

# *The Judith A. Lese Breast Cancer Foundation, Inc.*

100% of contributions are disbursed



Est. 2003

*“in the pursuit of education and cure for breast cancer”*

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JALBCF # 95-19

September 29, 2019

Dear Foundation Friends,

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Fed. ID 20-0061083

Fall is officially here and we always think about OCTOBER AS BREAST CANCER AWARENESS MONTH but we all need to keep this mindset awareness year round. We all need to maintain updated informative focus on our own breast health and share with friends and family members in our lives. Each needs to be pro active and be a self-advocate and/or support for others in this area of maintaining optimum breast health.

The Judith A. Lese Breast Cancer Foundation has education as one of the three components of our mission. Wonderful educational sheets have been included in our mailings each time during these previous 18 years. Once again, with great pride we have a page about **Seven Mammogram Myths**. Read and share this document! Please share it with others to promote the year round awareness mindset with knowledge and comfort of the who? The why?, and the where?, the when, the why and the how and the who for service to this matter? Also, Myth #7 includes reference to a medical device called the breast curve. This is a special attachment to a mammogram equipment to provide greater comfort and enable the patient to experience less pain. The Judith A. Lese Breast Cancer Foundation provided the funds for this wonderful medical equipment this past year. It is with your generosity and caring decisions to support us that we are able to make differences that help so many others.

What a wonderful Annual Dinner Fundraiser July 10 was this summer. It is great to see, talk and reconnect with each other during this annual event. It is lovely meeting new people each year too! I can never thank each of YOU enough for your contributions that make it possible for this Foundation to do the very important work that we do to increase the education and awareness of accurate information about breast cancer so that you advocate for yourself and others, to promote selected researchers working to find a cure/treatments for this disease and know where breast health maintenance and annual care is provided from the highest level of medical specialists and using the most updated medical technology.

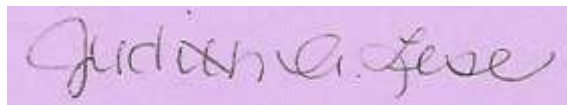
Our guest speaker was Dr. Brian Christmas from Johns Hopkins University-Sidney Kimmel Comprehensive Cancer Research Center. His presentation helped us learn about the research Dr. Evanthia Roussos Torres's breast cancer research team, of which he is a member, is doing. With the power point presentation, we learned about immunotherapy. He clearly helped us learn what this is, the goals and procedures related to it and how breast cancer patients are benefitting from this medical direction of helping those fighting this disease. Once again, I thank you all for your continued support and contributions to our Foundation because of YOU, we have been making selected JHU breast cancer researchers recipients of funds all the past years helping to promote their important work.

Jay Hagler, Treasurer's Update: First, thank you, thank you, thank you! Through your kindness and generous support, we are on the way towards having the best contribution year in the history of our Foundation. With your continued help, next year will be even better. In the coming weeks the [2019 Combined Federal Campaign \(CFC\) of the National Capital Area](#) will begins, so please consider us in your pledge (again). You can also donate anytime to our Foundation online via **PayPal** and **AmazonSmile**. For details and links to these donation sites, please go to the Contributions page of our Foundation's website (<http://www.judithlese.org/Donate.htm>)

We look forward to all participating in our annual WALK to WIN Event October 27 at the Capital Crescent Trail. It is always the final Sunday in October. Bring friends and relatives. It is so delightful walking on the different options available: go towards Bethesda main shopping district or/and towards Georgetown or both!

We also look forward to all joining us at our 2nd annual FUNdraiser at California Pizza Kitchen, at Westfield Montgomery Mall, on January 20 (which is the Martin Luther King Holiday). Post the flyers in this mailing and come join us. May all have a joyous holiday season and a healthy 2020. Keep Foundation in mind as you complete your end of year tax forms. Also, any contacts or ideas for fundraising events for us to do just let us know! Again, I thank each of YOU for making FOUNDATION a part of what matters to YOU.

With my deep gratitude.



Judith A. Lese  
Founder and CEO

## **Seven Mammogram Myths**

Submitted by Pouneh Razavi, M.D.

Director of Breast Imaging

Sibley Memorial Hospital and Suburban Hospital

Annual mammograms are an essential part of a woman's health, but too often, myths, rumors and misinformation deter some women from making the appointment.

Here are the 7 of the most common mammogram myths and the facts to set the record straight:

### **Myth #1: I don't have any symptoms of breast cancer or a family history, so I don't need to worry about having an annual mammogram.**

Fact: The American College of Radiology recommends annual screening mammograms for all women over 40, regardless of symptoms or family history. Early detection is critical. If you wait to have a mammogram until you have symptoms of breast cancer, such as a lump or discharge, at that point the cancer may be more advanced. According to the American Cancer Society, early-stage breast cancer has a five-year survival rate of 99 percent. Later-stage cancer has a survival rate of 27 percent.

### **Myth #2: A mammogram will expose me to an unsafe level of radiation.**

Fact: While a mammogram does use radiation, it is a very small amount and is within the medical guidelines. Because mammography is a screening tool, it is highly regulated by the Food and Drug Administration, Mammography Quality and Standards Act and other governing organizations, like the American College of Radiology. A mammogram is safe as long as the facility you go to is certified by the regulating agencies. There is constant background radiation in the world that we are exposed to every day. The radiation dose from a mammogram is equal to about two months of background radiation for the average woman.

### **Myth #3: A 3-D mammogram is the same as a traditional mammogram.**

Fact: Three-dimensional mammography, or tomosynthesis, is the most modern screening and diagnostic tool available for early detection of breast cancer. Compared to a standard 2-D mammogram, a 3-D mammogram displays more images of the breast and in thin sections of breast tissue. 3-D mammograms provide us greater clarity and the ability to determine the difference between overlapping normal tissue and cancer. With 3-D mammography, the data show a 40 percent increase in detecting early cancer and a 40 percent decrease in false alarms or unnecessary recalls from screening.

### **Myth #4: If I have any type of cancer in my breast tissue, a screening mammogram is guaranteed to find it.**

Fact: While annual mammograms are very important for women, there are limitations. This is mostly due to dense breast tissue — the denser the breast, the more likely it is that a cancer will be hidden by the tissue. Normal breast tissue can both hide a cancer and mimic a cancer. In addition to an annual mammogram other imaging methods including a breast ultrasound and a breast MRI can be used for women with dense breast tissue.

**Myth #5: I had a normal mammogram last year, so I don't need another one this year.**

Fact: Mammography is detection, not prevention. Having a normal mammogram is great news, but it does not guarantee that future mammograms will be normal. Having a mammogram every year increases the chance of detecting the cancer when it is small and when it is most easily treated which also improves survival.

**Myth #6: My doctor didn't tell me I needed a mammogram, so I cannot schedule an exam.**

Fact: You do not need your doctor to write you a prescription or complete an order form for you to have a screening mammogram. The recommendation is that if you are a woman from age 40 on, you should have a mammogram every year. Women can self-refer to make an appointment for their annual mammogram for earlier detection of breast cancer.

**Myth #7: Mammograms are always painful**

Fact: Sibley Memorial and Suburban Hospital both have the latest technology to fit the breast curve and provide a more comfortable patient experience with less pain.

**When and Where to Get a Mammogram**

A yearly mammogram for women 40 and older helps to detect breast cancer earlier, leading to less aggressive treatment and a higher rate of survival.

Visit [sibley.org/mammo](http://sibley.org/mammo) or [suburbanhospital.org/breast](http://suburbanhospital.org/breast) to schedule your mammogram today.

September 2019

## Pledge/Sponsor Form

Name/Address                      Amount

- 1.
- 2.
- 3.
- 4.

### Please Send Us Your E-Mail Addresses

In an effort to improve communications, The Judith A. Lese Breast Cancer Foundation, Inc. is establishing an e-mail ListServ to provide you with the latest information on Foundation events and breast cancer education. To become part of our ListServ, please send your e-mail addresses to the Foundation at: [LeseCancerFdn@aol.com](mailto:LeseCancerFdn@aol.com)

**Note:** Your e-mail addresses will not be used for solicitations, advertising, mass mailings, or any other purposes unrelated to the activities of The Judith A. Lese Breast Cancer Foundation, Inc.

- All contributions are tax-deductible
- Checks payable to The Judith A. Lese Breast Cancer Foundation, Inc.

**WALK TO WIN** the battle  
against breast cancer  
Sponsored by:

## Bridgeport Benefit Advisors

John Y. Cho  
Benefits Consultant  
and Owner

4905 Del Ray Avenue  
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Bethesda, MD 20814

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866-569-0727 (fax)

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[www.brport.com](http://www.brport.com)

**The Judith A. Lese  
Breast Cancer  
Foundation, Inc.**

# WALK

# TO

# WIN



the battle against breast cancer

**Seventeenth Annual 1.5K / 3K  
Walk/Run**

**Sunday, October 27, 2019**

## RAIN OR SHINE

**Capital Crescent Trail**

Meet/park at the Bethesda Pool,  
Little Falls Pkwy & Hillandale Rd,  
Bethesda, Maryland

**WALK TO WIN the battle against breast cancer** is a 1.5K / 3K event sponsored by The Judith A. Lese Breast Cancer Foundation.

The mission of the Foundation is to promote awareness of this disease with accurate information and work to eradicate breast cancer by sponsoring fundraising events that support us in “*the pursuit of education and cure for breast cancer.*” Over the years, monies raised have benefited: the Sullivan Breast Health Center at Sibley Memorial Hospital-Johns Hopkins Medicine; breast cancer research at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, the University of Pittsburgh Cancer Institute, the Fred Hutchinson Cancer Research Center in Seattle, The Jackson Laboratory in Bar Harbor, Maine, and the UCLA Jonsson Comprehensive Cancer Center in Los Angeles; and have provided funds for Sibley Hospital’s breast cancer prevention and treatment clinical trial program which enables uninsured and underserved women opportunities to participate in clinical trials.

Judith A. Lese, Founder/CEO

<b>Contribution Tiers</b> (Tax Deductible)	
\$5,000	Trustee Tier
\$2,000	Guardian Tier
\$1,000	Sustainer Tier
\$500	Shielder Tier
\$200	Protector Tier

**Please make checks payable to:  
The Judith A. Lese  
Breast Cancer Foundation, Inc.**

16012 Chester Mill Terrace  
Silver Spring, MD 20906  
Phone & Fax: 301-774-6719  
501(c)(3) organization; Fed. I.D. 20-0061083

Website: [www.judithalese.org](http://www.judithalese.org)

## WALK TO WIN Fundraiser Event

WALK TO WIN the battle against breast cancer is an annual Foundation fundraiser event. WALK TO WIN is held each fall commemorating Breast Cancer Awareness Month. The Capital Crescent Trail provides an invigorating and enjoyable environment to walk, talk, and observe the beauty with others.

- Grass-roots, Washington Metropolitan Area, non-endowed organization; founded 2003
- Monies raised support Sullivan Breast Health Center, which provides full service breast care, detection and diagnosis of breast cancer
- Monies raised support specific researchers working to eradicate breast cancer
- Monies raised support clinical trial participation for underserved/uninsured
- Promotes awareness of this disease through speakers and literature

### Entry Fee:

**\$50 (tax-deductible)** for the 1.5K / 3K event sponsored by Bridgeport Benefit Advisors, Bethesda, MD

### Schedule:

9:30 am: Registration\* begins at Bethesda Pool location adjacent to the Capital Crescent Trail  
10:00 am: Welcome and Walk  
10:00-11:00 am: 1.5K / 3K WALK TO WIN

\*SPONSOR-PROVIDED T-Shirt/Snack at Registration Table

Please RSVP by Saturday, October 26 to:

[LeseCancerFdn@aol.com](mailto:LeseCancerFdn@aol.com)

Judith Lese – 301-774-6719

(WALK-UPS WELCOMED ON 10/27)

## Registration Information

Please photocopy for additional participants.

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**Name**

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**Address & Apt. #**

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**City, State, Zip**

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**Daytime Phone**

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**Evening Phone**

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**Email**

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**Registration Fee: \$ 50.00**

**(tax-deductible)**

**Please make checks payable to The Judith A. Lese Breast Cancer Foundation, Inc.**

I hereby release and hold harmless The Judith A. Lese Breast Cancer Foundation, Inc. and Capital Crescent Trail from any loss, liability, or claims I may have arising out of my participation in this event.

Photographs taken may be used on Foundation’s website or brochure. By signing below agreement is made with this. If you do not want your photo used please contact: Judith A. Lese. Contact information is on Walk to Win flyer.

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**Signature of Participant (Over 18 yrs.)**

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**Signature of Parent/Guardian if Participant is under 18 yrs.**

# Pizza with a purpose

Bring in this flyer, present it to your server  
and we'll donate 20% of your check to the organization listed  
below. Purchases include dine-in, takeout, catering and  
all beverages.

## FUNdraiser in support of:

Judith A. Lese  
Breast Cancer Foundation, Inc.



## Monday, January 20, 2020

(All Day)

Valid at the following location:

**California Pizza Kitchen- Westfield Montgomery Mall**

7101 Democracy Blvd, Bethesda, MD 20817 | Phone: (301) 469-5090

Join the *CPK Rewards*™ program and receive a free Small Plate on your next visit after registering. Register today at [cpk.com](http://cpk.com) or download our new app today!



california  
PIZZA KITCHEN

Fundraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine-in, takeout, online, catering, curbside or delivery orders placed directly with CPK. Not valid for third-party delivery. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the fundraiser, please contact the organization directly.

