



THE LIGHTHOUSE

To Inspire, Inform and Educate!

BFRIN YEAR IN REVIEW



With 2017 in the rear view mirror, we would like thank all our Customers, Vendors and Business Partners for their patronage as we strive to help breast cancer survivors, their caregivers and the community.

We have compiled a few highlights of some of the efforts, events and stories that have had an impact on our BFRIN customers and industry at large during the 2017.

Head Office Renovation

We renovated our head office in Upper Darby in the early part of year, offering our customers a warm, tranquil and inviting fitting experience.



Corporate Partnerships

Thanks to our corporate sponsors Pfizer, Genentech, Moravia Health, Whole foods Market and Fresh Grocer who partnered with BFRIN to offer free to low cost care to those who cannot afford it.



Philadelphia WorkReady Initiative

This year our participants were Devon Crawford and Bianca Robinson. They spent six weeks at BFRIN learning work skills that will prove invaluable for their future success.



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Breast Cancer Spa Day

We were invited to Washington DC to participate in the Alfred Owens Family Life



Metastatic Breast Cancer

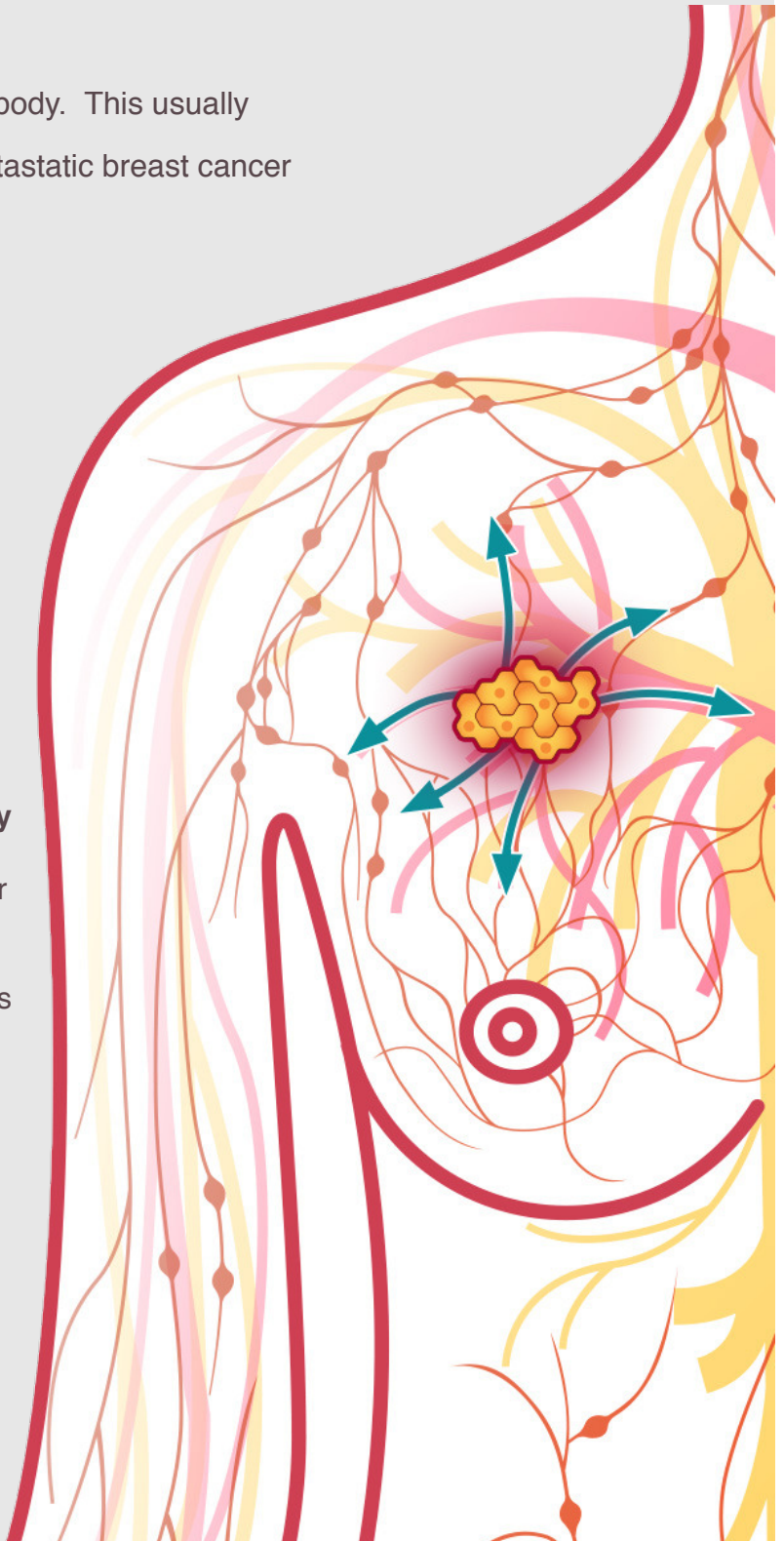
What Is it?

The cancer has spread to other parts of the body. This usually includes the lungs, liver, bones or brain. Metastatic breast cancer is also classified as **stage 4** breast cancer.

How does cancer spread, or metastasize?

The spread of cancer usually happens through one or more of the following steps:

- **Cancer cells invade nearby healthy cells.** When the healthy cell is taken over, it too can replicate more abnormal cells.
- **Cancer cells penetrate into the circulatory or lymph system.** Cancer cells travel through the walls of nearby lymph vessels or blood vessels.
- **Migration through circulation.** Cancer cells are carried by the lymph system and the bloodstream to other parts of the body.
- **Cancer cells lodge in capillaries.** Cancer cells stop moving as they are lodged in capillaries at a distant location and divide and migrate into the surrounding tissue.
- **New small tumors grow.** Cancer cells form small **tumors** at the new location (called micro-metastases.)





Be sure to get your winter veggies

Just because the weather is much colder doesn't mean you can't indulge in fresh produce.

These are some of the most readily available at this time of the year:

BRUSSELS SPROUTS – this tiny treat is low in fat and sodium and free of cholesterol and saturated fat. They're low in calories and a good source of fiber and vitamin C.

CABBAGE - this inexpensive veggie is chock-full of folate and vitamins C and K. It's also loaded with antioxidants and fiber. For maximum impact, eat it raw.

CARROTS – High in beta carotene and vitamins C and A, the carrot is a familiar staple. It also contains antioxidants such as cyanidins and lutein.

WINTER SQUASH – Common types include acorn, butternut and spaghetti, which are notable for their high carotene count. They're also a good source of vitamins B1 and C.

KALE - This leafy green is low in sodium and fat. Plus, it's a great source of vitamins A and C, calcium and potassium.

The **purpose of the LightHouse Newsletter** is to offer Hope and Encouragement to those individuals who battle cancer and their loving families and friends, who support them. We aim to INSPIRE, INFORM and EDUCATE. We strive to keep you up to date on products, services and developments related to cancer treatment and post surgical care. Like a literal lighthouse, our mission is to guide you on your post-operative journey, providing practical insight and informative discussion that contribute to your overall health and well-being. This Newsletter is the intellectual property of BFRIN.org. 7176 Marshall Road, Upper Darby, PA 19082.