

Dr. Louise Ligresti - Guest Speaker

February 13th, 7:30 p.m.

You won't want to miss our meeting on February 13th at 7:30! Dr. Ligresti will be with us to talk about the San Antonio Breast Cancer Symposium which compared "dose dense" chemotherapy to patients with "conventional" chemotherapy. She'll also talk about some of the new drugs like Arimidex. I know many of us have questions regarding new treatments that we have read or heard about, so bring your questions with you so we can ask the expert! Please try to be prompt so we can start right away.

Next Month's Meeting

Our next meeting will be **February 13th at 7:30 p.m.**

Daily Celebration

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."

- Author Unknown

January Meeting

We had a terrific meeting on January 9th. Ann De who is the new permanent cosmetic make-up artist for the "Docs" spoke to us about areola restoration (or as we call it, "tattooing") She told us how she does it and what we can expect. She is board certified by the American Academy of Micro pigmentation, certified for Continuing Education in advanced Areola Repigmentation and is a member of The Society of Permanent Cosmetic Professionals. We thought she was wonderful and she will be joining us again in March so that anyone who wasn't at our meeting could come and ask questions. If you have a tattoo that has faded, and have thought about a touch-up, you will want to come and meet her and ask whatever questions you have. We all thank you, Ann De for your most informative evening.

We met 2 new "bosom buddies." Jane G., who has recently had her surgery, and Sally F. who came with questions about the TRAM and implants, because she is trying to decide. Thanks to all of you who came to help answer lots of questions. We certainly remember how difficult that part was! I hope you all felt the meeting was as informative as I did. I'm looking forward to seeing you all Feb. 13th when Dr. Ligresti will be with us. Have a good month, and remember to laugh!

Laughter is the Best Medicine

A noted psychiatrist was a guest at a National Organization for Women gathering, and his hostess naturally broached the subject in which the doctor was most at ease.

"Would you mind telling me, Doctor," she asked, "how you detect a mental deficiency in somebody who appears completely normal?"

"Nothing is easier," he replied. "You ask him a simple question which everyone should answer with no trouble. If he hesitates, that puts you on the track."

"What sort of question?"

"Well, you might ask him, "Captain Cook made three trips around the world and died during one of them. Which one?"

The woman thought a moment, then said with a nervous laugh, "You wouldn't happen to have another example, would you? I must confess I don't know much about history."