



ABATE OF FLORIDA, INC.  
 Membership Application  
 P.O. Box 2520  
 Deland, FL 32721-2520  
 (386) 943-9610



NAME (Print Legibly): \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip Code + Four)  
 PHONE NUMBER ( ) \_\_\_\_\_ (Include Area Code)

MAY WE USE YOUR PHONE NUMBER FOR OUR PHONE TREE? YES NO

EMAIL ADDRESS \_\_\_\_\_

ARE YOU A REGISTERED VOTER? YES NO (Please circle one)

PLEASE LIST YOUR VOTING DISTRICTS FROM YOUR REGISTRATION  
 CARD: \_\_\_\_\_ FL HOUSE \_\_\_\_\_ FL SENATE \_\_\_\_\_ US  
 CONGRESS DISTRICT

NAME OF CHAPTER YOU WISH TO JOIN: \_\_\_\_\_

CHECK ONE BELOW THAT APPLIES TO YOU:

- \_\_\_\_ NEW ANNUAL MEMBERSHIP (\$20)
- \_\_\_\_ RENEWAL OF CURRENT MEMBERSHIP (\$20)
- \_\_\_\_ LIFE MEMBERSHIP (\$150)
- \_\_\_\_ TRANSFER MEMBERSHIP TO: \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

All members receive with their paid membership a membership card, our bi-monthly Masterlink magazine, chapter newsletter, chapter voting privileges and personal involvement in Statewide legislative actions and their freedom to ride! ALL APPLICATIONS ARE SUBJECT TO APPROVAL.

FOR ABATE OFFICE USE: \_\_\_\_\_ CHAPTER  
 MEMBER

MEMBERSHIP DUES PAID BY: CASH CHECK MONEY ORDER

(Circle)

MAILED DATE: \_\_\_\_\_ MEMBERSHIP CARD \_\_\_\_\_ COPY OF BY-  
 LAWS

MEMBERSHIP EXPIRATION DATE: \_\_\_\_\_



**John W Nick Foundation, Inc**  
 Dedicated to Male Breast Cancer Awareness

## History

Male Breast Cancer Facts

Breast Cancer Genes

Causes and Risk Factors

Inflammatory Breast Cancer



Mammograms  
 Preparing for Your Mammogram  
 Male Self Breast Exam

Why Organic?

ABATE Of Florida, Inc.  
 Poker Run for Male Breast Cancer Awareness  
 Membership Application

[www.MaleBreastCancer.org](http://www.MaleBreastCancer.org)

Reviewed by Stanley B. Pollak, M.D.  
 Surgical Breast Care Specialist  
[www.StanleyBPollakMD.com](http://www.StanleyBPollakMD.com)

## Why Organic?



Today we hear so much about researchers trying to find a cure for cancer and other diseases. Why not start with eliminating the chemicals in our food, water, and the environment?

**Foods:** Organic foods contain no chemicals or pesticides. They are back-to-basic foods, like those our grandparents used to grow and eat. Organic foods usually come from smaller farms, are not mass produced, and have very strict standards for growing.

Many diseases that we contract might be caused from genetics, or the chemicals in our foods, water, and air. People are becoming educated about organic products. In an article from *www.organicconsumers.org* we learn that 2,000 hospitals in the U.S will have access to natural and organic foods in 2006. While in a hospital, you are supposed to heal. How can you heal when most hospitals feed you foods that are processed, have preservatives and chemicals?

**Cleaners:** Once you understand the reasons that organic cleaners are safer, healthier, and cost effective you will avoid exposing yourself and loved ones to the toxins found in commercial off-the-shelf cleaners and laundry detergents. When using cleaning products that you pour out of a container, like those containing ammonia, you receive exposure either through your skin or from the fumes that arise afterward.

Start protecting your health, your family, and the environment. Buy organic! It could save your life and our environment.

## Male Breast Cancer Facts:

Though breast cancer is typically thought of as a woman's affliction, according to the American Cancer Society, approximately 2,030 men will be newly diagnosed with the disease in the U.S, in 2007.



Invasive breast cancer is one hundred times more likely to occur in women, but the mortality rate in men (the percentage of those diagnosed vs. the number of related deaths) is higher due to the fact that, in men, the disease often goes undetected until the cancer is in an advanced stage. Research shows, however, that the prognosis is based upon the stage of the disease progression, and is the same for men as it is for women at similar stages. Thus, like for women, awareness of risk factors, prevention, and early detection are critical to improving survival rates and reducing the overall threat associated with male breast cancer.

Current estimates show that the U.S. breast cancer mortality rate is 42% higher in men with breast cancer than women.

For further information, please visit our website at [www.MaleBreastCancer.org](http://www.MaleBreastCancer.org).

**Male Breast Cancer Hotline:  
772-589-1440 or 866-222-4441  
9:00 a.m. – 9:00 p.m.**

## Mammograms

If a man finds a lump, a mammogram should be an automatic routine for physicians. A mammogram is essential to early detection of breast cancer, and also serves to help diagnose noncancerous breast diseases. If a lump or abnormality is found during a self or doctor's clinical exam, an accurate mammogram reading can indicate if there is need for further investigation. There are no guidelines for mammography for men, and no study on male lump sizing with mammography.



*Ask the facility where your mammogram is performed and interpreted, if they are fully accredited in mammography by The American College of Radiology.*

### When Preparing for Your Mammogram:

- ❖ Do not wear deodorants, creams, powders, or colognes.
- ❖ Make sure your mammogram is performed and interpreted at a fully accredited facility by the American College of Radiology.
- ❖ Embarrassment should never be a deterrent for getting a mammography!
- ❖ Qualified and experienced health care technicians are trained to take the picture.

## Causes and Risk Factors of Male Breast Cancer

The issues surrounding breast cancer in women are well documented and discussed in many forums. The issues surrounding breast cancer occurrence in men have been overlooked by many organizations except for a few. The incidence of male breast cancer, and cancers related to this disease, is on the rise. There are coincidental increases in many cancers related to male breast cancer.

Research shows that approximately 5-10 percent of all breast cancer is hereditary. Scientists have discovered the BRCA1 and BRCA2 are major genes related to hereditary breast cancer. According to the National Cancer Institute, U.S. National Institutes of Health, "Men with a BRCA1 or BRCA2 gene have an increased risk of breast and possibly prostate cancer. Alterations in the BRCA2 gene have also been associated with an increased risk of lymphoma, melanoma, and cancer of the pancreas, gallbladder, bile duct, and stomach in some men and women. Women also have the risk of developing ovarian cancer. Men experiencing other cancers tend to be higher probability candidates for male breast cancer.

We believe that we can draw a parallel to the incidence and increases in female breast cancer that mirrors the rise in male breast cancer and related diseases.

Additionally, studies lead to the following:

- ♦ As a group, Ashkenazi (central or eastern Europe) Jewish men tend to exhibit a high incidence of hereditary breast cancer, as well as related cancerous diseases.
- ♦ African-American men appear to be at greater risk than Caucasian men. In some places in Africa, breast cancer in men is much more common.
- ♦ College-educated professionals appear to have a higher risk than the general male population.