



# Make strides to end breast cancer.



## Spring into Strides

The greatest impact in the fight against breast cancer will take place at Making Strides Against Breast Cancer events across the country this year.

"We have lots to celebrate", says Susan Petre, Making Strides managing director. "Just look at how far we've come. Since 1993, we've raised 594 million dollars with 10 million participants, and last year alone we had 1.2 million walkers."

Nearly 300 events nationwide will take place in 2014 to celebrate and honor breast cancer survivors and mobilize communities to fight back.

Now is the time to lace up your walking shoes and help ensure this year's Making Strides season is a success. There are several ways you can get involved:

- Start a team or join a team
- Invite a survivor to your event
- Support a participant or make a donation
- Refer sponsors to support the walk
- Sign up to be a day of volunteer



Already signed up? Get your family and friends involved today! For more information, contact us at [DetroitMIStrides@cancer.org](mailto:DetroitMIStrides@cancer.org) or 248.663.3425

### Making Strides Detroit Newsletter - June 2014

**Walk Day: Saturday, October 11**  
**Location: Downtown Detroit**  
**2000 Brush St., Detroit**

#### Connect with us....

Email: [DetroitMIStrides@cancer.org](mailto:DetroitMIStrides@cancer.org)  
Phone: 248.663.3425  
Website: [MakingStridesWalk.org/DetroitMI](http://MakingStridesWalk.org/DetroitMI)  
Facebook: [facebook.com/MakingStridesDetroit](https://www.facebook.com/MakingStridesDetroit)  
Instagram: [instagram.com/StridesDetroit](https://www.instagram.com/StridesDetroit)  
Include #MakingStridesDetroit for all your posts

Donations made payable to  
The American Cancer Society can be mailed to:

American Cancer Society, Attn: MSB DET  
20450 Civic Center Dr., Southfield MI 48076

*Include a note with your and your team names*



[MakingStridesWalk.org](http://MakingStridesWalk.org)

## Good-for-you Carbohydrates

*You don't have to give up carbs to have a healthy diet; the key is choosing wisely. American Cancer Society nutrition guidelines recommend avoiding processed and refined carbs in favor of complex ones, as much as possible. ACS Director of Nutrition and Physical Activity Colleen Doyle, MS, RD, has some easy tips to fit in more better-for-you carbs:*

- Read the label on breads, cereals, rice, pasta and crackers. Look for whole *something* as the **first** ingredient, such as whole-wheat flour.
- Start your day with high-fiber foods. Oatmeal, oat cereal, whole-bran or whole-wheat muffins, bagels, or English muffins.
- Add bananas or berries to your oatmeal or oat cereal, or have fruit on the side.
- Keep dried fruits and vegetable juice boxes in your desk drawer and glove compartment (but watch the sugar content!).
- Keep a bowl of fresh fruits on your kitchen counter for quick snacking.
- Enjoy ½ cup (4 ounces) of 100% fruit juice once or twice a day. Mix with club soda or unsweetened seltzer water if you like fizz.
- Choose brown rice instead of white; quinoa or bulgur instead of regular couscous.
- Add barley to soups and stews, or bulgur to salads and casseroles.
- Choose whole-grain snacks: popcorn, corn tortilla chips and salsa, whole-wheat pita bread with hummus, whole-wheat crackers with low-fat cheese, or whole-grain muffins.

## 10 Key Facts About Cancer in Women

American Cancer Society researchers continuously analyze key cancer data and publish their findings in an ongoing series of reports, titled Cancer Facts & Figures. Below are 10 key facts about cancer in women in the U.S. from the 2014 report.

**810,320:** Number of women expected to be diagnosed with cancer in 2014.

**275,710:** Number of women expected to die of cancer in 2014.

**232,670:** Number of women expected to be diagnosed with breast cancer in 2014. Breast cancer is the leading cancer in women. Lung cancer is the second most common among women.

**72,330:** Number of women expected to die in 2014 from lung cancer. Lung cancer is the leading cause of cancer death in women.

**2003:** The year in which lung cancer death rates began declining in women. Rates have continued to decline since then, decreasing 1.4% per year from 2006 to 2010.

**18:** Too much weight gain after this age is associated with increased breast cancer risk. American Cancer Society studies have found that women who gain more than 70 pounds in adulthood double their risk.

**79%:** The 5-year breast cancer survival rate for African American women; this compares to 90% among white women.

**3%:** The annual decline from 2006 to 2010 in colon cancer death rates among women. The decrease in recent years is largely due to past improvement in early detection and treatment. However, colon cancer is still the third most common cause of cancer death among women.

**50:** The age at which women who are at average risk for developing colon cancer should start getting the recommended screenings.

**5%:** The percentage of cancer deaths among women due to ovarian cancer, which causes more deaths than any other cancer of the female reproductive system. However, the ovarian cancer death rate is declining.

For more statistics and information about cancer in women, explore and download Cancer Facts & Figures publications at [cancer.org](http://cancer.org).

### Volunteer Profile: Jason Forstot

"I love doing this. I'm extremely passionate about it. We help people, and that's what it comes down to," said Jason. Three years ago, he became the income vice chair for his local Making Strides event, which has raised more than \$700,000 just in the last 2 years. "Everyone involved is an inspiration. It makes my dedication that much stronger. There are so many wonderful volunteers, the more people we get involved in this cause the better," he said. He can't wait to stop volunteering for his Making Strides event, though, because that means cancer has been defeated. "The day I put myself out of a volunteer job, now that's a success," said Jason. Until then, he will continue to lead the way in the fight against cancer and inspire and motivate those around him.



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