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**To:** info@komeennctriad.org  
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North Carolina Triad Affiliate  
of Susan G. Komen for the Cure Newsletter  
March 5, 2010



## Final Days of Our INVENTORY BLOWOUT SALE!

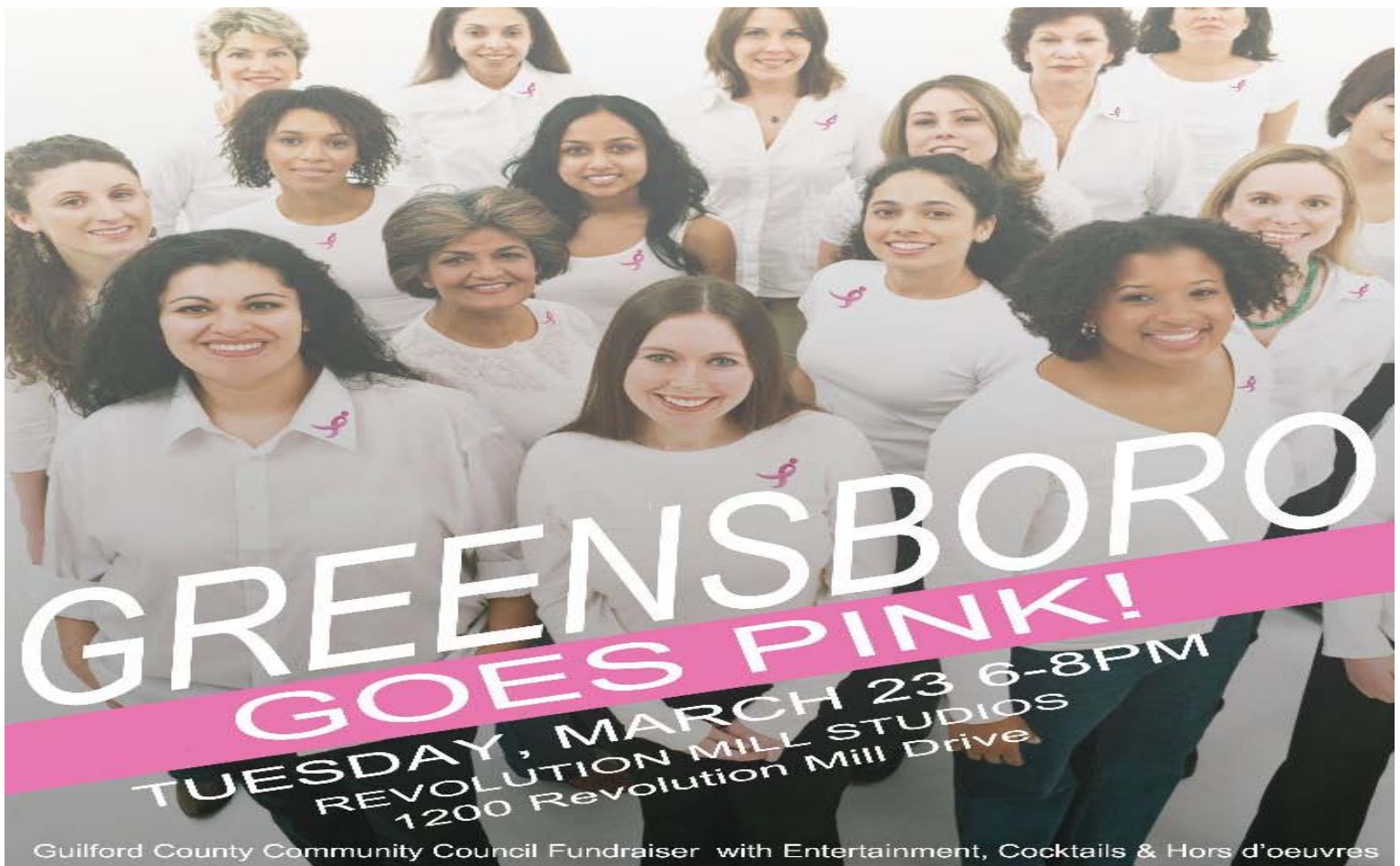
Visit our Komen Boutique (at the local Affiliate Office) between now and March 31 for clearance sales on items that we are closing out!

T-shirts, hats and more

now 50% (and more) off regular sales price!!

Excellent gifts for St. Patrick's Day or that "just because" occasion.

**GREENSBORO GOES PINK**



**\$10**

TICKETS AVAILABLE AT THE DOOR  
IN ADVANCE BY CALLING 721-0037



A SPECIAL EVENING CELEBRATING BREAST CANCER SURVIVORS AND FRIENDS

The NC Triad Affiliate of Susan G. Komen for the Cure will kick off fundraising activities in Greensboro with GREENSBORO GOES PINK. An evening of entertainment, refreshments, hors d'oeuvres (provided by local area caterers and vendors), and breast cancer awareness. Come out and enjoy an evening with your friends, meet the Affiliate staff and volunteers, and register for the Komen NC Triad Affiliate Race for the Cure®. Learn more about your local Komen Affiliate and how you can get involved, all while socializing with your friends and co-workers. Door prize drawings will be held throughout the event. Tickets can be purchased for \$10.00 per person at the door or in advance by calling 336-721-0037.

Miss North Carolina USA, Nadia Moffett, will be in attendance to meet, greet, and sign autographs.

Please join us on Tuesday, March 23, at Revolution Mill Studios from 6 pm-8 pm for Greensboro Goes Pink. We look forward to seeing you there!

New for the 2010 Komen NC Triad Race for the Cure®



### Timed Race

The timed 5K will start at 8:30 and the untimed run/walk will start at 8:40. Please note only timed runners will be allowed to participate in the 8:30 Race.

### Strollers for the Cure

This year we're very excited to introduce a new event especially for those of you who are planning to share the Race experience with your children. Strollers for the Cure encourage participants to decorate their strollers to show their Komen Spirit! Come join in the fun on Race morning and decorate your stroller. There is no fee to participate in Strollers for the Cure, but you must be a registered race participant. Great prizes will be awarded to those with the most creative designs. You can also register for the Strollers for the Cure team at

[www.komennc triad.org](http://www.komennc triad.org)

### Team Captain Training Session

Are you interested in forming a team for the Race? Have you already formed a team and have questions? Would you like some fundraising ideas? Come to a team captain's training session on Monday, March 15 at 5:30 pm at the Komen NC Triad Affiliate Office at 1106 Burke Street, Winston-Salem. You can RSVP for this event at [raceonline@komennc triad.org](mailto:raceonline@komennc triad.org).

Exercise and Green Tea May Help Breast Cancer Survivors Beat the Blues

Exercising and drinking green tea may help prevent depression among breast cancer survivors, according to the results of a study published in the Journal of Clinical Oncology.[1] Depression is a major concern among breast cancer patients and survivors. Some estimates report that the prevalence of depression in this population is as high as 55%.[2] Depression can reduce quality of life and also potentially affect survival.



Researchers from Vanderbilt University conducted a study to determine whether lifestyle factors prevented depression among breast cancer survivors. They analyzed activity levels; food, tea, and alcohol consumption; smoking; and supplement use among 1,399 Chinese women who were treated for breast cancer in Shanghai, China, between 2002 and 2006.

Eighteen months post-diagnosis, 26% of women experienced depressive symptoms and 13% met the criteria for clinical depression. Women appeared to benefit from regular exercise-exercisers were 20% less likely to be mildly or clinically depressed. Furthermore, the higher the exercise level, the lower the likelihood was for depression. When compared with non-exercising women, those who exercised two hours per week were 28% less likely to be depressed, and those who exercised more than that were 42% less likely to be depressed. Regular consumption of green tea also appeared to reduce the risk of depression. Among the 183 women who drank tea, the risk of depression was about 36% lower compared with the non-tea drinkers. The majority of tea drinkers (90%) reported drinking green tea.

The researchers concluded that regular exercise and tea consumption could help prevent depression among breast cancer survivors.

#### References:

[1] Chen X, Lu W, Zheng Y, et al. Exercise, tea consumption, and depression among breast cancer survivors. Journal of Clinical Oncology [early online publication]. January 4, 2010.

[2] Burgess C, Cornelius V, Love S, et al. Depression and anxiety in women with early breast cancer: Five year observational cohort study. British Medical Journal. 2005; 330: 702.

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