

## Educating Survivors

The grassroots, national nonprofit organization Back in the Swing USA announces the Fall 2012 publication of *The Back in the Swing Everyday Lifestyle Cookbook*.

Published by Andrews McMeel, this groundbreaking 300-page, full-color, hard-bound book will be co-authored by Barbara C. Unell, founder of Back in the Swing USA, and cookbook author, Judith Fertig, with all proceeds benefiting Back in the Swing USA.

Fabulous recipes for eating great and living well every day after breast cancer, this book will share the essentials of what everyone needs at her fingertips every day, from recipes to research, to help take care of herself and demand the best care from her healthcare providers. The contents are based on Back in the Swing's first decade of supporting the movement to care for this country's nearly 3 million breast cancer survivors, protecting and improving their health after treatment.

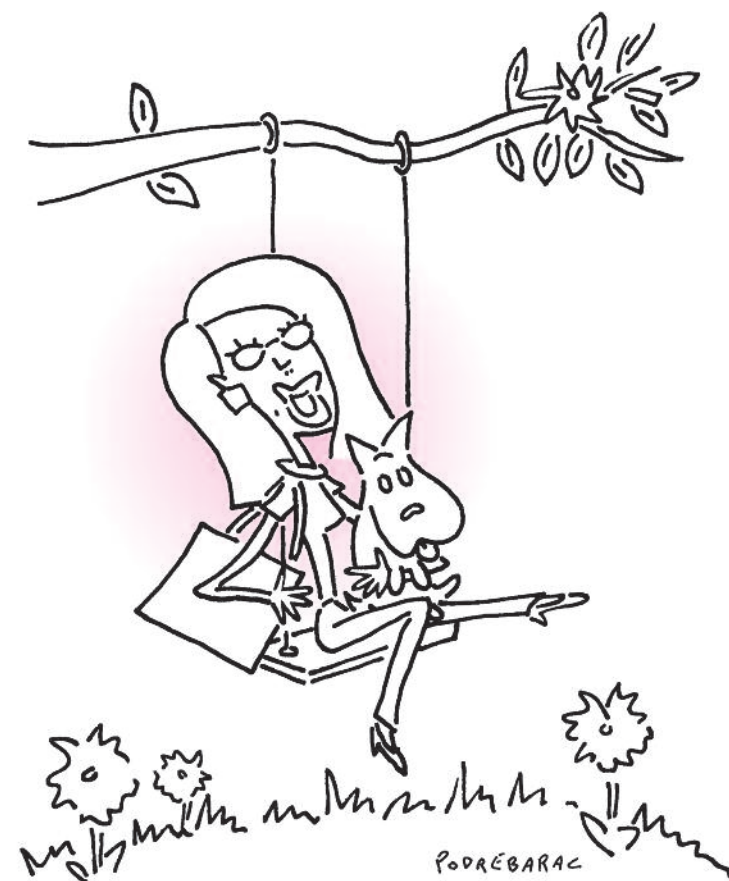


Please send your generous donation to:  
Back in the Swing  
6709 W. 119th Street No.444  
Overland Park, KS 66209

Our Back in the Swing Nonprofit 501c3  
Tax ID # is: 26-0636517

For more information call: 913-481-6364

Visit: [BackintheSwing.org](http://BackintheSwing.org)



## In Our First Decade...

Back in the Swing® established model programs of groundbreaking personalized, multi-disciplinary medical care for Kansas City's breast cancer survivors.



**NOW IT'S TIME TO SHARE THE ADVANCES WE'VE MADE** over the past 10 years. This booklet gives you a quick look at the accomplishments of our national nonprofit organization and our groundbreaking educational efforts to ensure that evidence-based survivorship medical care and lifestyle choices are the expectation, not the exception, after breast cancer.

Back in the Swing has been in their **TEST KITCHEN** cooking up some fabulous **NEW RECIPES** to improve and protect your health and prevent cancer.

### Back in the Swing's Mission

We are the first and only grassroots, national nonprofit organization providing awareness, education and fundraising on behalf of the more than 2 and a half million breast cancer survivors in the United States, to empower them to get back in the swing of life physically, emotionally and spiritually.

### Why Breast Cancer Survivors Need Support To Get Back in the Swing

Back in the Swing is the only organization to focus on individualized, comprehensive medical care after breast cancer treatment. After treatment, many survivors are left with health issues that require lifelong attention. Besides the fear of recurrence, they may experience some or all of these common symptoms, including lymphedema, weight gain, sleeplessness, muscle fatigue, cardiac problems, short-term memory loss, hot flashes, skin dryness, neuropathy, vaginal dryness, depression, loss of sexual desire, and more. Medications breast cancer survivors are taking may increase their risk of other cancers and medical problems.



## **Post-treatment Care Is Every Survivor's Right**

Thanks to advanced treatments and earlier detection, there are now over 2 and a half million breast cancer survivors in the USA today, each of whom deserves the right to obtain the most advanced care to: prevent a cancer recurrence; address the effects of primary treatment; and coordinate the work of specialists and primary care physicians to ensure that all of her health needs are being met to improve and protect her health.

## **How We Have Made A Difference**

When we started Back in the Swing in 2000, personalized, comprehensive clinical post-treatment care for breast cancer survivors did not exist. With the help of our generous community, we have provided the seed money to seven area institutions to launch breast cancer survivorship services. Today, these institutions make Kansas City the flagship for the nation in breast cancer survivorship care...

- Breast Cancer Survivorship Center at the University of Kansas Cancer Center
- The "Now What!?" Survivorship Center at North Kansas City Hospital Northland Cancer Center
- Shawnee Mission Medical Center
- Saint Luke's Cancer Institute
- Truman Medical Center
- Cancer Action
- Turning Point

These institutions form the Kansas City Back in the Swing Working Group, which also includes:

- St. Joseph Medical Center
- Gilda's Club



*“Your greatest pleasure is that which rebounds  
from hearts you have made glad.”*

HENRY WARD BEECHER

# **In Our Second Decade...**

## **Supporting The Breast Cancer Survivorship Center, Back in the Swing's "Test Kitchen" for Research and Clinical Care**

The Breast Cancer Survivorship Center at the University of Kansas Cancer Center is the first personalized, comprehensive breast cancer survivorship center in the United States. Today, the Center collaborates with academic cancer centers around the country in research and evaluation of clinical care models. It has taken the lead in creating a new curriculum of oncology nurse training modules (see below) and a curriculum for academic, medical institutions around the country. We are dedicated to supporting this important hub for national leadership in breast cancer survivorship personalized, comprehensive healthcare and research.

## **Training Oncology Nurses**

Your donation to Back in the Swing will support the delivery of clinical survivorship care and academic medical research, both contributing to the development of education for oncology nurses. Through a collaboration of leaders in the field of survivorship, a new online curriculum called “Cancer Survivorship Training for Healthcare Professionals,” endorsed by The Oncology Nurses Society, Greater Kansas City Chapter, will educate oncology nurses and healthcare providers, so that survivorship care can be accessed wherever primary cancer care exists.

The curriculum is based on a national educational needs assessment conducted among oncology nurses, as well as model cancer survivorship programs. In cooperation with the Oncology Nurses Society, oncology nurses around the country were asked how important is it for oncology nurses to develop skills to help patients manage survivorship issues. A resounding 83% responded “very important.” Yet, only 13% considered themselves “very skilled” in this area of care.

*Join Us In Getting America's  
Breast Cancer Survivors  
Back in the Swing of Life!*

