

CHAIRMAN'S MESSAGE

VOLUNTEERING

By: Rod J. Rohrich, M.D., F.A.C.S.
 Founder and Board Member

Volunteering is at the very core of being a human as well. No one has made it through life without someone else's help.

- Heather French Henry



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AiRS is all about giving back -- to society, to our breast cancer patients, and to the community we all live in to make a better world. Our major goal for AiRS this year is building awareness about what and who we are and why it is so important that we all give back, especially to those women who really need our help.

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Even helping out with the smallest tasks can make a real difference to the lives of people in need. And volunteering is a two-way street: it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. That is what AiRS is all about -- making a better world for women with breast cancer who cannot speak for themselves, or are not yet informed or educated so that they can get the best care and consider the best options for breast reconstruction if they so desire. Let's take a look at two of our great AiRS volunteer leaders who truly lead by example.

Tamara Sieger -- Director, Volunteer and Patient Advocate Programs

Tamara is a breast cancer and reconstruction survivor who has a passion for helping women. Diagnosed with invasive breast cancer in 2010, Tamara was treated at the University of Texas Southwestern Medical Center in Dallas. Tamara joined AiRS as the first volunteer in 2013. She found purpose in her journey with cancer which robs women of their physical and emotional health, by helping other women triumph over the disease.



Kathy Alley

Kathy joined us as a volunteer in July 2015 to support the AiRS Foundation with her marketing and non-profit fundraising experience. Kathy keeps track of all donations, and helps manage our database and the email campaigns to our donors and supporters. She works closely with Tamara Sieger to support our Volunteer and Advocacy Programs.



FEATURED ARTICLES

Why I Do What I Do.

By: Peter G. Cordeiro, M.D., F.A.C.S.

Chief of the Division of Plastic and Reconstructive Surgery | AiRS Board Member

As a plastic surgeon I have spent my entire career in a single institution, Memorial Sloan Kettering Cancer Center (MSKCC). I joined the staff in 1992 and have been the Chief of the Plastic and Reconstructive Service since 2001. For the past three decades I have maintained a busy practice in cancer related surgical reconstruction. My principle areas of focus have been in breast reconstruction and head and neck reconstruction, both of which have been extremely rewarding and personally gratifying. As a reconstructive surgeon, my principal objective is always to restore and maintain my patients' quality of life and body image. In the head...



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My Experience with BRCA1

By: Drew Reilly

Hello to all AiRS Foundation readers. My name is Drew Reilly. I am a 30-year-old BRCA 1 positive woman. I am writing today to share my experiences as a BRCA previvor and tell you my story. First, for those who might be unaware, genetically inheriting a BRCA1 or BRCA2 deleterious gene mutation substantially increases a woman's lifetime risk of developing hereditary breast and ovarian cancer. Women identified with the BRCA1/2 gene mutation have been most recently estimated at a 55-65% risk of developing breast cancer and a 15-40% risk of...



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Living with Lymphedema

By: Mitria Di Giacomo

President www.NexusPlexusNY | Cancer Survivor
AiRS Advisory Board Member

Up until three years ago, I'd never considered that I would wake up with lymphedema. I wasn't exactly clueless about the condition, but you deal with so much going through breast cancer treatment that the last thing you're thinking about is a situation that could appear years, sometimes decades, after surgery from breast cancer. I have secondary lymphedema as a result of breast cancer surgery...

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Yoga for Cancer Benefits

By: Tari Prinster

Excerpt from 'Yoga for Cancer: A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors'.

Yoga Benefit #1: Yoga Detoxifies the Body

Detoxification is the metabolic process by which toxins, or harmful things, are changed into less toxic substances and flushed from the body, similar to how an environmentalist would remove pollution from a lake by flushing it with fresh water and directing drainage. Yoga is a powerful tool in the cleansing or detoxifying of our bodies. Yoga borrows from the science of physics using...

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Volunteer Training Session - March 2016

To Volunteer as a Patient Advocate or Help Patients Find Us:
www.airsfoundation.org

If You Need Help or Know Someone Who Does, Please Contact Us.
www.airsfoundation.com/contactus

To Donate Visit www.airsfoundation.org/donate



The AiRS Foundation is a non-profit 501c3 organization dedicated to providing women access to options and funding for breast reconstruction surgery after mastectomy due to breast cancer. We raise confidence and restore dignity by capitalizing on the skills and expertise of our network of respected professionals to advocate for, educate and support up to 70% of women who may not be aware of their options or have sufficient resources to cover the cost of surgery.

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