



Your high school can join Morgan Watson, a 16-year-old breast cancer survivor, in the fight for the cure.

### **Teens for the Cure**

You can help support and even save...

a mother

an aunt

a friend

a teacher

a father

a grandmother

a sister

Or, as in the very rare case above,

a classmate



*When you think of breast cancer is this the face you see?*



When you are 15 years old, you are probably worrying about getting your driver's license, going to prom, or getting your first job. Wondering if you'll be alive in the next year isn't exactly the first thing to come into your mind. However, that was my fear. The beginning of my junior year of high school I was diagnosed with breast cancer, and spent the rest of the year fighting for my life.

In August of 2010, I found a large lump in my breast that I was concerned about. I showed my mom and she naturally became very worried. She contacted five different doctors about the matter. After many different appointments we finally had the lump removed on August 25th with the thought of the mass being nothing more than a swollen gland or a fibroid cyst. Only two days later, my life changed completely.

"Triple Negative Medullary Breast Cancer" is what they called it. More doctors and more procedures became my schedule for the next year or so. Six chemotherapy treatments— each three weeks apart, a double mastectomy in January 2011, and radiation Monday-Friday for five weeks. The type of cancer I had was not only one of the rarest types, but it is also one of the most aggressive. Because of this, I had to have one of the most toxic forms of chemotherapy and also had the most invasive and radical surgical treatments possible due to the high chance of recurrence of my tumor without those treatments.

It has been a very long process and has taken every bit of energy I have. I finished radiation treatments in late April and now only need one more reconstructive surgical procedure, which is scheduled for this fall. Because of this whole ordeal, I basically missed my entire Junior year at Riverton High School, and also lost (along with my hair) many moments I could have shared with my friends and family.

Breast Cancer is often thought of as an "older woman's" disease. I want to send this message with the great people of Susan G. Komen for the Cure to tell everyone that this disease can affect anyone; daughters, mothers, sisters, aunts, grandmas, even men. I hold myself personally responsible to educate young people to be aware of their bodies and their risk. Especially if breast cancer runs in their family. I hope my story can inspire you to join in the fight for the cure, whether through spreading awareness or fundraising in support of everyone you know who has been touched by this disease.

Thank you,

Morgan Watson  
Student at Herriman High School and breast cancer survivor



## *About Susan G. Komen for the Cure*

### **Who was Susan G. Komen**

Susan G. Komen fought breast cancer with her heart, body and soul. Throughout her diagnosis, treatments, and endless days in the hospital, she spent her time thinking of ways to make life better for other women fighting breast cancer instead of worrying about her own situation. Sadly, Susan lost her battle in 1977. Moved by her sister's compassion for others Nancy G. Brinker promised that she would do everything in her power to end breast cancer forever.

That promise is now Susan G. Komen for the Cure®, the global leader of the breast cancer

movement. As the world's largest grassroots network of breast cancer survivors and activists, we are working together to keep the Komen promise and achieve our vision of a world without breast cancer.

### **The Salt Lake City Affiliate**

Our Affiliate is dedicated to helping women locally in Utah. We grant 75% of our net income to local organizations. These grants help fund free mammograms for underserved women, breast cancer education, and survivor programs. The remaining 25% of our net revenue is sent to Komen National to support groundbreaking breast cancer research, meritori-

ous awards, as well as educational and scientific programs around the world.

### **Join in the Fight**

We would love for you to join us in the fight to end breast cancer forever! You can help by fundraising and spreading breast cancer awareness throughout your high school.



## *How Your High School can get Involved*

### **Spread Awareness**

Education and early detection are the best ways to improve survival rates..

- Organize a pep rally or assembly to educate your student body about breast cancer and how to detect it as early as possible. ( Contact the Salt Lake City Affiliate and we can provide an educational speaker.)

### **Fundraise During Breast Can-**

### **cer Awareness Month**

- Take advantage of October being Breast Cancer Awareness Month to turn your high school pink to raise money for local breast cancer support programs.

### **Register a School Team for the 2012 Salt Lake City Race for the Cure**

Create a team for next year's Race on Mother's Day Saturday. Either enter a team for the whole school

or encourage students to create their own teams and offer a prize for the team that raises the most. The local high school that raises the most money will be recognized on our web site and will win a special award.

## Fundraising Ideas

**Yoplait Save Lids to Save Lives:** Yoplait is a national sponsor of Susan G. Komen for the Cure. In October they sell yogurt with pink lids. For every lid that you turn in, Yoplait will give \$0.10 to your local Affiliate.



**Penny Wars:** Place a penny jar in every home room. The home room that raises the most pennies wins. To make things more competitive, students can place other coins and dollar bills in opposing teams' jars. These coins are still donated but count *against* that room's pennies.

**Homecoming Games or Halftime Events:** Have a drawing during halftime or a halftime game that encourages fans to donate to Susan G. Komen for the Cure.

**Pink Out Games:** Invite your football, lacrosse, basketball or any team to host a Pink-Out game where everyone wears pink shoelaces or something pink to show their support. Sell concessions to raise funds or donate ticket proceeds. Distribute pink boas to cheerleaders and have them perform the special Komen cheer, "I AM THE CURE."

**Students vs. Teachers Tournaments:** Get a team of students and a team of teachers to play a sport, volleyball, football, basketball, etc. Donate ticket proceeds and challenge the losing team to match the donation.

**Dress-up Days:** Create a Komen spirit week. Encourage students to have a crazy hair day, or wear hats, pajamas, formals, etc. If your school wears uniform, allow students to wear jeans that day. The catch: they have to pay a fee in order to do so, but all the money raised will go straight to the Salt Lake City Affiliate.

**Sell Pink Ribbon Icons:** Wallpaper the halls with paper Komen icons in honor of friends and family. See if you can make a pink ribbon paper chain around the entire school.

**Hold a Special Assembly:** Honor teachers, moms, friends and family members at a special assembly. Invite your cheerleaders to perform an 'I AM THE CURE' cheer. Ask faculty who are breast cancer survivors to share their journey and the importance of early detection.

*To learn more about these and other fundraising ideas please contact Debbie Mintont, Executive Director, at (801) 733-4815 or [dmintont@komenslc.org](mailto:dmintont@komenslc.org) and we will help you customize a fundraising program that is best suited for your school!*



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