

SUNDAY, OCTOBER 23, 2011 | A PROMOTIONAL SUPPLEMENT TO THE OKLAHOMAN

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beautiful

OKLAHOMA WOMEN

INTEGRIS  
*Health*



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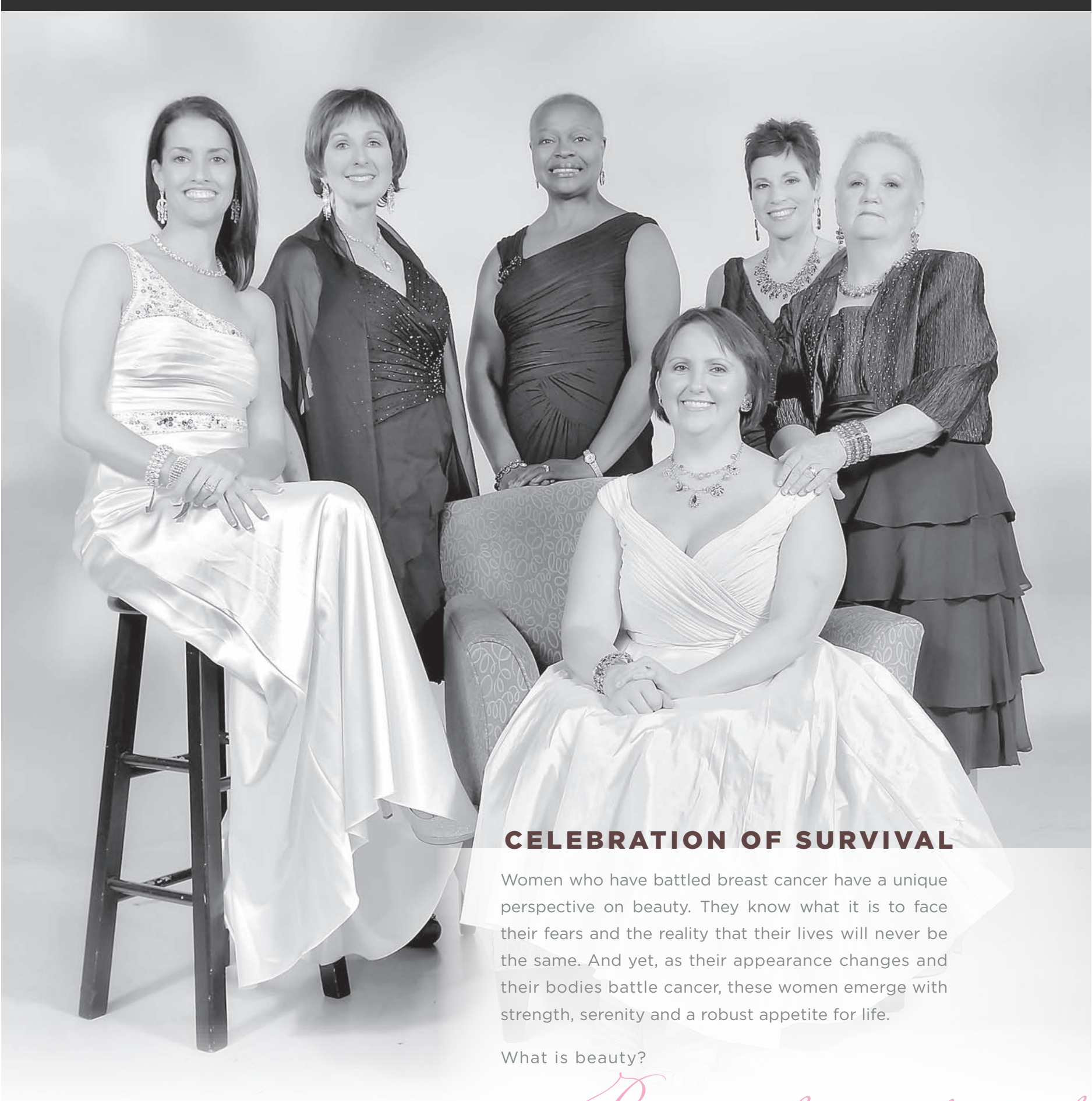


brave & beautiful



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## **CELEBRATION OF SURVIVAL**

Women who have battled breast cancer have a unique perspective on beauty. They know what it is to face their fears and the reality that their lives will never be the same. And yet, as their appearance changes and their bodies battle cancer, these women emerge with strength, serenity and a robust appetite for life.

What is beauty?

*Beauty is the spirit of survival.*



**I AM**

# Lyn Watson

>>> I wear many hats: wife, mother, daughter, sister, friend, small group leader at Crossings Community Church, 8th Grade Representative at Independence Charter Middle School, Oklahoma City Public School Board Member District 1, sales representative for InitialCall, trainer for Strata Leadership/CharacterFirst, and connector/networker for Salt and Light Leadership Training.

>>> I am passionate about God, my husband Brad, daughter Emily, 17, and son Ben, 13, helping companies drive sales, transforming lives through training, connecting Christian leaders, education for the children of Oklahoma City, digging in the dirt and coffee.

>>> During a self-exam in November of 2010, I discovered a lump. I was not alarmed as this has happened numerous times and they have always been benign. When I had my annual check up with my OB/GYN in March I asked her to check it out and she suggested I have an ultrasound. The ultrasound was performed which led to a biopsy. Looking back I find it humorous that my biopsy was on April Fool's Day. On April 5, I found out it was cancer.

>>> When you receive that news, the first emotion I experienced was fear of the unknown and future for my precious family. Once I had clarity of next steps and prognosis, I decided that attitude was everything in this trial. I gave all my worries to God because I know that if God brings you to it, he will bring you through it.

**FAVORITE INTEGRIS MOMENT**

I had my radiation treatments at ProCure and the moment that sticks out to me is the day that one of the radiation techs said 'Here comes Smiles.' Anytime you are given a nickname, you know you are in the family. From that day forward, I was called Smiles or Happy. ProCure does an excellent job of making their patients feel like family.

**CLOSING THOUGHTS**

*"I believe that every journey has a purpose."*

That purpose of my journey is for others to know my story and recognize the importance of self-examination, early detection and having annual mammograms. This saved my life and could save yours too. This journey has made me dig deeper in my faith, stronger in my convictions, bolder in my walk and given me a new perspective on priorities."



I AM

# Zora Brown

>>> My journey with cancer began long before I was born – my great grandmother, my grandmother, my mother, my three sisters and five of my nieces have all been diagnosed with breast and/or ovarian cancer.

>>> I am divorced, no biological children. Before moving to Oklahoma in 2005, I had an amazing career in Washington DC – I worked at the White House, the U.S. House of Representatives, Broadcast Capital Fund, the Federal Communications Commission, and several other interesting places. For fifteen years, prior to moving back to Oklahoma, I operated a nonprofit organization founded by me and my late sister, Belva Brissett. We developed education and awareness campaigns focusing on reproductive health. I am a fifth-generation community activist and a foodie – I love to cook.

>>> Since 2005 I have been treated for stage III ovarian cancer. In 2009, I started a clinical trial for a drug that is in the personalized medicine category. I receive the trial drug, along with a chemotherapy agent five days per week for one week, the second week I receive treatment for two days – week three I have a chemo vacation – and start again the following week on the five-a-day regimen. Amazingly the only side effects that I've experienced are hair loss and weight gain – the money I save at the beauty salon, I spend on food – so, I suppose it all balances out. After treatment I'm able to do everything I normally do – work, take care of my home, socialize, travel, etc.

## FAVORITE INTEGRIS MOMENT

“I have many, many favorite INTEGRIS moments; however, I would have to say Sept. 9, 2005 – the date I was hired.”

## CLOSING THOUGHTS

“*Life is a journey*”

... take the long, slow route! ”



“ One of my good friends  
would make me say

*Positive  
thoughts,*

positive actions,  
positive results. ”

— TERRA TUGEND







I AM

Alice York

I AM

Terra Tugend

>>> I am 63 years old, a mother of two daughters, grandmother to seven grandchildren, and have been married to my husband, Danny, for almost 41 years. We spend our time together going to car shows.

>>> I am a two-time survivor of breast cancer. My first diagnosis was in January 2007. It was Stage 1. I opted for a new treatment for breast cancer called Brachytherapy. It involved one week of radiation twice a day. Then I started taking the drug Tamoxifen.

>>> I was rediagnosed Sept. 30, 2010. It came as a shock since I had been on Tamoxifen for three and a half years. We couldn't believe that this was happening again — Especially since we just went through it with my daughter.

#### FAVORITE INTEGRIS MOMENT

Honestly, the day I finished treatment. No, really everyone from Dr. McMinn to the radiation techs are wonderful. They have outstanding people skills and are compassionate during this difficult time.

#### CLOSING THOUGHTS

“ The hardest part is yet to come. I am due to have reconstructive surgery on Nov. 28. I strongly urge anyone with a family history of breast cancer to get a mammogram. If it is in your immediate family it can be done at an even younger age. My oldest granddaughter had hers done at 18. My daughter and I have a motto we would like to share.

*It is what it is, we do what we have to do to get through it.”*

>>> I am a 36-year-old breast cancer survivor. I have worked in law enforcement for 16 years. I have a wonderful husband, family and friends who stood beside me through it all. I have four children, two of my own and two stepchildren. I will never forget the morning of my mastectomy; all of my friends and some family were there before, during and after my surgery. It was such an amazing feeling to have all of that love and support. I remember lying in the surgery room crying because I was scared. The anesthesiologist leaned over and kissed me on the side of the head and said everything is going to be fine. That was the last thing I remembered before going under.

>>> On my 35th birthday Jan. 21, 2010, I was diagnosed with Stage 3 invasive ductal carcinoma that tested positive for estrogen and the HER2/neu gene. Basically meaning the stage was already aggressive but with it being estrogen positive and HER2/neu positive it was growing at a rapid rate. I had three tumors totaling 12cm and three lymph nodes had been affected. Cancer developed in one of those lymph nodes. For that reason I will never be told that I am cured but I am happy to say I have been in remission since July 2010.

#### FAVORITE INTEGRIS MOMENT

My all-time favorite part of this experience was the staff in the chemo lab. They were always friendly and met you with a smile. Plus the people you meet that are going through this themselves. Sometimes when you're feeling down they just make you smile.



I AM

# Lisa Murray

>>> I have worked for the City of Edmond for 18 years as director of Treasury Services. My job changed my life in that I met my wonderful husband, Jeff, who also worked for the city. We have been married for 15 years and have a daughter, Elaina, who is a second-grader at Northern Hills in Edmond. She is the love of our life.

>>> I started running as a hobby in 2010 and ran my first half-marathon at the Oklahoma City Memorial run last year. Three months later I was diagnosed with breast cancer.

>>> My cancer journey began on July 22, 2010 when I received the shocking news that I had Invasive Ductal Carcinoma in one of my breasts. Another spot of cancer was found in the same breast during a MRI. On August 24, 2010 I had a bi-lateral mastectomy, with the first phase of reconstruction. Cancer was found in one lymph node and I was diagnosed as having Stage 2 cancer.

## FAVORITE INTEGRIS MOMENT

Integris Cancer Treatment Center has a shiny, brass bell that you ring when you have finished your last chemotherapy treatment. My favorite moment was when I had finished my last treatment and I rang that bell with all my might!

## CLOSING THOUGHTS

“ Cancer has taught me to enjoy every day and not take anything for granted. It has made me more aware of other people’s struggles and has made me more empathetic. I am a stronger person, who wants to live each day to its fullest and appreciate the world around me. I want to help other women in their breast cancer journeys. I ran my first 5K two months after my last chemo and have run several races since then, including one 10K. I have been training for a half marathon on Nov. 20 in Tulsa. I am blessed in so many ways.

*Life is good, so play hard!* ”



I AM

# Nancy Morton

>>> Dance has always been a love and passion in my life. Growing up in ballet class, I later had the privilege of teaching ballet to competitive gymnasts and adults. At the present time, I teach choreographed line dance and Pilates at Pacer Fitness Center.

>>> I was diagnosed with breast cancer in March 2010. I had a lumpectomy, but after the cancer cells moved into the dermis I had a full mastectomy in July. I experienced several different chemo drugs and then had a stroke in August 2010. After radiation treatments, I went to M.D. Anderson in Houston where I am currently involved in a research study.

>>> Without the immense love and support of my husband of 39 years, my two children, daughter-in-law and granddaughter, I could not have made it. I am so thankful to Almighty God through Jesus Christ for each day and appreciate all the wonderful support that has been given to my family and me.

## FAVORITE INTEGRIS MOMENT

I am so thankful to all my doctors and caregivers. They have been so amazing, supportive and empathetic. So many people are experiencing the challenges of cancer. I think we all just want to feel normal and not be treated as sick.

## CLOSING THOUGHTS

*“Perhaps we are here to help others  
in whatever ways we are able because of our own experiences.”*



# 'STAND'

BY RASCAL FLATTS

"CAUSE WHEN PUSH COMES TO SHOVE

YOU TASTE WHAT YOU'RE MADE OF

YOU MIGHT BEND, 'TIL YOU BREAK

'CAUSE ITS ALL YOU CAN TAKE

ON YOUR KNEES YOU LOOK UP

DECIDE YOU'VE HAD ENOUGH

YOU GET MAD YOU GET STRONG

WIPE YOUR HANDS SHAKE IT OFF

THEN YOU STAND.

*then you stand.*



**I N T E G R I S**  
*Health.*

**Dillard's**  
The Style of Your Life.



**APPAREL**

Dillard's

**MAKEUP**

Lilly Stone, owner Sooo Lilly Exclusive Cosmetics

Sharon Tabb, owner The Makeup Room Agency

Amber Fike and Amanda Jennings, courtesy of  
The Makeup Room Agency

**PHOTOGRAPHY**

Chris Landsberger, The Oklahoman

many thanks!

Many thanks to Integris whose sponsorship made this section possible, to the six brave and beautiful women who agreed to share their triumphs and trials with our readers, and to the following who donated time and material in an effort to underscore the courage and powerful spirit of those who face breast cancer.




*Unique.*

*Beautiful.*

*Fashionable.*

Embark On This  
Journey With Us



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IF IT WERE **HOPELESS**,  
IT WOULD BE CALLED

**CAN'T**cer

**WE ARE HERE TO TELL YOU THAT IT'S NOT.**

And because **ONE IN EVERY EIGHT WOMEN** is diagnosed with breast cancer, it's not something we take lightly, either. That's why we have a comprehensive network of five centers throughout the Oklahoma City area dedicated to breast health that goes beyond simply booking an appointment ... to building a *relationship*. From prevention to diagnosis to treatment and recovery, we're here to provide thorough, specialized and – because we know how important it is to you – *convenient* care.

It all centers on this: **90% OF BREAST CANCER CASES CAN BE TREATED SUCCESSFULLY IF DETECTED EARLY.** So get the simple mammogram that could save your life – and we'll make sure it doesn't take too much time out of your daily life. Evening appointments, convenient locations ... and if it's determined that a biopsy is needed, in most cases we can do it the same day.

And all of it comes from the one place with the most beautiful results of all: **MORE SURVIVORS OF MORE TYPES OF CANCER** than anywhere in Oklahoma.

**I N T E G R I S**  
*Health*

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