

Cincinnati MAGAZINE *Woman*

October 2008



Real Women Wear Pink
Pink Ribbon Girls is a Rose Colored Beacon of Hope.

5 Getting That Pretty Smile

by Kathy Schlaeger

12 Real Women Wear Pink

by Jennifer Davis

15 Katie's Little c

by Katie Ford Hall

20 The Healing Power of Pilates

by Kathy Schlaeger



On the Cover

Karen Sacksteder, left, and Tracie Metzger, both Pink Ribbon Girls. Cover photo by Donna Lind, Life Photography Studio. Cover design by Roger Dwenger.

Staff

- Publishers**
Alicia Wiebe
Jill Salamone
- Editor**
Cathy Habes
- Advertising Sales Manager**
Carrie Taylor
- Cover Designer**
Roger Dwenger
- Writers**
Jennifer Davis
Amber DePrez
Katie Ford Hall
Claudia E. Harsh, M.D.
Francine Hayden
Chrisy O'Connor, R.D., L.D.
Beatriz H. Poma, M.D.
Kathy Schlaeger
Reverend David L. Story
- Distribution**
Ken Torbeck

General Info

Cincinnati Woman Magazine is available free of charge at libraries, bookstores, coffee shops, restaurants, and retail outlets throughout Greater Cincinnati. Subscriptions are available for \$15/yr. Send check to: Cincinnati Woman Magazine, Subscriptions, P.O. Box 30, Milford, Ohio 45150-0030.

Entire contents © 2008 by Niehe Publishing and Media, LLC. All rights reserved. Reproduction in any form prohibited without the written permission of the publishers.

Cincinnati Woman Magazine is published monthly by Niehe Publishing and Media, LLC., of Cincinnati, Ohio. Cincinnati Woman Magazine reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of this paper. Distribution of the paper does not constitute an endorsement of products, information, or services. Neither the publishers nor the publishers are responsible for misdirection, typographical errors, omissions, etc. herein contained. For advertising and general information, call 513/997-6433 fax 513/997-6473 or e-mail cincinnatiwoman@niehe.com. Cincinnati Woman Magazine welcomes story ideas and unsolicited materials. For advertising sales call Jill Salamone at 513/998-8007 or email jillsal@niehe.com.

Columns

8 Be Well Integrative Approaches to Breast Health: Thinking Pink! *by Claudia E. Harsh, M.D.*

10 Sunday Faith | Monday Life Applying Christian Faith to a New Season *by Pastor David Story*

18 The Plastic Surgery Group, Surgery As An Art Tummy Tuck (Abdominoplasty)

24 Food For Thought Know Your Numbers and How to Positively Change Them! *by Chrisy O'Connor, R.D., L.D.*

27 Entrepreneur Extraordinaire Are You Shocked by Great Customer Service *by Amber DePrez*

31 ARTitudes October Celebrates National Arts & Humanities Month *by Jaclyn Reynolds*

Pink Ribbon Girls is a Rose Colored Beacon of Hope



*Tracie Metzger, left, and Karen Sacksteder.
Photo courtesy of Life Photography Studio.*

By Jennifer Davis
Cincinnati Woman Magazine

Tracie Metzger was a thirty-year-old mother of two young children when she was given the news that would change her life forever. She'd just come out of surgery for the removal of what she and her doctors had assumed was a mass called a fibroadenoma. She'd had one removed a few years before, with no complications, so the idea that the lump could be malignant was not even on her radar.

"A nurse came in and broke the news. It's not like [cancer] was ever even a thought in my head. For me, hearing those words completely blindsided me," she says.

For Metzger, the initial shock was accompanied by a deep maternal instinct to protect her children. "My kids at the time were three and eleven months, so their little faces came into my head," she remembers. But Metzger is not one to let anything keep her down for long, and her mind quickly turned to the future.

"Honestly, I have to say, the fighter in

me kicked in. Something inside of me right away was like, okay, now what? Let's get a battle plan together," she says.

Finding Support

Part of that plan included seeking out support amongst other cancer patients. And while there were no shortage of support groups available, Metzger found that most of these groups were made up of women she could barely relate to beyond their shared diagnosis.

"There are just not that many

organizations in town that I could rely on for emotional support," she recalls. "None of them were geared towards young women. All the issues [of the women in the support groups] were almost completely different than what I was dealing with."

At the peak of her frustration, however, fate smiled on Metzger when she was introduced to fellow cancer patient Dawn Harvey by a mutual friend. "Dawn was diagnosed about two months after me. We both had young babies," Metzger recalls warmly. For the two young women, a bond was instantly forged. "We kind of went through that journey together. As the months went on after we finished our treatments, I remember us being at dinner and thinking, there have to be other young girls like us - how can we help them?"

From that conversation, Pink Ribbon Girls was born. Metzger's mother put her in contact with a friend at the Breast Cancer Association, and she proposed the idea for a support group geared specifically towards young women. The Breast Cancer Association became a stepping stone for Pink Ribbon Girls until they were established enough to stand on their own.

Filling a Huge Need

After an overwhelmingly warm initial response, including radio and television coverage, Pink Ribbon Girls has blossomed from a small group of less than ten young women who met at Wild Oats in Hyde Park to a support network of hundreds across the country. Over half of the members are tri-state based, but the rest are spread out nationwide.

Metzger realized quickly how special Pink Ribbon Girls really was. "It was obviously filling a huge need, just by the sheer number of girls who were attending these meetings." Today, the organization does less in the way of formal meetings and focuses more on outreach and fundraising. Pink Ribbon Girls wears many hats - from delivering meals and running errands, to offering scholarships and organizing educational conferences, to planning nights out at a Reds game.

As a non-profit, volunteer-based organization, Pink Ribbon Girls relies on grants, donations and fundraising in order to continue offering these events and opportunities. "I am very proud that we had our 4th annual family waffle ball tournament [this year]. We had over a thousand people. It's a great, great family event."

Pink Ribbon Girls' fundraising efforts have greatly benefited from the dynamic

presence of Karen Sacksteder, one of three sisters who were all diagnosed with breast cancer within six months of one another. Sacksteder first met Metzger through her business, Sacksteder Interiors, but found herself calling on Pink Ribbon Girls in her own time of need. Sacksteder's younger sister, Connie, was diagnosed with DCIS, or Ductal Carcinoma in Situ, in the fall of 2006. DCIS is a precursor to breast cancer, and a double mastectomy was ordered.

Reaching Out

Knowing Metzger's story and desperate to help her baby sister through an often traumatic experience, Sacksteder asked Metzger to visit with Connie. Metzger was all too happy to oblige, and took it one step further.

"Dawn was diagnosed about two months after me. We both had young babies. We kind of went through that journey together. As the months went on after we finished our treatments, I remember us being at dinner and thinking, there have to be other young girls like us - how can we help them?"

*— Tracie Metzger, Co-founder
Pink Ribbon Girls*

"Tracie pulled her shirt up and showed Connie what a double mastectomy looks like," says Sacksteder. Metzger's act of reaching out to another young woman was an inspiration to Sacksteder and her sisters - in fact, after her own double mastectomy, oldest sister Linda followed Metzger's lead and found herself literally showing another young woman the reality of what she could expect.

At fifty years old, Sacksteder was a more "typical" cancer patient than most of the women associated with PRG. Nonetheless, she recognized something special when she saw it, and she decided to put her own experiences and strengths to good use for the cause. You see, less than a year before her diagnosis, Sacksteder lost her husband, Craig. Yet despite a long run of misfortune and outright heartache, she kept her spirits up and jumped in headfirst.

"I had already lost my husband, my best

friend. I already went through the worst. This was just a little journey. I think I got breast cancer to open my eyes to help more people," she says without a hint of self-pity.

Vivacious Vivian

Sacksteder currently heads several fundraising endeavors, including Barking for Breast Cancer at Winton Woods in October. She was instrumental in arranging a corporate sponsorship relationship for Pink Ribbon Girls with prestigious Towne Properties, an effort which recently brought in twenty thousand dollars at the Rummage for Ribbons fundraiser. Sacksteder is also awaiting the release of her first book, *Vivacious Vivian, The Wig That Helped A Girl Through Breast Cancer*. The book acts as a memoir of sorts, chronicling the journey

through breast cancer of herself and her two thousand dollar wig, Vivian. A portion of the proceeds will go to Pink Ribbon Girls.

Pink Ribbon Girls has stepped up to act as an advocate for a group of women who, until very recently, had very little representation. For Metzger, one of the greatest frustrations is the ease with which the medical community dismisses concerns of women under forty when it comes to breast cancer. While breast cancer in young women IS comparatively rare, it is very real, and it is not uncommon for a young woman to go undiagnosed until the disease has spread.

Now the mother of four beautiful children, Metzger is proud of the difference that Pink

Ribbon Girls has made. "I think we have touched the community at large and have created an awareness that you CAN be young and have breast cancer... maybe it empowers someone to talk to her doctor about her breasts because they saw an article about Pink Ribbon Girls," she says earnestly. "We're a voice for young women."

Jennifer Davis is a freelance writer based in Northern Kentucky, where she lives with her husband and daughter. She is currently studying theatre at Northern Kentucky University, and is working her way towards a career as a full time arts writer.

