every year. According to the Breast Cancer Research Foundation, more than 2.3 million women across the globe were diagnosed with breast cancer in 2020. The BCRF also notes that breast cancer is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide.

Breast cancer statistics can give the impression that each of the millions of women diagnosed with the disease is fighting the same battle, but breast cancer is something of an umbrella term. In fact, there are various types of breast cancer, including ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer. Learning about each type of breast cancer can help women and their families gain a greater understanding of this disease.

#### Ductal carcinoma in situ (DCIS)

DCIS is a non-invasive cancer that is diagnosed when abnormal cells have been found



in the lining of the breast milk duct. The National Breast Cancer Foundation notes that DCIS is a highly treatable cancer. That's because it hasn't spread beyond the milk duct into any surrounding breast tissue. The American Cancer Society notes that roughly 20 percent of new breast cancer cases are instances of DCIS.

#### Invasive ductal carcinoma (IDC)

IDC is the most common type of breast cancer. The NBCF reports that between 70 and 80 percent of all breast cancer diagnoses are instances of IDC. An IDC diagnosis means that cancer began growing in the milk ducts but has since spread into other parts of the breast tissue. This is why IDC is characterized as "invasive." Though IDC can affect people, including men, of any age, the ACS notes that the majority of IDC cases are in women age 55 and older.

#### Inflammatory breast cancer (IBC)

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The NBCF describes IBC as an "aggressive and fast growing breast cancer." Breastcancer. org notes that IBC is rare, as data from the ACS indicates that only about 1 percent of all breast cancers in the United States are inflammatory breast cancers. Many breast cancers begin with the formation of a lump, but Breastcancer.org reports that IBC usually begins with reddening and swelling of the breast, and symptoms can worsen considerably within days or even hours. That underscores the importance of seeking prompt treatment should any symptoms pres-

SEE PAGE 11



How old you are is your business... How young you look is our business...

# JANET M. BLANCHARD, M.D.

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#### Suicide does not discriminate, and to prevent it, neither can we #BeThere

September marked Suicide Prevention Awareness Month, and it provided us with an opportunity to rally around the common goal of preventing suicide in our communities. The issues that divide us have received national headlines, but the issues that lead to death by suicide are ones that we must all face equally. No one is immune from depression, PTSD, substance use disorder, illness, job loss, or any of the myriad risk factors that can lead someone to considering suicide. To help end this epidemic, we must put aside our preconceived assumptions and biases about suicide and the people who may be at risk.

Help is available.

As a trusted local behavioral healthcare provider, our team at Windsor Laurelwood is dedicated to changing the national narrative about suicide in a manner that promotes hope, resiliency, equality and recovery. Mental health services that utilize proven evidence-based treatments and support are available.

If you or someone you know is experiencing an emotional crisis or thoughts of suicide, no-cost 24/7 confidential support and crisis resources are available from the National Action Alliance for Suicide Prevention:

• National Suicide Prevention Lifeline

1-800-273-TALK (8255) or via Chat from

www.suicidepreventionlifeline.org.

Crisis Text Line – text HELLO to 741741 to connect with a Crisis Counselor

Additional resources to utilize:

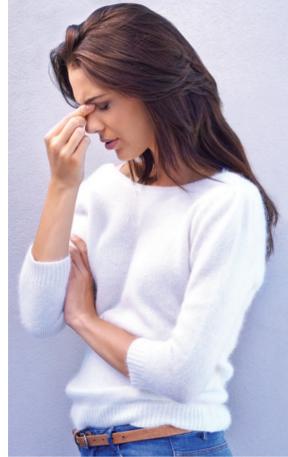
• Trevor Lifeline, the only national 24/7 lifeline for LGBTQ youth: call 1-866-488-7386.

• Veterans Crisis Line, for U.S. Military

Veterans: call 1-800-273-8255, press 1.

Recent events demonstrate that no one is beyond the reach of mental health struggles. Olympic athletes, musicians and fashion designers are not immune, and neither are you, your friends or your family members.

It's time that we stop assuming who is and is not at risk, as these assumptions can cause us to disregard warning signs. Just because someone seems to be doing well at their new job, we should not ignore the fact that they have stopped communicating with SEE PAGE 11



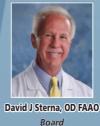


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### The complicated link between genetics and cancer

Few, if any, families have not been affected by cancer. Estimates based on data from the International Agency for Research on Cancer suggested that 19.3 million new cancer cases were diagnosed in 2020, which reflects the far-reaching impact cancer has on people across the globe.

With so many instances of cancer across the globe, it's no surprise that some families include more than one person who has had cancer. As a result, it's not uncommon for some people to feel as if cancer runs in their family. Such a conclusion may not be entirely off-base, but it's also not entirely accurate.

#### Why do some cancers seem to run in families?

The American Cancer Society notes that various factors may make it seem as though certain types of cancer run in families. For example, family members may share certain behaviors, such as poor diet, that can increase their risk for obesity, which in turn increases their risk for various diseases, including cancer. In such instances, it's not the family's genes that are the risk factor for cancer.

but rather the shared poor diet. Other commonalities within families. such as smoking, can increase cancer risk, even if the families do not have a genetic predisposition to cancer.

Do genes ever affect cancer risk?

The ACS notes that some cancers are caused by abnormal genes being passed along from generation to generation. In such instances, the cancer is not inherited, but an abnormal gene is. However, such instances are somewhat rare, as the ACS reports only about 5 to 10 percent of all cancers result directly from gene defects inherited from a parent. These gene defects are called mutations.

#### What are inherited gene mutations?

According to the ACS, an inherited gene mutation is present in the egg or sperm cell that formed the child. When an egg is fertilized by sperm, it creates one cell. That one cell then divides many times, eventually becoming a baby. Since all of the cells that eventually form come from that first cell, the inherited gene mutation is present in every cell. That's why it's possible for gene mutations that lead to cancer to be passed down from generation to generation.



#### How do people know if a family cancer syndrome affects their families?

The ACS notes that cancer is a common disease that roughly one in three people in the United States will develop during their lifetimes. So even if two family members develop the same type of cancer, that does not necessarily mean a family cancer syndrome is present. However, the ACS reports that certain factors make it a family cancer syndrome more likely. Those factors include:

• Many cases of the same type of cancer, especially if it is an uncommon or rare type of cancer

• Cancers occurring at younger ages than usual. Age is a risk factor for many types of cancer, but the average age of diagnosis tends to be in adulthood. Many young people in the same family being diagnosed with a cancer that is most often diagnosed

in older adults is a potential indicator of a family cancer svndrome.



type of cancer in a single person, such as a woman with both breast and ovarian cancer

 Cancers occurring in both of a pair of organs, such as both eyes, both kidneys, or both breasts

• More than one childhood cancer in siblings, such as sarcoma in both a brother and a sister

• Cancer occurring in the sex not usually affected, such as breast cancer in a man

· Cancer occurring in many generations, such as in a grandfather, father and son

The relationship between genetics and cancer is complicated. More information is available at www.cancer.org.

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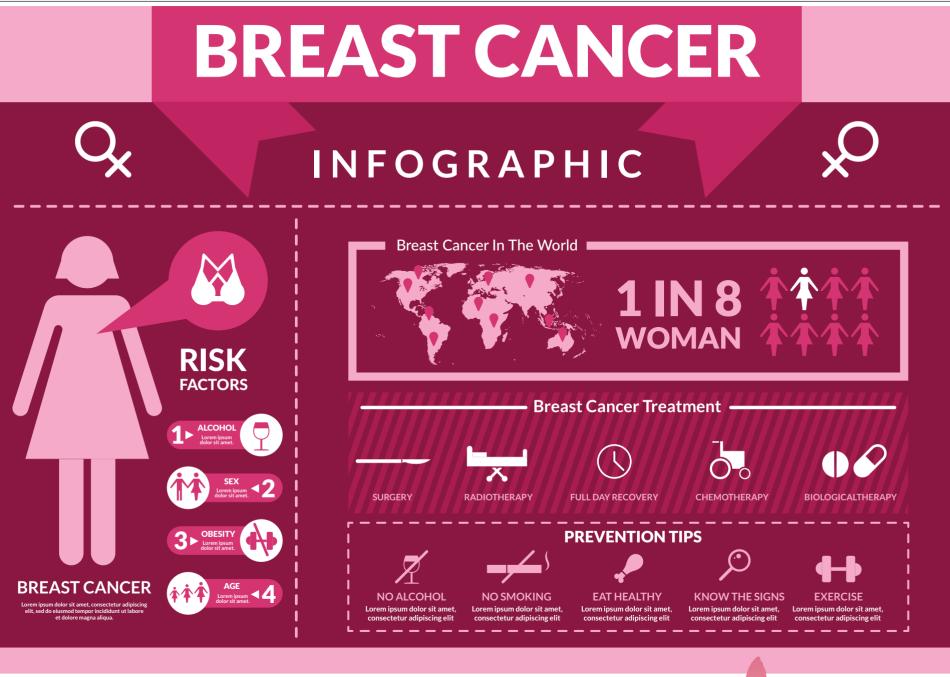


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#### **Did you know?**

A 2017 study published in the journal Cancer Epidemiology, Biomarkers and Prevention found that about one-third of women diagnosed with metastatic breast cancer in the United States live at least five years after diagnosis. Also known as stage IV breast cancer, metastatic breast cancer is the most advanced stage of the disease. Metastatic breast cancer refers to breast cancer that has spread beyond the breast and nearby lymph nodes to other parts of the body. Patients diagnosed with breast cancer also should know that improved treatments may further their chances of surviving a diagnosis, even a diagnosis of metastatic breast cancer. In fact, the American Cancer Society notes that survival rates are based on women who were diagnosed and treated at least five years earlier. In the time since those survival rates were documented, treatments could have advanced even further, potentially improving the five-year survival rates for metastatic breast cancer.



#### **SUPPORT GROUPS FROM PAGE 5**

tion in the United States that is dedicated to providing free, professional support services to anyone affected by cancer. All CancerCare<sup>®</sup> services are provided by oncology social workers and renowned cancer experts. The following are just a few of the support groups cancer patients can access through www. cancercare.org.

• Breast Cancer Patient Support Group: This free, 15-week online support group is for people diagnosed with breast cancer who are currently receiving treatment. Access the group at https://www.cancercare.org/support\_groups/43-breast\_cancer\_patient\_support\_group.

• African American Triple Negative Breast Cancer Patient Support Group: This group is for African Americans diagnosed with triple negative breast cancer who are currently receiving treatment. The group is free and continues for 15 weeks. Access the group at https://www.cancercare.org/ support\_groups/197-african\_american\_triple\_negative\_breast\_cancer\_patient\_support\_group.

• Metastatic Breast Cancer Patient Support Group: This free, 15-week support group is for people diagnosed with stage IV metastatic breast cancer who are currently receiving treatment. Access the group at https://www.cancercare.org/support\_groups/44-metastatic\_breast\_cancer\_patient\_support\_group.

• Breast Cancer Post-Treatment Survivorship Support Group: Patients who have completed their breast cancer treatment within the past 18 months are eligible for this free, 15-week support group. Access the group at https://www.cancercare.org/support\_groups/180-breast\_cancer\_post-treatment\_survivorship\_support\_group.

Each CancerCare<sup>®</sup> online support group is available exclusively to residents of the United States, including people in Puerto Rico and U.S. territories. The Canadian Cancer Society has a database that cancer patients in Canada can use to find local support services in their area. That can be accessed via the CCS Community Services Locator at www.csl.cancer.ca.

Support groups can be invaluable resources for women as they navigate breast cancer treatment.

#### **TYPES OF BREAST CANCER FROM PAGE 6**

ent themselves.

Metastatic breast cancer

Metastatic breast cancer may be referred to as stage IV breast cancer. When a woman is diagnosed with metastatic breast cancer, that means the cancer has spread, or metastasized, into other parts of the body. The NBCF indicates that metastatic breast cancer usually spreads to the lungs, liver, bones, or brain. Symptoms of metastatic breast cancer vary depending on where the cancer has spread. For example, if the cancer has spread to the lungs, women may experience a chronic cough or be unable to get a full breath.

These are not the only types of breast cancer. A more extensive breakdown of the various types of breast cancer can be found at https://www.breastcan-cer.org/symptoms/types.

#### SUICIDE FROM PAGE 8

friends and pursuing their hobbies. Just because someone appears happy/content in their social media photos, let's not ignore their increased substance use and social isolation.

A simple conversation can save a life. It's time to stop thinking certain people in our lives are above this epidemic, and time to start seeing everyone around us for what they are – humans. Humans with complex lives, potentially unknown traumas, and an equally important worth and value to the world. Stop assuming, and start asking, "Is everything ok?" A simple question and conversation can save a life. Effective treatments and compassionate and knowledgeable mental health professionals are ready and waiting to help. We all need to join together to educate ourselves, #BeThere for our loved ones, and take the suicide prevention fight into our everyday lives. *Call us at Windsor Laurelwood if you need help or have questions* (800) 438-4673



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